



Leaside Tennis Club

NEWSLETTER: SUMMER 2011

Mark Your Calendar

- ❖ **Saturday, May 28** **OTA Day at the Merchant of Tennis**
- ❖ **Friday, June 24** **Junior Carnival**
- ❖ **Sunday, July 03** **Wimbledon Morning**
- ❖ **September 23-25** **Junior Tournament**

Strawberries, Cream and Wimbledon!

Join us at the Club-house on the morning of July 3rd to watch the Finals amidst great company and enjoying Strawberries and Cream.



Please sign up at the Club-house or our website, if you think you may be coming. (*We need to know the quantities to buy*).

President's Message

It seems that winter has tried to hang on as long as possible this year. Finally it has started to warm up and the sun seems to be showing up more.

On Saturday April 2nd, Set-Up Day, a team of about 18 came out to help Bill Foster with the nets and screens. We got them up in record time. Thanks so much to everyone.

Our annual open house was held on Tuesday April 12th. The food and drink was wonderful, thanks to Jen Palacios, our new social director. It seems Susan Rutherford, past Social Director, *Continued . . . page 6*

This Issue

Junior News

Page 2

Our Members: How I Beat Martina Navratilova

Page 3

Holding Memberships
Board Tags

Page 4

Opening Day Volunteers
Summer House League Form

Page 5

Shoe Tags

Page 6

Our Tennis Professionals
Welcome New Members

Page 7

Club Championships
June Calendar

Page 8

Spare are Needed
July Calendar

Page 9

LTC's Dynamic Calendar
August Calendar

Page 10

HERE'S THE TOPSPIN ON THE JUNIOR NEWS!

Junior Open House

If our Juniors can play tennis half as well as they party, then the future of this club is solid. April 14th, the Junior Open House served up games, challenges, pizza, pop, and lots of fun to a great crowd of new and familiar faces. Special thanks to coaches Chris Little, George Cenic, Sean Kern and Tom Kern for keeping the action stoked on the outside courts - and to Joan and Phil Nutt, Marion McCabe, Suzanne Parks, Rita Lee, Gill Kern and Paul Kasta for keeping things running smooth on the inside. Big thanks to the Merchant of Tennis for donating fun prizes to the participants at the end of a great night! We're grateful for their continuing support.

Junior Spring Clinics

It's game on for the Junior Spring Clinics. Four days each week after school, the courts are fully engaged with junior players working on their stances, strokes, strategies and sportsmanship. It's wonderful to watch the Club pros help our kids build their game skills and confidence with many valuable lessons that can be applied on the court, and off.

Junior Team

The Inter-County League and Toronto Junior Doubles League are discovering that the Leaside Juniors are awesome contenders. Every week our Juniors are representing our Club, at home and away, with skill, enthusiasm, and great sportsmanship. And just an FYI - there's ALWAYS room for good intermediate and advanced players on our teams, even mid-season. Any Junior who missed our early tryouts should speak with George Cenic at the team practices held each Friday from 4 - 6 PM. Match games are played Saturdays - for more details, check the league schedules posted in the club house.

Junior Carnival

Mark your calendar, Friday June 24th from 6 - 9 PM. It's Carnival time! All junior members are welcome to an evening of games, challenges, prizes, and loads of good fun. Arrive hungry because we'll be grilling up big juicy burgers and hot dogs at the clubhouse.

Looking ahead to Autumn

Fall is prime time for tennis. Check the bulletin boards in the clubhouse at the end of August for sign up sheets to the Junior Fall Tournament scheduled September 23 to September 25. There will be events for girls and guys U18, U16, U14, U12 and U10, and great prizes to win!

More great news - we're running Junior clinics this Fall. Get your registration in early. Placements are limited in size and registrations will be handled on a first come first served basis. Forms can be picked up after August 20, 2011 in the clubhouse, or downloaded from the club website. Give your completed registration and cheque/s to our Head Pro, Chris Little, at the clubhouse.

