







## COLORADOTENNIS Since 1976



**THE OFFICIAL PUBLICATION OF TENNIS PLAYERS • ISSUE 44.03** 

**SUMMER 2019** 



Long before the Mile High City gained acclaim as the country's hotbed of league tennis, it was a point of convergence for the nation's top competitors, including Don Budge, Bobby Riggs, Jack Kramer and Althea Gibson.

# Our most adventurous Outback® yet.



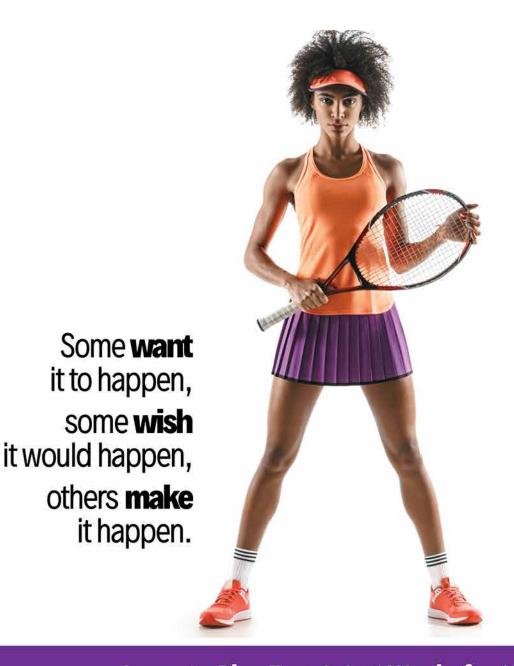
The 2019 Subaru Outback. It's loaded with versatility for those who love to chase adventure. Fold-away roof cross bars. A 60/40-split folding rear seat. And standard Symmetrical All-Wheel Drive + 32 mpg.

Love. It's what makes a Subaru, a Subaru.



Outback. Well-equipped at \$26,345.

Subaru and Outback are registered trademarks: "EPA-estimated between only of 2019 Subaru Outback 25 in orders. Actual milestig may very. MSRR excludes destination and derivery charges, tax, title, and registration fees. Refauer eps actual miles Contains, pulment may be required in specific states, which can modify your MSRP. See your retailer for details. 2019 Subaru Outback 2.5 Limited shown has an MSRP of \$34,945. Vehicle Shown with accessory equipment.



### Learn to Play Tennis in 6 Weeks for \$108

Beginner/Intermediate/Advanced Adult QuickStart Levels • Sessions Start Every 6 Weeks

### MEADOW CREEK

TENNIS & FITNESS CLUB

7 INDOOR & 3 OUTDOOR COURTS | PICKLEBALL | PADDLE TENNIS

ADULT & JUNIOR PROGRAMS YEAR-ROUND | CARDIO TENNIS | USTA LEAGUES | NON-MEMBERS WELCOME

TENNIS SPECIFIC PERSONAL-TRAINING | FITNESS CENTER | PRO SHOP WITH HUGE TENNIS SHOE SELECTION

6305 West 6th Avenue in Lakewood 303.232.6272 MeadowCreekTennis.com

## OLORADOTENNIS

### **SUMMER 2019**

#### YEAR 44, ISSUE 3 — SUMMER 2019

#### featureSTORY / 06

When the Mile High City was the high-point of American Tennis

#### theBUZZ / 08

Nouns in the News... ...doing this, that & the other

#### highFIVE / 12

aminaABULLAEVA mikeFERRUFINO nicoJAMISON craigMARSHALL jaimeSTOKES

#### sportsMEDICINE / 14

A new treatment for Rotator Cuff injuries

#### spot**LIGHT / 16**

A conversation with the USTA Colorado's Tournament Committee

#### your GAME / 20

Get your game on with PLAY CO apparel from LINE 3

#### brainSTORM / 22

Re-connecting to tennis, Re-connecting to family.

#### **USTA COLORADO STAFF LISTING**

Administration:

FRITZ GARGER

Executive Director, USTA CO/CYTF x204 fritz@coloradotennis.com

#### LISA SCHAEFER

Associate Executive Director, USTA CO/CYTF x201 lisa@coloradotennis.com

#### ANITA COOPER

Administrative Assistant x200 anita@coloradotennis.com

#### CINDY SPRINGSTEEN

Accountant

x227 cspringsteen@coloradotennis.com

#### Player Development:

CINDY MACMASTER

Player Development Director cindv@coloradotennis.com

#### Competitive Tennis:

JASON COLTER

**Tournament Operations Director** x205 jason@coloradotennis.com

#### Marketing/Diversity:

PAULA MCCLAIN

Marketing & Diversity Director x220 paula@coloradotennis.com

#### Publications:

KURT DESAUTELS

Creative & Communications Director x203 kurt@coloradotennis.com

#### Community/Grassroots Tennis:

KRISTY HARRIS

Community Development Director x300 kristy@coloradotennis.com

#### KRISTY JENKINS

Community Youth/School Tennis Coordinator x301 schools@coloradotennis.com

JASON ROGERS

League Programs Director

x202 jason.rogers@coloradotennis.com

#### TAYLOR MCKINLEY

League Programs Manager x210 taylor@coloradotennis.com

#### KATE JAMES

League Coordinator

x208 kate@coloradotennis.com

#### **NICK TAYLOR**

League Coordinator

x207 nick@coloradotennis.com

#### KENT WARYAN (May-September)

League Coordinator

x206 kent@coloradotennis.com

#### Information Technology:

**GARY GOFF** 

IT/Technical Support Director x303 support@coloradotennis.com



**Gates Tennis Center** 3300 E Bayaud Ave, Suite 201

USTA COLORADO phone:303.695.4116 toll free: 800.531.7438 fax: 303.695.7631 Denver, CO 80209 league fax:303.695.6302









/USTAColorado

Download this issue from our Digital Newsstand:



#### About COLORADO TENNIS

COLORADO TENNIS (USPS #013-371) is a quarterly publication (January, April, July & October/November).

POSTMASTER, SEND ADDRESS CHANGES TO: COLORADO TENNIS, 3300 E Bayaud Ave, Suite 201 Denver, CO 80209

Free subscriptions are available, contact the editor. Periodical postage paid at Denver, CO.

