

**PRESIDENT'S MESSAGE**

To GPCTA Members and Associates,

Thanks to all for the great start for the 2010 season. The Youth Tennis event that was co-sponsored by the USTA was most successful. Those who attended were inspired to learn more about tennis and their parents were most appreciative of the way in which GPCTA members gave enthusiastic instruction to their children. This event was well received by the community! We give special thanks to Jan Kirk, Jeff Nash, Samantha Mendoza, Stephanie Mendoza, Joe Matola, Louis Parks, Janice Burns, and others who were most encouraging to the youth.

Our first ever "Winter Event" was enjoyable. We learned new information about racquet sizes, strings and grips as well as had some interesting discussion on rules of play, all of which was provided by Jeffrey Nash. But the best part was the opportunity to enjoy other members, catch up on what has been happening "off the courts." USTA provided a DVD showing players during the late 90's and early 2000 US Open Tournaments. The arrangements at the plush Evergreen Room at the Tap Rock Restaurant made the entire evening special.

We now are entering into the season for the **Block Party**, the various **Progressive Doubles** events, and then into the **Tournament Season**. We are sending information to other clubs throughout Oregon and inviting them to participate with us in these events. Our traditional tournaments are on the schedule again for 2010.

The first is the **Summer Classic Saturday and Sunday June 5 and 6.**

Next event is the **Junior Tournament Friday, Saturday, Sunday, August 13 -15.**

The final tournament is the **Caveman Classic over the Labor Day weekend, September 4-6.**

Should you be interested in participating in other events for specific skill levels, or special sections of the GPCTA membership, e.g., senior tournaments, etc., please let us know your ideas. We look forward to growing our membership once again this year! As you know we reached our **2009 goal of 200 members. Thanks to all.**

Remember: Tennis is a Lifetime Sport!

Ruth Berkey

President

Thanks to those who have renewed their memberships and made a donation!

Rebecca Clark, Lisa Solomon, Robert Subias, Jenny Hamblin, Ruth Berkey, Todd Harris and family, Andrew & Joanne Pitzak, Lynn Reedy and Bob and Cathy Berry. **Please send your membership dues as soon as possible.** Applications are on the website. Thanks also to Tom Vallejo for contributing his income from his work toward the Indoor facility. If you need yard work done, contact Tom at 541-660-2615.

General Information

Meet Your 2010 GPCTA Board

Ruth Berkey	-	President
TBA	-	1st Vice President
Joe Matola	-	2 nd Vice President
Louis Parks	-	Secretary
Janice Burns		Treasurer

Contact your Board and Members at 541-479-0326

Members

Diana Hoatson	Samantha Mendoza
Jan Kirk	Jeff Nash

If you would be interested in serving on the GPCTA Board please contact one of the current members and indicate your interest. We have fun and enjoy being a part of making Tennis in Grants Pass outstanding!

Instruction, Lessons, & Clinics

Affordable private and group lessons are available from our USNTA Certified Instructor: Jeff Nash (541) 660-4877.

Beginning-Intermediate Tennis Class – Started April 6, Tuesdays, 5:30 p.m., at Gilbert Creek.

It will cover tennis stroke basics and also include strategy for singles and doubles play. Cost will be \$50 per person, which includes membership in the Community Tennis Association. A maximum of 15 students will be allowed.

Cardio Tennis Class – Started, April 8, Thursday, 5:30 p.m., Gilbert Creek

Thursday evenings, offered by the Grants Pass Community Tennis Association. The class will cover advanced tennis stroke information and also include discussion of advanced strategy for singles and doubles play. A maximum of 15 students will be allowed. Cost is \$50.

Junior Tennis Team

Invite only, year round, competition tennis. Wednesday, 5-6:30pm, Sunday, 2-4 pm. Call Jeff Nash for further information.