Have a smash hit of a season!

*Nadine Budd,
Director of Junior Development*

Our Members:

Highlighting just one of our 1000 interesting members. Let us hear the stories of others. A sentence, a paragraph or more. Let us know. Email to: newsletter@leasidetennis.org

How I Beat Martina Navratilova

It all started early in 2010 when a friend, Ruth, asked me if I would join her in climbing Mount Kilimanjaro. It's the highest point in Africa – with the summit at close to 20,000 feet.

Within a few months Ruth persuaded 10 other women to join the Kili Climb. The driving force, apart from crossing an adventure off the bucket list, was to raise money for a Women's Leadership Centre at the Africa International University in Nairobi.

I knew that you didn't need mountaineering expertise, but this was before I found out about altitude sickness which can be lethal. The Kili summit is nearly *four miles* above sea level; the air is breathtakingly thin, and the sickness can affect anyone.

There was really only one way forward – to get as fit as possible. As a group we hiked almost every weekend – covering the Bruce Trail, Algonquin Park and many of the city trails. Greg Gannon PhD. (an endurance coach and sports scientist) gave us high altitude training by hooking us up to special low-oxygen machines and building up our endurance on stationary bikes.

In December 2010 I saw the headline "Illness halts Navratilova's Kilimanjaro climb." Here was an athletic tennis icon being carried down the mountain on a stretcher – fluid in her lungs.

There are 6 routes up the mountain and 2 routes down. We climbed the Lemosho Route (7days up and 2 days

down) with Tusker Trail – a superb husband-and-wife company whose primary concern was our safety. Then there was the question of supplies. Everything had to be carried up – nine days worth of food, equipment, and camping gear. It took 60 porters, agile as mountain goats, each carrying 30kg on their heads.

Our journey started in Moshi (3,000ft) with what gets called the African Massage; a hair-raising 3 hour drive, lurching along the bumpiest road on the planet in

Toyota Land Cruisers. Then came the first hike - a 2 hour uphill trudge to Big Tree Camp at 9,170ft. This took us through rainforest, bedecked with Kilimanjaro impatiens, but with millions of soldier ants (ugh) underfoot, and Colobus monkeys chattering in the trees.

Day 2 found us on a full day's hike as we pole, pole, pole (slowly,

slowly, slowly) up to the Shira Plateau (11,500ft) where we get our first view of the Kibo summit where Uhuru Peak, our ultimate destination, is located. Then, that evening, one of our group took ill, and although she insisted she was fine, one of the Tusker guides stayed in her tent all night just in case. The next morning she was still unwell, and very unsteady on her feet. So, like Martina, she had to be taken down the mountain to safety.

Sobered by this, we started Day 3 with med checks and breakfast before hiking across the Shira Plateau to Moir Camp (13,650ft) set in a sheer-sided valley.

Day 4 was an acclimatization day.



Continued . . . page 4

How I Beat Martina *continued from page 3*

We had lunch at Lava Tower (15,000ft) the highest we had climbed. Then we eased down 2,000 feet to overnight at Barranco Camp. On Day 5, our first challenge was the Barranco Wall, a 500ft lava flow. Then it was down into the Karanga Valley and up the other side for our overnight at 13,200ft.

Day 6 was all uphill to the rocky slopes of Barafu Camp which was extremely windy and cold.

Finally, it was Day 7 – Ascent Day. We started at 5am and took 10hrs of zigzagging over rocky outcrops and through the scree until we reached Stella Point (18,848ft) and the crater rim. Then, the final 2 hours of trudge, trudge, trudge, pole, pole, pole took us up to the summit at Uhuru Peak.

Exhilaration! We were on the top of Africa.

After much rejoicing, lots of picture taking and some quiet time for reflection. I also left a little memento for Martina in a crack in the rock - a tennis version of a “baseball card”, showing her magnificent record.

The guides took us down via a short-cut, a bit like skiing downhill on loose gravel, with nerves and knees screaming for mercy.