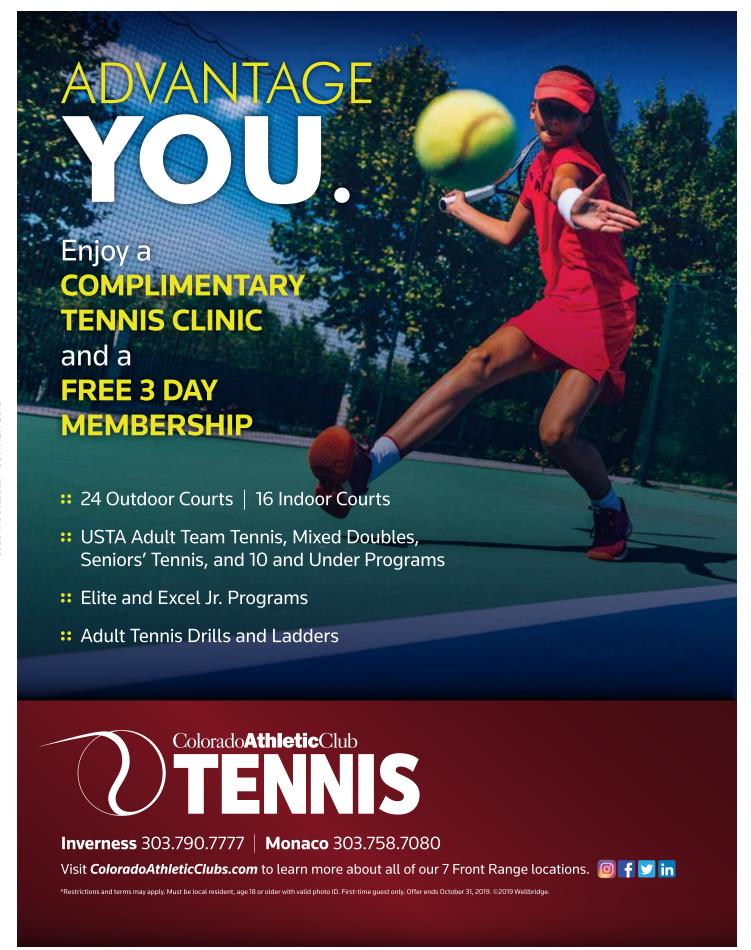
#### **COLORADO TENNIS Editor**

Kurt Desautels, Phone: 303/695-4116 x203 Email: kurt@coloradotennis.com

#### **Advertising**

Karen Engel, Phone: 720/495-5104

Visit our website for advertising rate cards: COLORADOTENNIS.com







#### **FEATURESTORY**

#### DENVER THE HIGH-POINT IN THE STORY OF AMERICAN TENNIS

Long before the Mile High City gained acclaim as the country's hotbed of league tennis, it was a point of convergence for the nation's top competitors. Now nearly half a century removed from that role, Colorado still boasts a tournament-hungry population whose enthusiasm continues to put the state on the national map.

olorado is a hotbed for tennis, nationally recognized for its massively popular adult league program. With participation soaring by more than 60% in the last decade, metro Denver is poised to become the largest league tennis market in the country, likely surpassing Atlanta this year for the first time.

> Perhaps Denver was always meant to be a great tennis city. Long before adult league tennis debuted, the Mile High City was home to the Denver Racquets,

a One-Year Wonder that played during the debut season of World Team Tennis in the summer of 1974. World Team Tennis was a co-ed sports league promoted by women's superstar Billie Jean King. In the "team" concept, each club consisted of three male and three female players. Led by Colorado Tennis Hall of Famer

**Stephanie Johnson Hagan**, the Racquets upset the heavily favored Philadelphia Freedoms and their team captain, Billie Jean King, to win the city's first world championship. Sadly, the Racquets faded into oblivion when they moved to Phoenix the very next year, while the Philadelphia Freedoms were forever memorialized in the Elton John song of the same name.

And before the Racquets made history, Denver was a regular tour stop for professional tennis players.

The Denver Open was an indoor World Championship Tennis (WCT) Gran Prix event that ran from 1972-1982. All-time tennis greats Rod Laver, Arthur Ashe, Jimmy Connors, Roy Emerson, John Newcombe and Stan Smith were regular competitors during the run.

The Virginia Slims WTA event, which drew the world's top women, including Billie Jean King, Evonne Goolagong, Chris Evert and Martina Navratilova, ran intermittently for 20 years before closing its doors for good in 1991.

But did you know that even before WTT and the WTA and WCT events, some of the game's greatest players regularly stopped in Denver to compete in one of the most storied tournaments in the entire country?

#### The State Open

The Colorado State Open, a tradition dating back to 1891, has attracted some of America's greatest and most iconic players. Names like Don Budge, Bobby Riggs, Jack Kramer and Althea Gibson dot the champions' plague hanging in Gates Tennis Center, where the State Open has been held for 40 years.

From the 1930s to the early 1950s, many of the nation's top players toured the US by train. They would compete in tournaments on one coast and make their way across the country, playing in events along the way,





and the Colorado State Open was the premier stop between the Midwest and California, drawing NCAA champions and numerous International Tennis Hall of Fame (ITHOF) inductees, including Gardnar Mulloy, Art Larsen, Bill Talbert, Tony Trabert, Alex Olmedo, Gene Mako and Lew Hoad, as well as Budge, Riggs, Kramer and Gibson. On the ladies' side, the late, great **Dorothy Bundy** won the State Open six times. She first won in 1936, just a few months removed from her win at the Australian National Championships. "Dodo's" career spanned nearly 80 years, as she amassed nearly 300 USTA National Championship titles ("Gold Balls").

The last ITHOF inductee to capture the State Open was Mexican-great **Rafael Osuna** in 1960. As air travel became more commonplace and prize money grew, the CSO continued to draw the best players in Colorado and some top talent from across the country, but the regular attendance of world class professionals all but disappeared. Once the Open Era began in 1969, Denver returned to the spotlight for nearly two decades, but the glamor days of the State Open had faded.

#### The Big Three

But the evaporation of participating world class talent has done nothing to dampen the enthusiasm of competing at the State Open. The region's top players have been circling the date on their calendars for decades, drawing the biggest crowds (and the



biggest draws) of any other event in the state.

The CSO isn't just the biggest event on the state calendar, or even the Sectional calendar, it's actualy the nation's largest tournament, and getting bigger. Last year, it broke its own attendance record with more than 1,600 entries (1,100 unique participants). In comparison, the nation's second largest event was the 102nd Annual La Jolla Tennis Championships (716 unique participants), followed by the Wilson World Tennis Classic (653) in Southern California.

Another Colorado tradition, the **Denver City Open** slotted in as the country's 9th biggest with 480 participants (659 total entries). The first City Open was held in 1914, and has been hosted by the Denver Tennis Club since 1928.

