



Vancouver Tennis & Racquetball Center

VTC Monthly Times

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Vancouver Tennis Center
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APRIL 2010

UPCOMING EVENTS

- Girl's Dual Level 5 tournament March 26 to 28 at VTC.
- Juniors/Adult Registration for Summer Camp with Greg Patton now open.
- Ladies flights: April 5th, 12th, 19th, & 26th.
- Oregon Senior Women's Mixer April 16th at VTC
- Annual Foundation Meeting April 26th
- Spring Break March 29 through April 4 — No Junior or Adult Group Lessons
- Grand Slam #2 French Open Singles. April 30th, May 1, 2. Pizza Party, May 1; 6 to 8:30 p.m.

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City of VANCOUVER WASHINGTON

Senior 8.0 Mixed Team Heads to Nationals

By: Laurel Cripe
For Vancouver Tennis Center

Greg Conn says it was the most difficult shot he has hit in his 25 year tennis career. At sectionals in Sunriver in August, the VTC Senior 8.0 Mixed team was tied 1-1 in the finals with the Bellevue Robinswood team that had beaten VTC at sectionals the previous 2 years. The VTC #1 doubles team of Greg & Linda Conn had been behind the entire match, losing the first set 3-6, serving from behind through the 2nd set to win it in a tie-breaker, and trailing in the tiebreak 3rd set until the score was 5-6. The Conn's match was the last match playing of the weekend, so not only were teammates and the other VTC teams at sectionals watching, the USTA officials, staff, and virtually everyone left on the grounds was also watching.

Greg was serving at 9-7 to the woman in the deuce court. He told Linda he was going to hit a kick serve, feeling so nervous he didn't think he could manage anything else. Greg says his arm felt "stiff as a board", but he managed to get a little kick on the serve, and put it into the corner. The woman returned it, but in reach of Linda at the net, who pounced on it to put away the volley winner, then turned to Greg to ask what the score was!

With that tiebreak win, the VTC Senior Mixed 8.0 team is headed to Florida April 9th to 11th to compete for the first National title for Senior Mixed teams. The VTC team has been playing together since 2007, and the previous 2 years made it to the Western Championships which was the highest competition offered.

Team members are the Conns, Vince Scopacasa, Luke Liu, Art Roper,



Above: Team Members Charles Hahn, Satomi Tsumura, Vince Scopacasa, Lynne Annett, Linda Conn, Greg Conn, Jean Davidson, & Art Roper after winning the Senior 8.0 Mixed sectionals.

Satomi Tsumura, Charles Hahn, Lynne Annett, Sue Edmonds, Jim Hopkins, Jean Davidson, Kevin Le, and Donna Haw. The doubles teams of the Conns, Annett & Scopacasa, Hopkins & Edmonds, and Haw & Roper are making the trip to Flor-

ida. Greg, who is the team captain, says that he wishes all the team members could go, since they all contributed to the team making it to Nationals.

Greg credits the team's success to the fact that they are all friends who enjoy spending time together, love competing with and against each other, and are all fairly even in tennis ability. His advice for team captains is to determine schedule conflicts early, play everyone in matches, and above all, make sure everyone understands the first priority is to have fun!

Spring Break Mini Camp

March 30th to April 1st

Register now at the front desk!

Coaches Corner: "Watching the Ball"

Have you ever been told to watch the ball? Most people watch the ball when it passes over the net to their opponent and back over the net to themselves. But, not on and off their own racket and their opponent's racket, the MOST important time.



To get better at this, act like your head is a camera and your eyes are the camera lens. To take a shot of a moving target, the camera must move, not the lens. Keep your eyes still, and track the ball with your head. Seeing the ball bounce in front of you, track the ball to contact while you take the snapshot.

On forehands, two handed backhands and serves, your head and eyes will stay at contact until your back shoulder hits your chin and brings your head around. On volleys and one handed back hands, your head and eyes stay at contact until you finish the stroke.

So, the next time you take the court, put this into action to help you hit cleaner shots by centering the ball on your racket, being balanced, and staying quiet on the shot. Have fun!

~Tony Nelson, Co-Director of Tennis

Health and Fitness Corner: "Spring is here!"

Take advantage of the weather to get outside and to get your body moving.



1. Get out and start jogging, walking, hiking, cycling or any other heart pumping activity.
2. Bike or run to work. Use the stairs instead of the elevator, park farther away, take a walk on your lunch break.
3. If you can't get that workout in, while watching TV, use a stepper, bike, rower or just do push ups and sit-ups.

Remember that it takes about 21 days to create a new habit; start now creating that healthy habit that will last your lifetime.

~ Todd Anderson, Personal Trainer

Editor/Contributing writer: Laurel Cripe
Manager: Brent Waddle

Spotlight: International Champions ~ Greg & Linda Conn ~

In a career that has already covered 25 years and several continents, Greg & Linda Conn say that winning the Senior 8.0 Mixed Doubles National team title in a few weeks would be their biggest achievement.

Previously the Conn's best moment was winning gold in their age group at the World Master Games in Melbourne, Australia in 2002. They have also won gold medals in Mixed Doubles at the World Master Games in Portland in 1998, and Edmonton Canada in 2003. They swept the events in their age group at the Huntsman Senior Games held in St George, Utah in 2006, winning gold in Men's & Women's Doubles with Dave & Jean Davidson, respectively, and taking the gold medal in the Mixed Doubles together, as usual.



Above: Greg & Linda Conn model their gold medals won in the 2002 World Master Games in Australia.

The Conns have been members of VTC for their entire competitive careers, getting started in tennis when their daughter, Julie, was playing on her high school team. Julie didn't pursue tennis seriously, but got first Linda, who hit with her because the family couldn't afford lessons, and then Greg, into the sport. Julie, who lives in LA, now uses her vacations to travel to most of the national & international competitions with her parents, serving as team photographer and entourage.

Greg and Linda didn't start out on top in their competitive careers. Greg says in the beginning their goal was to play longer at a tournament then it took to drive there. By the time they got into the 45 age bracket, they had started winning regularly. Greg & Linda still have some personal tennis goals to achieve, among them winning a national USTA team title, winning a National Husband & Wife tournament, and one more international World Master Games gold medal.

Greg credits their success in mixed doubles to their scrambling ability, to Linda's "pinpoint" lobs, and chiefly to her ability to stay unfailingly positive. Or maybe the secret to their success is the ritual pre & post game kiss, win or lose. Though it doesn't sound like there have been many losses recently!

Summer Camp Registration Opens



Featuring: **Greg Patton!**

NCAA Coach of the year in 1997, and coached the St. Louis Aces WTT, including Andy Roddick and Anna Kournikova.~

Register Now!
Grand Slam Summer Camp
July 18th-22nd, 2010

Ages 7-18 years old
Rookies to Champs
Call or go online

www.vancouvertenniscenter.com
360-696-8123

It's Not Just for Kids!

Adult event with Greg:
Wed, July 21 6-8:30pm
Register at the front desk!