Finally, we were on the last 9 km – a very pretty forest trail alive with birdsong and flowers. I’m sure that Martina will make the climb one day, but in the meantime we just had a 30 minute drive back to the land of showers, flush toilets and cold, cold beer!

Susan Rutherford

What is a Holding Membership?

Because of our enormous waiting list of over 400 names, a HOLDING MEMBERSHIP may be right for you. This allows you to remain as a non-playing member until you wish to re-activate your regular membership.

If you are going to be unable to play tennis because of work, school or health commitments, or going to be living out of the area for a while, consider having a HOLDING MEMBERSHIP.

If you missed the annual membership deadline, you may take out a HOLDING MEMBERSHIP and then apply for a Mid-Season entry at the beginning of July.

Membership in the Leaside Tennis Club is a valuable commodity - do not lose it unless absolutely necessary.

The HOLDING MEMBERSHIP option is on your renewal form.

*Joyce MacMillan,
Membership Director*

Board Tags

MEMBERS MUST RETURN TAGS TO THE TAG BOARD. (Court Booking Rules, #3)

When you have completed your time on court, and before leaving the Club premises, members must remove their tag from the Court Booking Board and replace it on the Membership Tag Board. The Court Supervisors are not there to perform this task for you!

Bill Foster, Director of House and Courts

Court Set-Up & Opening Day



Our call for volunteers was answered. Many showed up on April 2nd, to help with putting up the Windscreens, Nets and Divider Curtains. Some were members, others, parents of Junior members and some not members at all!

Many thanks to: Dick Harrald, Rita Lee, Wayne Robbins, Joseph Lee, Jim Wong, Gary Rollerson, Alain Rivet, Nancy Slater, Guy Booth, Peter Van Horne, Sarah Drummond, Edward Wong, Rene Narbonne, Paul Schiratti, Susan Poaps, Marion McCabe, Dennis Wong, Elena Palacios-Wong and George Gutierrez.

I hope I have not missed anyone! If so, thank you too.

Bill Foster, Director of House and Courts

HOUSE LEAGUE REGISTRATION – Summer 2011

Director: Roman Kucharczyk, 19 Killdeer Crescent, Toronto ON M4G 2W7,
NO REGISTRATIONS BY email or PHONE

The Summer 2011 House League will commence tentatively on Wednesday, July 13 and continue till end of September. Only ADULT (18+) members may sign up.

We would like to stress the point that, once on a team, you have made a commitment to play on the prescribed date and time, unless you find a substitute from a list provided and inform your captain about the change.

Complete the form below (print please) and leave in the club house with the court supervisor. Blank forms will also be available in the clubhouse. Please include your **email address** below for future contacts with your captain.

Closing date: June 01, 2011 (firm)

Name: _____

Email Address: _____

Phone: Daytime _____ Evening _____

Female Male Regular Spare

Volunteer as **team captain** yes no

Skill level: 2.5 3.0 3.5 4.0 and higher

It is necessary that you correctly **evaluate your level of play**.

See self-rating guide in the spring newsletter, or on our website, www.leasidetennis.org

Presidents Message *continued from page 1*

was impressed, she gave Jen two thumbs up. Congratulations to Jen, for a wonderful evening at which both new and returning members came and enjoyed. Also on hand was Dick Harrold, signing up all that were interested in adult clinics.

Tickets for the year end social were sold at the Open House. Make sure to get yours (\$25.00 each) early to avoid disappointment. Email tickets@leasidetennis.org to request yours. The event will be held on October 14th, at the Leaside Memorial Gardens for a second year.

On April 14th, Nadine Budd hosted the Junior Open House. Pizza and soda were on the menu but I think getting outside to play tennis was the main event. More than 50 Juniors attended. They enjoyed clinics organized by Chris Little and his coaching assistants. A special thanks to The Merchant of Tennis, who donated the prizes for the event.