Along with the **Boulder Open**, which is the designated Intermountain Senior Sectional Championship, the State Open and City Open are considered the "Big Three" Colorado events. Many inductees to the Colorado Tennis Hall of Fame have had tremendous success at one, or all of these tournaments.

Some notable "Big Three" Singles Championship achievements:

- Phyllis Lockwood / 21 singles titles
- Kathleen Winegardner / 16 singles titles
- Carol Baily / 14 singles titles
- Willa Wolcott Condon / 14 singles titles
- Don Harker / 11 singles titles
- Cory Ross / 10 singles titles
- Sherrie Pruitt Farris / 9 singles titles
- Jack Cella / 9 singles titles
- Jeff Loehr / 8 singles titles
- **Joan Birkland** / 6 singles titles

#### **Still popular in Colorado**

It's been noted that Colorado's league participation has been on a meteoric trajectory for decades, but it's also worth noting that tournament participation across the state has held strong for several decades, and is substantially higher than it was during the so-called "Golden Age" of tennis during the 1970s.

Tournament play is the foundation of tennis competition, and has been since the late 1880s when tennis first arrived in the United States. When the Colorado Tennis Association first incorporated in 1955, the focal point of the organization was tournament play.

To this day, tournament competition is a primary focus for the USTA and its Sections and Districts across the country. By the time USTA Leagues were introduced in the early-1980s, tournament play was the primary driver of USTA membership and competition. The introduction of organized league tennis brought with it a new opportunity for players to compete on teams. League programs also helped introduce the National Tennis Rating Program (NTRP), which was later adopted by Colorado's sanctioned tournament committee. Prior to ratings, players had to compete against players of similar age regardless of skill level. While these divisions are still popular today, fewer participants compete in Senior (Age) Divisions. Thirty-five years ago, the number of age division competitors in Colorado was almost double what it was last year. The number of NTRP players, however, has nearly tripled. Overall, adult tournament participation has more than doubled in the last several decades. For many years, Colorado was one of the few Districts throughout the country that offered NTRP-based tournament competition. Today, it is widespread throughout the country.

For the past decade, total adult tournament participation in Colorado has fluctuated very little. Each year, approximately 5,000 USTA Colorado members compete in tournaments, averaging just over 2.5 events/player, which translates to more than 125,000 entries in the last decade.

It is a goal for USTA Colorado to grow that number by adopting some of the proven formats piloted by our junior tournaments, which help make events more player-friendly. USTA Colorado thanks the oustanding members of our Tournament Committee, who you can read about on page 16. **CT** 



#### THEBUZZ



#### CSU hosts Crossroads Safehouse fundraiser

June 1 was a beautiful day at Colorado State University, which hosted the annual Ladies Day Doubles tourney to benefit Crossroads Safehouse. More than 100 women participated, raising nearly \$28,000, almost 20% more than last year.

But according to USTA Colorado Adult League Coordinator, Diane Westlind, here's the cool part....

"Jane Roberts plays at Flying Horse (Colorado Springs) but started playing at Highland Meadows (Windsor) a few years ago. She brought 6 players up last year, they spent the night, went to the Rio, etc. This year there were 10 of them. They had so much fun and loved playing with and meeting new people."

"One of the event participants was a victim of domestic abuse (now in a healthy relationship)," continued Westlind. "She anonymously donated \$5,000, but was so impressed with the event and the Crossroads organization that she made an additional \$10,000 contribution a few days later.

The success of the benefit is inspiring the players from Colorado Springs to start their own tournament to benefit a women's shelter there. The hope is that the Springs event will take place at Flying Horse Country Club in September.

"Tennis has always been a great way to stay healthy and create new friendships, it's really gratifying to see how it can be a vehicle to help others who are experiencing personal tragedy."



#### **Sports legend Joan** Birkland has passed away

The Colorado tennis community has lost one of its greatest champions, Joanie Birkland. An inductee into the Colorado Tennis Hall of Fame, Joanie was a legend in the sports community. She has also been inducted into the Colorado Sports Hall of Fame, the Colorado Women's Hall of Fame, and the Colorado Golf

Hall of Fame. She was a national leader in the advancement of girls and women in sport, and served as Executive Director of Sportswomen of Colorado for nearly four decades.

Long-time Colorado reporter Marcia Neville posted, "There will never be another like her. How lucky are we all to have known #JoanieTheLegend."



#### APEX named Outstanding Facility by USTA

APEX Tennis Center in Arvada has been named a 2019 USTA Outstanding Facility by the USTA. The award recognizes Apex Tennis Center's exemplary facility and commitment toward the growth and development of tennis in its community.

The award will be presented at the Outstanding Facility Awards Luncheon in New York City during the 2019 US Open. USTA Colorado congratulates APEX, North Jeffco Tennis Club, and the entire community of Arvada for this tremendous honor.



#### Colorado crowns Girls HS State Champions

Nearly 350 players representing more than 80 schools convened at the 3A, 4A & 5A state high school tennis championships in early May, hoping to battle it out for individual and team glory.

As it turns out, players also had to battle the weather, as a snowy forecast forced all three tournaments into a two-day for-

Congratulations to 3A team champions **Peak to Peak Academy**: 4A team champions Cheyenne Mountain; and 5A team champions Cherry Creek.

Full individual and team results can be found online at CHSAA-NOW.com/sports/girls-tennis.

#### Game-Set-Match Inc. celebrates 30th

Congratulations to our friends at Game-Set-Match, Inc. who are celebrating a pretty big anniversary this year. The all-things-tennis store was founded in 1989 by Adam Burbary, who opened the first location near I-25 and Arapahoe Rd.

Today, GSM operates three retail stores across the Denver metro area, and in 2016 were named the Tennis Industry Association's Pro/Specialty Retailer of the Year.





#### **USTA 18 Adult/Mixed District Championships**

Congratulations to the 300+ competitors who earned a spot at the 2019 USTA Adult 18s Mixed District Championships, and who were greeted with near-perfect weather for their shot at reaching the Intermountain Sectional Championship in July.

6.0 / Pinehurst (captain Kori White)

7.0 / CAC Inverness (captain Bryan Kortum)

8.0 / Meadows (captain Kathy Appel)

9.0 / Longmont Athletic Club (captain Monty Johnson)-pictured

10.0 / Gates Tennis Center (captain Jeffrey Kamei)

And a HUGE thank you (and CONTRATULATIONS) to all 100 teams who helped make the most of a terribly rainy weekend during the USTA 18 & Over event. More than 1,000 players vied for the opportunity to travel to Salt Lake City in August to represent Colorado at the Intermountain 18 & Over Sectionals.