GPCTA Website Update

Grants Pass Tennis Association has changed its web address. We encourage you to make the change in your records to: www.grantspasstennis.net. All of the latest information on upcoming events, as well as tournament reports is on the GPCTA website.

Renew Your 2010 Membership

Have you renewed your 2010 GPCTA Membership? Dues run on a calendar-year basis, and help pay for our tennis programs and the court-cleaning equipment.

The membership form is available at our GPCTA website: www.GrantsPassTennis.net and at the Gilbert Creek Clubhouse. Fees are: \$35 Family, \$20 Single, and \$10 Junior.

Local Progressive Doubles

Coed - started **April 5, Monday nights** from 5:30 to 7:30 PM. Meet at Gilbert Creek Courts. Call Jeff Nash at 660-4877 for more information. . The monthly clinics offered by Jeff cost \$5 for non-members and are free to members. **PLEASE BRING 4 QUARTERS (for the lights) AND A CAN OF TENNIS BALLS.**

Wednesday evening, started April 7 will provide opportunities for youth and adults to play together. The evening will include instruction for tournament or match play. There will be a \$10 fee to play on that evening to cover the instruction.

Women's Progressive Doubles, due to rain, will not start until **May 4, Tuesday** 9 to 11 AM. Come and enjoy meeting other women tennis players in our community. Open to members and non-members. A monthly clinic will be offered by Jeff for \$5 for non-members and free for members. Details: contact Ruth Berkey.

Local 2010 Events & Tournament Dates

Check out these dates –

Mark them on your calendar!

Block Party: Sunday, May 16, 12noon to 5pm

Summer Classic: Saturday & Sunday, June 5 & 6

Junior Championship: Friday, Saturday & Sunday, August 13, 14, 15

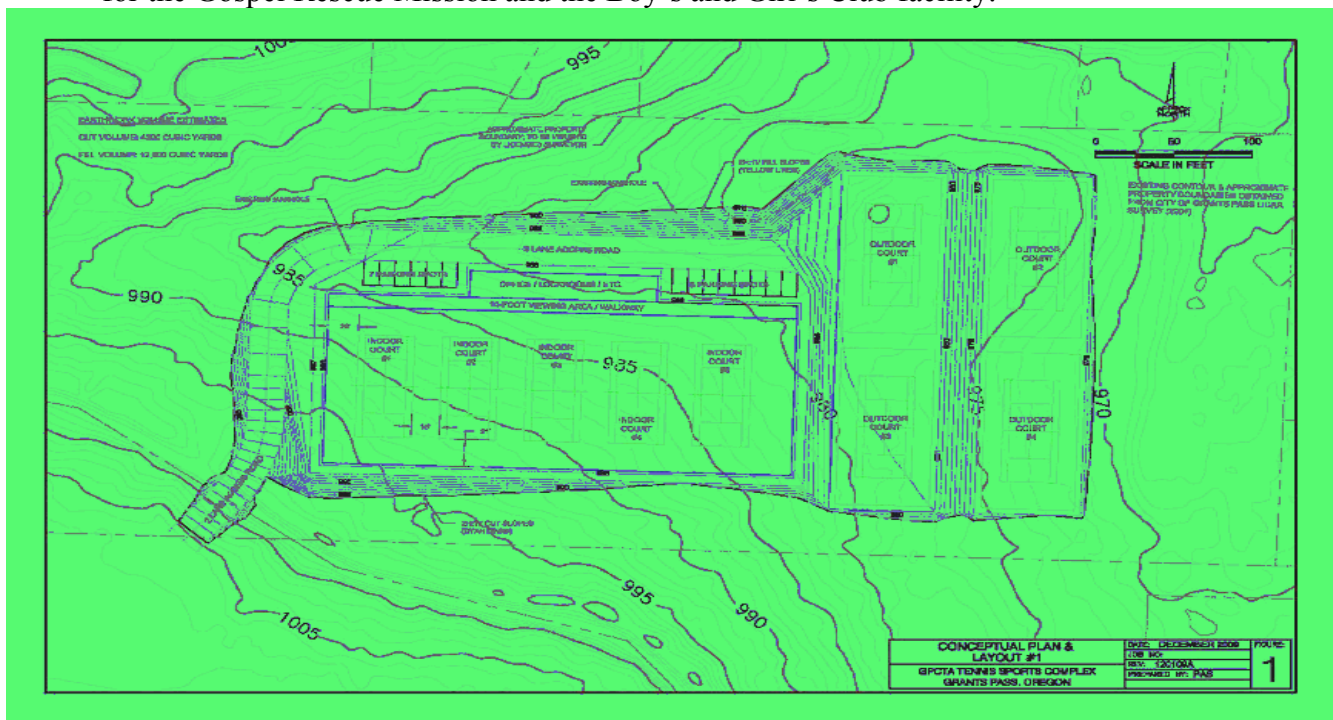
Cavemen Classic: Saturday, Sunday & Monday September 4, 5 & 6 - Labor Day Weekend