Mark your calendars, OTA Members Day at the Merchant of Tennis (Bayview Avenue) will be held on May 28th. I'll be there all day handing out bags to the approximately 700 OTA members that are expected. Come out and say hello.

Sheila Hunt is working hard to provide you with a season filled with great tournaments. The first was held on May 21st and included a Head racquet demo.

As of April 1st, we opened the club under a city permit. Although we have experienced a couple of issues, they were resolved. We will be able to operate as we have in the past. The one difference that you might notice is our designated public hours, Saturday evenings 7pm to 11pm. During these 4 hours, members and non-members will have equal access to the courts. The 40 minute change over applies to everyone.

I would again like to remind everyone to read rules regarding dress code and conduct. These can be found in your Directory, the Club-house and on the website, www.leasidetennis.org.

Remember that this club is run solely with volunteers. Everyone, from your board members to team captains volunteer their own time to help make this club run so smoothly. If you can offer any help, please do not hesitate to contact me or any other board member. An hour of your time would make a huge difference.

I'm looking forward to a warm and rain free tennis season.

Rita Lee, President

Shoe Tags

**SHOE TAGS MUST BE DISPLAYED TO EXERCISE MEMBERSHIP BOOKING AND PLAYING PRIVILEGES.
(Court Booking Rules #9)**

To go on a court you must wear a current shoe tag. Your shoe tag is your proof of membership and you may be challenged if you do not wear it conspicuously.

We currently have in excess of 1,000 members. Therefore it should come as no surprise that neither our Court Supervisors nor our members can determine who is a member and who is not. That is what shoe tags are for. Wearing one is just common sense! Your shoe tag is like your membership, it is non-transferable. Do NOT lend your shoe tag to a non-member, such a practice could result in suspension of your membership privileges. If you do not display your shoe tag, you may be refused membership Court Booking and playing privileges!

Bill Foster, Director of House and Courts

Our Tennis Professionals

Improve your strokes, improve your serves. Our Tennis Professionals are the Best!

Chris Little is again heading up the tennis professional team at Leaside this year. Over the past two years we have learnt a lot from his excellent coaching and drills. Chris's certification includes Tennis Canada Coach 2, and US Professional Tennis Association certification.

We are happy to welcome George Cenic back to our courts for a twelfth year. George has vast experience with junior players and will be heading up Leaside's junior teams. Along with his Tennis Canada certification, George has specialized training in Progressive Tennis for children, using specialized equipment and mini-tennis nets to enable young players to have success (and fun) on the courts more quickly, while learning proper technique from the start.

Peter Cameron and Eddie Brisbois will also be available.

Peter, a graduate of the National Coaching Institute, is a fully certified Level 3 Coach. He has represented Ontario as a Provincial Coach and was the Ontario Tennis Association's nomination for Coach of the Year in 1999. He is the co-owner and Head Coach of the Toronto Tennis Academy.

Eddie graduated from the Toronto Tennis Academy and went on to a solid career at the University of Idaho. Eddie earned his Coach 3 certification with Tennis Canada in 2007 and won the Gary Caron Tennis Professionals Association Scholarship the same year. Eddie is also the Head Coach of the Under 10 National Training Centre program again this year.

We also welcome back 3 Tennis Instructors who are also LTC members. Sean Kern, back for a fourth year and for a second year, Kalia Garcia-Rojas and Galen Jones. These three will be helping with the Junior Clinics.

Sujit Das - Tennis Canada Coach 2, Head Pro at Bennington Heights Tennis Club will be joining us to run the weekday Adult Clinics. At the Saturday Adult Clinics and some Junior Clinics you will find Denisa Muntean on the courts. Denisa is a Tennis Canada Coach 1 and has played tennis for a Division 1 school in the US.

You may also be seeing Kyle Robal back on the courts at the start of this season.

A great line-up! Contact our head professional (416-414-8284 or email tennispro7@hotmail.com) to arrange for lessons.