W2.5 / Mt Vernon CC (captain Angie Mays)

W3.0 / Broomfield Swim & Tennis (captain Sharla Carlson)

W3.5 / Wash Park (captain Belinda Nelson)

W4.0 / Longmont Tennis Club (captain Mona Jones)

W4.5 / South Suburban Littleton (captain Toni Hipp)

W5.0 / Lifetime Fitness Centennial (captain Mary Ann Hilt)

M3.0 / Lifetime Fitness Centennial (captain David Lash)

M3.5 / CO Springs Racquet Club (captain Mark Hutter)

M4.0 / CAC Monaco (captain Brian Wylie)

M4.5 / Lebsack Tennis Center (captain Matthew Bruff)

M5.0 / Wash Park (captain Jerad Harbaugh)

#### Upcoming USTA/CTA League Championships

USTA 55 July 19-21 / Sep 20-22 (Sectional)
USTA MXd 40 July 26-28 / Oct 4-6 (Sectional)

Daytime Aug 6-8 18-39 Aug 9-11

USTA 40 Aug 23-25 / Sep 13-15 (Sectional)

2.5 Aug 23-25

ITA MXd Sep 6-8 / Oct 25-27 (Sectional)

65 Sep 10-12 Summer Daytime Sep 23-25

Twilight Sep 27-29

#### FCTA disbands after 40 years

The Fort Collins Tennis Association is closing its doors after serving the Fort Collins community for over 40 years. Over those 40 years, the FCTA has



provided adult leagues, junior programming, tournaments, and ran fundraising events to support the Larimer County Food Bank, cancer research and many other worthy causes. As a requirement of the IRS, the FCTA must pass on any assets to other like 501(c)3 non-profit organizations. The NJTL Fort Collins was a recipient of a \$6,400 gift from the FCTA.



## Elements Massage® Appreciates League Captains with Massage and Offers Discount to USTA Members

USTA Colorado is excited to announce the addition of **Elements**Massage as a new sponsor. And the timing couldn't be more perfect, as regular massage could be your secret weapon against your opponents on the court this year!

Now is a great time to give Elements Massage a try! USTA members who reside in Colorado can take advantage of **\$30 OFF** any massage using promotion code **USTA2019** (new clients only). Experience the difference then learn about their month-to-month membership program, the Elements Wellness Program — all built around their therapeutic, handcrafted, and personalized approach to massage that keeps you performing at your best!

Elements Massage reports that regular massage therapy may help to provide the following benefits:

- Relaxation of injured and overused muscles
- Quicker recovery from strenuous workouts
- Reduced muscle spasms and cramping
- Increased joint flexibility
- Improved range of motion
- Increased circulation

As part of the partnership, Elements Massage is an official sponsor of USTA Colorado's adult league Captain Appreciation Program. In all, about 4,000 captains help make Colorado's immensely popular adult league program tick each year. They set line-ups, coordinate with opposing captains, record scores, provide encouragement, assign refreshments duties, etc., etc., etc.

Nominate your favorite captain online at **coloradotennis.com** between now and September 15. Two dozen captains will receive a free massage, compliments of Elements Massage.

"We're thrilled about the partnership," said Lisa Schaefer, Associate Executive Director for USTA Colorado. "It's a perfect match. Our entire USTA Colorado membership can benefit from what Elements Massage is offering, and their interest in helping us appreciate hard-working league captains means a lot!"





#### Results from the Intermountain **Summer Championships**

The largest junior tournament in the Intermountain region began in early June as more than 350 players from across the Section competed in the 2019 Intermountain Summer Championships.

Each year, Colorado plays host to this Level 3 tournament on the national calendar, to help rising stars earn points toward competing at National events.

Congratulations to the follow Colorado players, who earned a top-6 finish in singles or top-2 finish in doubles:

#### **BOYS**

18s: Richter Jordaan/6th

16s: Nico Jamison/4th

16d: Jamison & Andy Schuiling/Champion

14s: Kristian Kostadinov/5th

14d: Chase Burke & Rafael Wieland/Finalist

12s: **Nathan Gold/**Champion

12d: Gold/Champion; Teodor Davidov/Finalist

#### **GIRLS**

18s: Karolina Jacobson/Finalist; Lucy Lu/3rd; Lela Daszuta/5th

18d: Jacobson & Lauren Manwiller/Champion

16s: Eliza Hill/5th: Natalie Stone/6th

14s: Amina Abdullaeva/Finalist: Quinn Bernthal/4th; Joanna Kennedy 5th

14d: Rosabella Andrade/Champion; Kennedy/ **Finalist** 

12s: Anika Sharma/Champion; Sophie Parr/3rd

12d: Sharma/Champion; Lillian Moldenhauer & Parr/Finalist

Full results are available on TennisLink #250001319, or enjoy the Photo Gallery at facebook.com/ **USTAColorado**.

USTA Colorado and KIND Snacks would like to congratulate Eliza Hill (Greenwood Village) and Xavier Calvelo (Las Vegas) for earning the Intermountain Summer Championships Play KIND Sportsmanship Award. You can read about these two young stars in the Fall 2019 issue of Colorado Tennis.

#### **Diversity TennisFest - Gateway to summer tennis**

More than 150 people came out to experience the sport at the 13th annual Diversity TennisFest, an event designed to showcase tennis and help promote and kick off local summer tennis programming. The event, hosted by City Park Racquet Club (CPRC) in partnership with USTA Colorado, was held at Denver's City Park. The weather was fabulous, and in addition to on-court instruction and play for people of all ages, attendees were treated to a delicious lunch and live music featuring members of the CPRC, adding a special flavor to the day.







Colorado Youth Tennis Foundation board members, Cindy McLemore and Kerry Barker, disburse new racquets to kids through Racquets for All at Diversity TennisFest. The racquets were compliments of Subaru of America, longtime official vehicle and sponsor of USTA Colorado. Subaru's support of the tennis runs deep, and in this case, their commitment to putting racquets in the hands of kids who need equipment ensures they'll have access to tennis moving forward. Nearly 100 kids received a new racquet at this year's Diversity TennisFest.



## SEE WHAT'S IN STORE

at your neighborhood Sprouts

#### PRODUCE

Fall in love with mountains of farm-fresh produce at unbelievably low prices. You'll find all your natural and organic favorites, plus plenty of seasonal specialty fruits and vegetables, too!

#### VITAMINS

We offer an impressive selection of over 7,500 vitamins, herbal supplements, natural beauty products and more, so you can take care of yourself and others—from head to toe!

#### BULK

With over 300 bins and barrels brimming with a wholesome variety of scoopable coffee, grains, nuts, seeds and treats, you're bound to find new better-for-you favorites every time you shop!