Newsletter Email Policy

The E-Newsletter will be emailed as opposed to postal mail to reduce costs. Anyone not having an email address can contact the CTA for special arrangements. A copy will be posted on the Bulletin Board at Gilbert Creek Park for your convenience.

Grants Pass Tennis Sports Complex - GP TSC

- 1) Working with the United States Senator Merkley's office in Medford, an Appropriations request was submitted requesting government funding of \$2,075,000 dollars. The committee spent long hours in getting the request prepared for submittal and in co-coordinating with many different organizations. Letters of support were received from Mr. Kevin Clark, Mr. John Reinhart, and Mayor Murphy. Throughout the process the Senator's office was supportive, but the request was ultimately denied. We will try again next year.
- 2) The approval as a new IRS 501 (c) 3 non-profit corporation is in process. The Board of Directors is comprised of leaders of the communities as well as GPCTA representatives. This non-profit organization will oversee the TSC construction and once complete the operation. A website along with a new logo is being created for the new non-profit organization.
- 3) Had met with and am receiving support from Mr. Kevin Clark of the YMCA.
- 4) Focus is now on generating a detailed schedule for targeting specific grants and other funding sources.
- 5) The GP TSC committee is still plans to work with various community organizations to obtain support: SOREDI, the Active Club, Rotary Club, Kiwanis, YMCA, etc.
- 6) Two conceptual grading plans and layouts have been produced by Paul Selke (GPCTA member). One of the layouts is provided below.
- 7) RCC is still reviewing their master campus plan regarding location of all future buildings and will provide a final decision on exact location within the next several months.
- 8) The GP TSC board has voted to retain Ausland Builders as the Construction Manager with RCC needing to approve of this retainer. While working with non-profit organizations Ausland Builders has been the CM on numerous projects including the Women's and Men's residence for the Gospel Rescue Mission and the Boy's and Girl's Club facility.



Youth Tennis Day!!!

We started 2010 off with the USTA sponsored **Youth Tennis Day** that was held at Gilbert Creek Courts on **Saturday, February 28, from noon to 5 PM.** The weather was very cooperative and a great day was had by all. The events included games, instruction, snacks and prizes provided by USTA. Those youth, who participated, enjoyed skill drills and a full clinic with assistance from GPC members.



Recognition:

Thanks go to Jeff Nash, Samantha Mendoza, Stephanie Mendoza, Louis Parks, Joe Matola, Ruth Berkey, Janice Burns, Jenny Hamblin and Jan Kirk for making this a great event.

Wellness with Dr. Hurd

The following article is presented to GPCTA members regarding the continuing need to focus on health as we enjoy our athletic endeavors. Dr. Hurd has agreed to participate in the new Tennis Complex once it is established, to enhance our awareness and place emphasis on health and wellness for tennis players. This article is an introduction to a series that will be included in the future GPCTA Newsletters. We are hopeful that you will enjoy reading this information.