Welcome to our New Members

Aurea Abesamis	Lynne Bridgman	Stewart Hunt	Mary Macdonald
Patti Ainlay	Zachary Budd	Angela Jervis-Read	Terri Mcdougall
Jennifer Alami	Mary Campbell	Hwan Joo	Peter O'connell
Larry Bain	Greg Cavers	Nick Kosche	Megan O'connell
Annette Bain-Utrecht	Ian Cleghorn	Mike Kosche	Anthony Oliveira
Peter Bak	Colleen Dalos	Lynne Terris	Justin Quigg
Rob Bramer	Doug Graham	James Macdonald	Julia Quigg
			James Robertson



Club Championships

Coming in September 2011, dates to be announced.

Keep your eye out for information on the notice board in the club house.

I am hoping that there will be a good response for this event.

DOUBLES: "A" and "B" MIXED, LADIES and MENS
SINGLES: "A" and "B" LADIES and MENS

Sheila Hunt, Tournament Director

JUNE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1 7-10am Clinics[2] 10:00am MATCH [3] 4-6pm Jnr Clinic [4] 6:30 -11pm HL [6]	2 7-10am Clinics[2] 9 -11am RR[4] 4-6pm Jnr Clinic [4]	3 4-6pm Jnr TP [4] 7-10pm RR [4]	4 10:00 Jnr Match [3] 2-4pm Clinics [2] 4-6pm Drills [2]	5 11-1pm IC-TP [3] 1:30-3:30pm RR[4]
6 7-11am Clinics [2] 11:00-3:00pm TP [2] 4-6pm Jnr Clinic [4] 7:00pm MATCH [4] 7:30pm Board Mtg	7 7-10am Clinics [2] 9 -11am RR[4] 4-6pm Jnr Clinic [4] 7:00pm MATCH [*]	8 7-10am Clinics [2] 10:00am MATCH [3] 4-6pm Jnr Clinic [4] 6:30 -11pm HL [6]	9 7-10am Clinics [2] 9 -11am RR[4] 4-6pm Jnr Clinic [4] 7:00pm MATCH [*]	10 4-6pm Jnr TP [4] 7-10pm RR [4]	11 2-4pm Clinics [2] 4-6pm Drills [2] 5-7pm Jnr Match [3]	12 11-1pm IC-TP [3] 1:30-3:30pm RR[4]
13 7-11am Clinics [2] 11:00-3:00pm TP [2] 4-6pm Jnr Clinic [4] 7:00pm MATCH [4]	14 9 -11am RR[4] 4-6pm Jnr Clinic [4]	15 7-10am Clinics [2] 10:00am MATCH [3] 4-6pm Jnr Clinic [4] 6:30 -11pm HL [6]	16 9 -11am RR[4] 4-6pm Jnr Clinic [4]	17 4-6pm Jnr TP [4] 7-10pm RR [4]	18 2-4pm Clinics [2] 4-6pm Drills [2]	19 11-1pm IC-TP [3] 1:30-3:30pm RR[4]
20 10-11am Clinics [2] 4-6pm Jnr Clinic [4] 7:00pm MATCH [4]	21 9 -11am RR[4] 7:00pm MATCH [*]	22 4-6pm Jnr Clinic [4] 6:30 -11pm HL [6]	23 9 -11am RR[4]	24 JNR CARNIVAL 6:00-9:00pm	25 2-4pm Clinics [2] 4-6pm Drills [2]	26 11-1pm IC-TP [3] 1:30-3:30pm RR[4]
27 7:00pm MATCH [4]	28 9 -11am RR[4]	29 6:30 -11pm HL [6]	30 7:00pm MATCH [*]	ALL MATCHES ARE PLAYED UNTIL FINISHED [APPROX. 2HRS] * Tuesday and Thursday evening matches 4 courts 7-9pm approx. Then 2 courts 9-11pm.		