#### MEAT & SEAFOOD

We're famous for high-quality beef, and after one taste, you'll know why. We're also proud to offer always fresh, never frozen chicken and pork.

Looking for organic or grass-fed? We have that too, and our friendly, expert butchers are at your service!

In the mood for seafood? Ours is delicious and delivered up to six times a week.

#### DELI

Need a tasty, wholesome dinner or snack on the go? Our Market Corner Deli has plenty of yummy mealtime must-haves. Try our freshly prepared, chef-inspired entrées, sandwiches, salads and sides, plus an incredible selection of sliced meats and cheeses to please!

### There's a store near you!

Arvada

Colorado Springs

Greeley

Littleton

Thornton

Aurora Boulder Denver

**Greenwood Village** 

Lone Tree

Westminster Wheat Ridge

E OW SENT W

Englewood

**Highlands Ranch** 

Longmont

**Castle Rock** 

**Fort Collins** 

Lafayette

Loveland

Centennial

**Grand Junction** 

Lakewood Parker

To find a location outside of Colorado, visit  ${\bf sprouts.com}$ 

15071

#### **HIGHFIVE** • EPISODE 35

Full interviews can be found online at coloradotennis.com. Previous episodes of HighFIVE can also be found there.

#### MIDFIRST BANK

MidFirst Bank is one of the largest privately owned banks and this combination of size and private ownership provides our customers with a special brand of banking. We are a strong supporter of the communities we serve, investing time and money in important educational, charitable and civic organizations. Our volunteerism is powered by our employees from all of the communities in which we live and share with our customers. MidFirst Bank is a proud partner of USTA Colorado.

here are several components that have gone into making Craig Marshall, Co-owner/Director Junior Tennis at the Parker Racquet Club, the man he is. And it's his grassroots philosophy — that there should be no barriers to tennis — that came from his life of public service.

Fit and positive about life at 61, he was a career public school PE teacher



CRAIGMARSHALL

for over 30 years, a tennis coach at Rangeview High School and Legend High School, and is a supporter of wheelchair tennis, as well as and an advocate for Aceing Autism.

A visionary in helping to bring the new public/ private tennis facility to the Parker community, he said the road to the March 19th opening was a long haul but well worth the efforts.

"We have had a loyal following that invested into this vision," he says.

"Our top goal is to give 100% customer service to our players."

ove, actually, was what brought Mike Ferrufino, CEO of the Hispanic Chamber of commerce to the sport of tennis.

"Early on, it was the realization that my marriage and relationship would be much better if I participated," Mike jokes about taking up tennis for his wife, Sarah Marks. "We even got engaged at the French Open."

#### **MIKEFERRUFINO**



Colorado has the 8th largest Hispanic population in the nation but also the worst Hispanic Achievement gap out of the top 10 most populated states. Mike has a specific interest in the education and health of the community and has seen how tennis can be an integral part of that mission.

"The role that tennis can play is substantial by teaching universal values, addressing health and exercise, and opening new doors," Mike said. "The barriers to entry are actually quite low in tennis."

t isn't often that a golf professional transitions into a career in tennis, but that's exactly what happened with Jaime Stokes, who began her tennis career without ever having held a racquet before.

A Colorado native, Jaime earned a golf scholarship from the University of Hawaii, and was Event Coordinator at Fossil Trace Golf Club. Long hours (80-90 hours a week) resulted



**JAIMESTOKES** 

in burnout and prompted the need to change. Six years ago, Jaime was recruited by Meadow Creek Tennis & Fitness Club for her proven organizational skills to help out with anything that's "organized." Jaime was recently promoted to Assistant GM. She helps with virtually all aspects of running the club including customer service, accounting, payroll, employee management, as well as USTA leagues, 10 annual tournaments and anything else that comes across her desk.

"Ultimately it's all about everyone having fun and being connected."

t has been said that the apple doesn't fall far from the tree, and in the case of 5-star recruit, Nico Jamison (Nicholas Jamison III), the tennis ball didn't fall far from his family tennis tree. His father. Nicholas Jamison II, won a state title at Greelev West.

An incoming freshman who attends Frontier Academy (they don't have a tennis team), Nico will

#### **NICOJAMISON**



most likely play for his father's alma mater.

Nico finished 4th in singles and won doubles at the Sectional Level 3 that was in Denver in June. He has competed strongly in a number of national events, collecting dozens of wins and numerous podium finishes (top-6). He was also a 2018 USTA Colorado Boys Sportsmanship Award Winner, a reflection of his tennis and life philosophy.

"Be a humble winnerit's your time to shine, your time to find a way to win. But off the court it's time to be friends with other players," Nico said.

Ithough she's just entering 8th grade, Amina Abdullaeva is already being recognized as a fine tennis player, but she is also an exceptional young lady.

On the court, Amina recently reached the finals of the Girls 14s division at the Intermountain Summer Championships (as an unseeded player), and won the Intermountain District Cup Series back in May.



AMINA ABDULLAEVA

A recipient of the Little Mo Kindness Award, Amino believes that respect for one another and respect the game is key.

She approaches her offcourt life with the same zeal, having started a foundation to help give back to younger players in her community.

Her advice for younger players is simple.

"If you really want to grow with the sport and become big in the sport, just keep doing what you are doing. Respect is a big thing - work hard and never give up. Set a big standard for yourself!"





#### **SPORTSMEDICINE**

The Regenexx® family of non-surgical stem-cell & blood platelet procedures are breakthrough, nonsurgical stem-cell treatments for people suffering from shoulder pain due to common injuries to the shoulder and rotator cuff, as well as degenerative conditions, such as osteoarthritis.

#### ROTATOR CUFF SURGERY IS AVOIDABLE WITH REGENEXX

odern medicine has advanced for rotator cuff repairs where before only open or mini-open repair and arthroscopic surgical techniques were available. As the inventors of Interventional Orthopedics, our specialty focuses on the use of image guidance technology to precisely deliver Orthobiologics directly to the muscles or tendons in need in the rotator cuff to stimulate the body to heal using your own body's cells.

Rotator cuff tears are common as people get older. Don't automatically assume a tear on an MRI is destiny with a surgeon. It's important to do your homework and not just take the advice of a doctor without knowing what's at stake for your rotator cuff long term with surgery.

Most patients considering surgery are

looking for pain relief in their shoulder. What's critical for you to know is a shoulder MRI could indicate a tear, but the tear is not necessarily the cause of your shoulder pain. So if research exists that rotator cuff surgery isn't effective for many shoulder patients, and an MRI can provide a misleading diagnosis from a doctor, where should you turn for objective guidance?