Wellness (Being Healthy) by Frank J. Hurd, D.C., M.D.

How do we arrive at being healthy? When does it start and how do we get started? Well first of all, we need to decide whether or not we want to be healthy, and for what reason, and for how long? To succeed in sports being healthy is a “must” to be able to compete; and should be a life-long goal for young people.

To make the right choices, we must look at being healthy for life. When we are young is the best and most important time to be getting healthy, and the most important area to work on is simply what goes into our mouths! Of course there are other factors that constitute being healthy, for instance: Plenty of Fresh Air, Exercise, Proper Rest, Sunshine, The Use of Water (inside and outside the body), Avoiding Harmful Substances (such as soda pop and drinks containing hi sugar, chemicals and caffeine) and a trust in Divine Power that is needed to make it all fit together and work.

Let’s start our day with a good breakfast. Even though approximately 50% of adults and children skip breakfast, this is the most important meal of the day. A good breakfast of fresh fruits, whole grain cereal with soy or low-fat milk, nuts and seeds, whole grain bread with nut butter or natural fruit jam/honey is breakfast fit for a king or athlete. A satisfying wholesome breakfast will also help us avoid eating between-meals of the usual high-sugar, hi-fat, chips, candy, and soda pop snacks.

Meals should be eaten at regular times each day with the last meal being several hours before bedtime. Eating late at night interferes with digestion, disturbs your sleep, and contributes to unnecessary weight gain, a national health problem for young and old. In addition those late snacks consumed while watching TV often are the reason for “I’m not hungry for breakfast,” thus creating a vicious cycle.

Dinners and suppers should include a variety of raw green salads, cooked legumes/beans, vegetables and whole grain products such as pasta, prepared in as simple and natural way as possible, preserving nutrients, avoiding fast-foods, TV dinners, and the microwave. Nearly all sickness that shows up in later life can often be traced to faulty dietary habits while growing-up. You have a choice to be healthy and avoid being part of a nation that is “overfed and undernourished.”

Yours for Better Health,
Frank J. Hurd, D.C., M.D.
Co-author: Ten Talents cookbook/health manual
www.tentalents.net

Evening at the Tap Rock

A new event was added to the schedule this year – a Winter Evening, held at the Tap Rock Restaurant's Evergreen Room on Saturday, March 6 from 6:30 - 8:30 PM. The program included information on tennis strategies, strokes and films about great tennis playing. Jeff Nash gave some important tips on equipment (racquets, stringing, size of grips, putting on grips). There was discussion of rules of play, and a DVD with US Open pictures from 1998 to 2004 was shown as well. It was just a great opportunity to get together and to enjoy the setting on the river. This is a new event for us to get together (in a dry place) before the 'sun shines.'



Jeff instructing



Donna waiting



Samantha, Brent and Ruth



Samantha and Brent chatting



Bill pondering



Robert reflecting

Lithia Tennis Tournament Congrats

Congratulations to Cindy Ogden and Jerry Dietrick for 1st place in the Mixed Doubles 8.0, to Louis Parks and Stan Vout for 1st place in the Men's 7.0 Doubles, and Cindy Ogden and Seline Pierson for 1st place in the women's 4.0 doubles in the February Tournament. Several other GPCTA members participated in this event: Samantha Mendoza, Dale Durboraw, Janice Burns, Ruth Berkey, Robbie Hobbs, and Cody Matola.

Fund Raising

A new fundraiser for GPCTA was held during the dates of March 12 to March 22. Those individuals who went to Big 5 Sporting Goods in Grants Pass and provided the certificate, which was mailed to all members, were able to donate 5% of their purchases to the GPCTA. In addition, they received a 15% coupon to be used on a future purchase of regular items and 5% off of any sale item from now through May. We will report the amount that was made on this particular fund-raiser in a subsequent Newsletter! Hope that you took part and received your 15% off coupon!