Legend:

General

HL - House League

RR - Round Robin

TP - Team Practice

HLC - House League Clinic

IC - Inter-County

[#] number of courts allocated

Team Tryouts

LDT - Ladies Day Team Tryouts

LET - Ladies Evening Team Tryouts

ICT - Intercounty Team Tryouts

WE ALL NEED SPARES!!

And more specifically, the **SPRING HOUSE LEAGUE** needs them.

If you were unable to commit to a team but might like to play occasionally, get your name on the list NOW.

If interested sign-up on the website or add your **Name, level of play, phone number and email address** on the sheet posted on the bulletin board at the clubhouse



JULY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1 CANADA DAY	2	3 WIMBLEDON A.M. [Club-house only] 11-1pm IC-TP [3] 7-9pm RR [4]
4 7:00pm MATCH [4] 7:30pm Board Mtg	5 9-11am RR[4] 7:00pm MATCH [*]	6 6:30-11pm HL [6]	7 9-11am RR[4]	8 4-6pm Jnr TP [4] 7-10pm RR [4]	9 CHARITY BALL To Be Confirmed	10 11-1pm IC-TP [3] 7-9pm RR [4]
11 7:00pm MATCH [4]	12 9-11am RR[4]	13 7-11pm HL [6] tbd	14 9-11am RR[4] 7:00pm MATCH [*]	15 4-6pm Jnr TP [4] 7-10pm RR [4]	16	17 11-1pm IC-TP [3] 7-9pm RR [4]
18	19 9-11am RR[4] 7:00pm MATCH [*]	20 7-11pm HL [6]	21 9-11am RR[4] 7:00pm MATCH [*]	22 4-6pm Jnr TP [4] 7-10pm RR [4]	23	24 11-1pm IC-TP [3] 7-9pm RR [4]
25	26 9-11am RR[4]	27 7-11pm HL [6]	28 9-11am RR[4]	29 4-6pm Jnr TP [4] 7-10pm RR [4]	30	31 7-9pm RR [4]
Legend: HL - House League [#] number of courts allocated RR - Round Robin [#] number of courts allocated TP - Team Practice tbd- To Be Determined ALL MATCHES ARE PLAYED UNTIL FINISHED [APPROX. 2HRS] * Tuesday and Thursday evening matches 4 courts 7-9pm approx. Then 2 courts 9-11pm.						

The Dynamic Leaside Calendar

The information on the Calendars are as accurate as the information available at time of printing. Scheduling is like a game of tennis, it is dynamic and changes have to be made as circumstances change, (rain-outs etc.). Please check at the Club-house for the latest information.



AUGUST

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 CIVIC HOLIDAY	2 9-11am RR[4]	3 7-11pm HL [6]	4 9-11am RR[4] 7:00pm MATCH [*]	5 7-10pm RR [4]	6	7 11-1 IC-TP [3] 7-9pm RR [4]
8 7:30pm Board Mtg	9 9-11am RR[4]	10 7-11pm HL [6]	11 9-11am RR[4] 7:00pm MATCH [*]	12 7-10pm RR [4]	13	14 11-1 IC-TP [3] 7-9pm RR [4]
15	16 9-11am RR[4]	17 7-11pm HL [6]	18 9-11am RR[4]	19 7-10pm RR [4]	20	21 7-9pm RR [4]
22	23 9-11am RR[4]	24 7-11pm HL [6]	25 9-11am RR[4]	26 7-10pm RR [4]	27	28 7-9pm RR [4]
29	30 9-11am RR[4]	31 7-11pm HL [6]				

Legend:

General

HL - House League

TP - Team Practice

RR - Round Robin

[#] number of courts allocated

ALL MATCHES ARE PLAYED UNTIL FINISHED [APPROX. 2HRS]

* Tuesday and Thursday evening matches

4 courts 7-9pm approx. Then 2 courts 9-11pm.

Leaside Tennis Club
Trace Manes Park [McRae & Millwood]
Unit 104, 71A Underhill Dr.
Toronto, ON M3A 2J8

T: 416-467-9350
www.leasidetennis.org

Editor: Joan Edwards