You should schedule an exam with a Regenexx physician to conduct a diagnostic evaluation using our SANS approach to diagnose your rotator cuff injury and determine your candidacy for a Regenexx PERC rotator cuff repair. If you elect to move forward with treatment, you can expect the following.

During this outpatient procedure, our



expert physicians use precise image guidance to inject custom concentrations of your body's natural healing agents into the exact areas of damage, boosting your normal healing ability and allowing your shoulder to return itself to better function and mobility. Regenexx is the only network able to customize and concentrate cells to maximize your ability to recover. CT



#### CENTENO-SCHULTZ CLINIC

Where Orthopedic Stem Cell Injections Were Invented.

At the Centeno-Schultz Clinic, we are committed to providing outstanding Interventional Orthopedic care with the best physicians and specialists in the world. Orthopedic Stem Cell Injections were invented here and our advanced regenerative treatments are designed to use your body's natural healing ability to repair damage to bones, muscles, cartilage, tendons, and ligaments non-surgically. Our proprietary, research-driven techniques allow us to concentrate your cells and to place them in the precise area of your injury to promote healing and to achieve optimal outcomes.

We offer treatment for a wide variety of orthopedic conditions, relating to these areas:

SPINE, KNEE, SHOULDER, ELBOW, HIP, HAND & WRIST, FOOT & ANKLE

#### LOCATIONS:

#### **Broomfield Clinic**

403 Summit Blvd #201 Broomfield, CO 80021

#### **Lone Tree Clinic**

10465 Park Meadows Dr #105 Lone Tree, CO 80124

#### TO SCHEDULE AN APPOINTMENT:

Ph: 720-791-0600

Email: info@centenoschultz.com









• FREE ESTIMATES

• SERVING COLORADO SINCE 1970

COATINGS, INC.

**ASPHALT AND TENNIS COURT MAINTENANCE** 

(303) 423-4303

www.coatingsinc.net

#### WITH MORE THAN A CENTURY OF EXPERIENCE. THE USTA COLORADO **TOURNAMENT COMMITTEE HELPS KEEP** COMPETITIVE PLAY RELEVANT AND FUN FOR PLAYERS ACROSS THE STATE.

**JONMESSICK** 

ournament play in Colorado can bring out the best in tennis players. All of those wonderful experiences at the local tennis tournament take hours and hours of planning and commitment. It takes passion from volunteers. It takes a special kind of tournament where participants have such a good time that they make it a point to mark it on their calendar to play in it year after year.

And it takes dedicated volunteers like Jon Messick. Duke Paluch and Michael Shellman, all of whom have been serving on the USTA Colorado tournament committee for more than 25 years.

"We've run two major tournaments (one junior and one adult) every year since I started teaching tennis in 1985 at the Harvest House (now Rocky Mountain Tennis Center in Boulder) so my involvement helped with our own events, and I have enjoyed sharing ideas with other committee members and tournament directors," says Paluch, 57, co-owner and executive director at RMTC, "Had I known I was going to be running tournaments and a club for almost 35 years, I would have taken better notes and kept them."

Messick, 69, the longtime tennis coach at Colorado State University who retired after 31 years in 2016, says he enjoys working with the staff and other volunteers.

"I have been a tournament director for many years so I know a lot about issues they face," Messick says. "I have also been a tournament player so I have that perspective as well. I never imagined that I would have spent as many years volunteering in various capacities with USTA Tennis."

Time truly does fly when it comes to Messick and tennis.

"It seems like just vesterday when I attended my first USTA Colorado board meeting," Messick recalls. "Through the years, I have always felt that I was doing what I should be doing to promote tennis. Just a lifelong passion."

Shellman, 66, tennis team leader at Highlands Ranch Community Association who is thinking of retiring sometime this year, joined the tournament committee because he thought gaining more knowledge of how the tournament system worked would be beneficial.

Paluch says he has remained on the committee for decades because of who he's worked with.

"The committee members are a great group of guys." Paluch says. "How nice that (USTA Colorado's) Jason (Colter) and Fritz (Garger) have been around as long as I have been. Having Brett Haberstick, Jon Messick and Michael Shellman involved means you've got great people with a ton of knowledge on the subject of tournaments and players."

Shellman is positive about the future of tournaments in Colorado.





MIKESHELLMAN

"I'd like to see them go a little more social, becoming more of a social event rather than come in, just play and go home," Shellman says. "I think the future is good. To me, if you want to be a tennis player you do want to play new and different people that make the game exciting and rewarding. With the right perspective, you also look at it as a social gathering as tournaments become a little more localized, more of a neighborhood community type of event. Especially in smaller towns."

Messick, a certified USTA official who plays tennis three to four times a week, says leagues have been more popular in recent years because of the consistent schedule and time commitment for matches, something tournaments need to adhere to.

"I think that if we continue to make tournament play fun and predictable as far as time commitment (and length of matches), that we will have a good future," Messick says. "People want to know when things start and end to be able to fit a tournament into their busy schedule. We have been moving in this direction in Colorado, with shorter tournaments, shorter match formats and more finite time commitments. Also, leagues have a substantial social element to them. Tournaments need to be aware of this and add/enhance social activities in their schedule. The Colorado State Open has done a great job with this. It is a very competitive tournament, but they have also created a popular evening social scene to go along with it."

Paluch says it's awesome the direction USTA Colorado has moved in terms of junior tournaments.

"Multi-match formats with abbreviated scoring, different types of balls for different ages and ability levels is moving us in the right direction," he says.

And as far as encouraging greater participation, Paluch says looking at the needs and wants of players are important.

"Players don't want to fight traffic, so more local tournaments. They seem to have less time, so more oneto two-day events," Paluch says. "They want more matches, so look at new formats. I think we've done a great job with the juniors and now need to push more unique ideas for adults. Many previous generation players aren't so interested in new formats, but we need to look ahead to future generations' interests."

Shellman says make sure the players have a good time. And like Messick points out, having the tournament run on time is a big deal, Shellman says. And then there's the swag.

"It sounds silly but some players like T-shirts, the giveaways, the swag or whatever it is," Shellman says. "There are always some players who sign up to play, but mostly just want the T-shirt."

The goal of **USTA** Colorado and its Tournament Committee is to provide all players with an exceptional competitive tournament experience. In an effort to improve the tournament product and continue to make positive strides with all of our sanctioned events, we are conducting a survey of players to get their feedback as we coordinate efforts with tournament directors state-

If you'd like to take part in the survey, please visit **coloradotennis.com** and look for the link on our homepage.

2019
AUGUST 18
Gates Tennis Center

August 18
Register at CYTF.net



#### SPORT COURT OF THE ROCKIES SPECIALIZES IN:

- RESIDENTIAL & COMMERCIAL TENNIS COURTS
- POST TENSION COURT CONSTRUCTION
- ACRYLIC & CUSHIONED COURT SURFACES
- POWERGAME SUSPENDED PERFORMANCE SURFACES
- TENNIS COURT MAINTENANCE, RESURFACING & EQUIPMENT
- MULTI PURPOSE COURT CONVERSIONS





















## We're Ready For Summer! Are You?



RMTennisCenter.com • 303.449.5033

Sign up today! Space is limited. Memberships Available.

#### Come Play With Us

- Full summer program
- NIKE camps (June)
- Camp RMTC (July/August)
- High Performance camps
- Junior and Adult classes, open to all tennis players
- Junior and Adult leagues
- 13 USTA tournaments throughout the year
- ★ Babolat Boulder Open/ Intermountain Sectional, July 10-14



#### YOURGAME

#### LEAGUE PLAYERS ARE LOVING THE NEW CHAMPIONSHIP APPAREL **BY LINE 3**

t's USTA Colorado District League Championship season, and a whole new batch of champs are being crowned at each of the season ending events! New in 2019, LINE 3 is the official apparel provider of the championship series, and players and fans can now get branded tees, tanks, hoodies and zips to celebrate the Championships.

#### **PLAY CO Gear**

LINE 3's PLAY CO line has been very popular since being introduced last summer. As always, 10% of the purchase price of PLAY CO apparel is donated back to the Colorado Youth Tennis Foundation, the fundraising arm of USTA Colorado, to help provide tennis opportunities to kids in need across the state. It's what you call a Win-Win! And, on the topic of winning, LINE 3 has also added items in navy — USTA Intermountain's 2019 color designation in the USTA League National Championship Color Wars. So, any league teams advancing to Nationals will have an awesome selection of Colorado Collection items from LINE 3 to sport while celebrating their winning season and representing Intermountain.

#### Skirts are In!

LINE 3 is excited to announce their partnership with tennis pal and designer, Darlene Anievas, of Sweet and Sporty Goods, and their first jointly inspired tennis skirts are now available! Darlene's design background in swimwear has added additional industry expertise to LINE 3, and their collective desire to create tennis skirts that combine fit. form and function that work well for all body types were primary reasons for the collaboration. The COURTSIDE skirt and NET GAME skirt are ready to

go and are sure to become staples in your tennis closet.

#### Where to find LINE 3 this Summer

LINE 3 will have a presence at USTA Colorado District

Players take time to try on official apparel in between matches at the 2019 USTA 18 and Over District Championships in June.

Championship series events as well as at the Broomfield Open (July 19), The Ned Cooney Memorial Open (August 15), Tennis-Palooza with North Jeffco Tennis Club (Sept 26). And, they're always online at www.line-3.com. CT





#### **2019 TENNIS CAMPS & EVENTS**

Staying for a three-night camp? Please arrive the night before camp starts. Here for a two-night camp? Please arrive the first day of camp.

DATE	CAMP	LEVEL
July 17-19	Junior Camp-Advanced Beginner's Fundamentals	Ages 8-12
July 26-28	Adult Fitness & Tennis Camp	3.5-4.0 Women & Men
August 2-4	The "Hook & Volley" Fly-Fishing, Wine & Tennis Camp	3.0-4.5 Women & Men
August 5-7	Junior Camp-Varsity HS Prep Camp	Advanced Juniors Ages 14-17
August 16-18	Adult Pickleball Camp	3.0-3.5 Women & Men
August 23-25	Adult 4.0-4.5 Tennis Camp	4.0-4.5 Women & Men
September 6-8	Adult Tennis Camp Weekend	3.0-3.5 Women & Men
September 13-15	Farm-to-Table & Tennis Weekend	3.5-4.5 Women & Men
September 20-22	Tennis, Tacos & Tequilas Weekend	3.0-4.0 Women & Men
October 11-13	Adult 3.5 Tennis Camp	3.5 Women & Men
November 1-3	Dink for Pink Charity Pickleball Weekend	3.0-4.0 Doubles & Mixed
November 22-24	Adult Thanksgiving Camp	3.0-3.5 Women & Men
December 7-9	Adult 4.0 Holiday Camp	4.0 Women & Men
December 27-29	Adult 3.0-3.5 Mixed Doubles Camp	3.0-3.5 Women & Men

#### **DAILY TENNIS DRILLS**

We conduct tennis drills every day of the summer for beginners to experts, for 4 years olds to 94 year olds! Drills are scheduled at 8:00am, 9:00am, 10:00am, 11:00am and 4:00pm daily!

#### **SPECIAL EVENTS IN 2019!**

#### The "Hook & Volley" Wine & Fly Fishing Tennis Camp • August 2-4

In addition to three days of award-winning tennis instruction, enjoy an introduction to fly fishing with a two-hour casting clinic, led by a Broadmoor guide on Saturday afternoon. Top off the evening with a wine tasting and paired appetizers at The Fish House.

#### Farm-to-Table Event & Tennis Camp\* • September 13-15

Designed for 3.5-4.5 adults, this camp will include a special afternoon at Broadmoor Farms. After a tour of the herb and produce gardens, a Broadmoor chef will prepare an al fresco picnic lunch in this lovely garden setting.

#### Tennis, Tacos & Tequilas • September 20-22

New this year and the second one of the summer! Combine all of your favorite passions into one weekend! This adult camp includes a very special evening at The Golf Club to celebrate the finest sipping tequilas, specialty margaritas, Mexican beers, and handcrafted tacos by our fantastic chefs.

#### Dink for Pink Charity Pickleball Weekend • November 1-3

The first indoor pickleball tournament of the season! Supporting breast cancer research, this charity event will feature women's doubles and mixed doubles to be conducted inside The Broadmoor tennis bubble. The event will include a fun, pickleball pink-themed cocktail party at the Golf Club.







#### **TENNIS CAMPS INCLUDE:**

- 4:1 student/pro ratio (players are grouped with others of their level)
- Intensive instruction and supervised match play
- Special camp gifts and lunch at The Broadmoor on one day for adult camps. Box lunch daily for junior camps
- Special two and three night package rates with luxurious Broadmoor accommodations included



Visit The Broadmoor Tennis Shop for the finest selection of tennis apparel, footwear and equipment in Southern Colorado!

Call for our complete 2019 schedule. For information or reservations: (800) 634-7711, ext. 6174 or email tennis@broadmoor.com

The Broadmoor • 1 Lake Avenue
Colorado Springs, CO 80906 • broadmoor.com
Facebook: Broadmoor Tennis

#### **BRAINSTORM**

here's an old adage, "it's like riding a bike." It implies that we know everything about an activity and can take off where we left off.

Lately, I've discovered tennis is very similar. There may be steps along the way. There may be some coaching for a while. There may be some period in which the intricacies — vectors, spins. various strategies - have to be mastered separately.

But once you know how to swing naturally, with good timing, and keep a rally going, the task is learned. And it is remembered all your life.

Of course, there could be rusty strokes and some new bad habits; muscles atrophy and joints get achy. But the skill is not forgettable.

Years away from the sport due to illness and injury led me to a comeback (of sorts), but it didn't stick. I was busy, it would take several days to recover from a one-hour hitting session, and I allowed myself to find excuses as to why I didn't want to play.

I hit a couple times in 2018, and had fun, but I didn't really find my groove. We have a number of really good hitters on our staff, and you'd think that I could find an hour or two a week to go swing along with the group, who would go hit almost every day.

A couple weekends ago, when the afternoon thunderstorms gave us a bit of a break, my son rode his bike over here to the office so we could hit a few balls. It was hot - 95 degrees or so and the rain-saturated ground kept the humidity fairly high.

My son is not a "tennis player". He's had a few sessions with coaches, and has taken a few youth clinics, but he's never played a match.

He's a very good athlete — he plays lacrosse, basketball, skis (at a very high level), rides mountain bikes (also at a fairly high level), golfs occasionally and competes in an annual adventure race in the mountains. He has played soccer, baseball and volleyball, learned how to rock climb, do parkour, and summited several 14ers. He's a Colorado kid.

He heads to high school this fall, and is considering playing tennis, but definitely needs some time on the court to re-learn the fundamentals.

Neither of us had hit a ball in almost a year, when we joined our friends at their swim and tennis club to hack around a bit and giggle a bit more.

Instead of heading out to the big courts, we slid over to the 36-foot courts on the east side of Gates Tennis Center, I grabbed some red balls and smaller racquets and we just hit back and forth for a good 30 minutes before we were both so drenched with sweat we couldn't see straight. We smiled, we joked, and then we grabbed a few cold ones (water bottles) and retreated to the air conditioned offices here at USTA Colorado HQ.

The take-away was this — tennis doesn't have to be your number one sport. For my son, it's not even in the top-five. Heck, tennis is my livelihood, and it's not even in my top-five.

But every time I step out onto the court, I feel good. I have fun. I smile, I laugh, I joke, I connect with the people on the court with me.

Like riding a bike, once you have learned the fundamental skills for tennis, the sport is available to you forever. It is always there, waiting to reengage you in the activity. And when re-engaged, the task is sure to bring a smile to your face.

I don't know if my son will become a varsity-level player, or if he'll embrace tennis the way he has embraced his preferred sports. But I do know that when he swings his racquet, he connects with more than just the ball. He connects with me.

And that connection, even it's for just 30 minutes on a hot summer day, will be etched in my memory forever.

#### **Non-Seauitur**

We've had a number of readers commenting on the redesigned Colorado Tennis, and I'm happy to say that everyone (that we've heard from) really enjoys the new format.

As always, I'd like to remind you to please remember the businesses who support our tennis community through advertising and sponsorship.

Finally, look for the Fall issue to arrive in October. CT

#### WITH GRATITUDE, FROM ALL OF US AT USTA CO...

In any given year, in any given month, on any given day, and on any given weekend/ weekday/morning/afternoon/evening, Mother Nature can thoroughly disrupt the best laid plans.

You can blame it on climate change or the fickle gods of tennis, but regardless of the culprit, rain, hail and snow are truly the bane of league and tournament operations, especially during a District Championship event or a Sectional tournament where half of all the competitors are from out of state.

On the first day of the 2019 Intermountain Summer Championship — the largest junior tournament in the Section — rain drove players off the courts late in the day. Fortunately, Colorado Athletic Club Monaco offered an indoor option. Due to the number of families who travel from around the Section to compete in this event, bad weather can cause some major headaches. Thanks to CACM, plus all the host facilities for this year's Summer Championship:

- Aurora Parks & Rec (Utah Park)
- Gates Tennis Center
- South Suburban (Holly & Lone Tree)
- CO Athletic Club (Inverness & Monaco)
- Highlands Ranch (Northridge)
- Ken Caryl

After a nearly perfect weekend for the USTA Colorado 18 & Over Mixed District Championship in mid-June, the weather turned sour the next, as rain plagued the first two days of the USTA Colorado Adult 18 & Over District Championships.

With nearly 100 teams competing and more than 1,000 competitors set to play, early thunderstorms and a wretched forecast forced most of the weekend's matches indoors. Players scrambled from outdoor locations at ...

- Aurora Parks & Rec (Utah Park)
- CO Athletic Club (Inverness & Monaco)
- Gates Tennis Center
- Pinehurst Country Club
- South Suburban (Holly & Lone Tree)

#### ... to finish up at

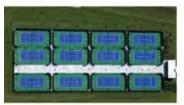
- CAC (Inverness & Monaco) & Pinehurst
- Meadow Creek
- Lifetime Fitness Centennial
- Ken Carvi
- Denver Tennis Park





TENNIS SURFACING POST-TENSIONED CONCRETE

PROJECT DESIGN REPAIRS & RESURFACING









#### **WHY RENNER**

#### DESIGN & CONSTRUCTION EXPERTS

Renner has one of the most experienced and knowledgeable teams in the industry.





#### TRUSTED

For indoor or outdoor venues, Renner is the trusted surface of premier collegiate, high school, municipal and private facilities.

#### FINANCIALLY STABLE

Part of Tarkett Sports, a division of the Tarkett Group, a worldwide leader of innovative flooring and sports surface solutions, Renner has unprecedented financial support and stability. You can rest easy.

#### SERVICE

We are as committed to your program as you are, and we're with you for the long term. When you buy a surface from Renner, you're buying from a company that knows how to take care of you. It's what we do best.











800-738-8106 rennersports.com



#### TO THE MOST IMPORTANT PEOPLE, OUR CUSTOMERS:

Game-Set-Match, Inc. was built on tennis. We thrive on quality customer service & we enjoy our work every day. We are pleased to have served you for 30 years and are driven to serve you for 30 more. We appreciate you making the choice to shop local with us.

# THANKYOU

WE COULDN'T DO IT WITHOUT THE SUPPORT OF OUR WORLD CLASS PARTNERS

Wilson





XX Välki













