



NEWSLETTER



Summer 2018

Dear GR Members:

I'm constantly thankful for the many people who volunteer to make Golden Racquets a well-run organization. From those who have been around for a while to relatively new members, a cadre of people give of themselves and their time to support the rest of us and our many venues. Special thanks to Fred Hart who has served in many capacities, including the role of Operations and Planning Committee Chairman, which will soon be taken over by a fairly new member, Dave Fleming. Dave has also stepped up to Captain the Friday Wakefield group this summer. Adele Neuberg is taking over the Membership Chair position for Ellen Johnson who has served faithfully during some difficult membership times. Charlie Silver has agreed to take over as Captain for the Monday Burke venue this coming Fall/Winter 2018/2019 for Fred Staudenmayer who has Captained that group for a number of years. Connie Dineen is doing a great job getting these newsletters out to keep us all informed. I applaud ALL of you volunteers.



Getting substitutes can be a pain, but ***it is the regular player's responsibility to find a sub and notify the Captain at least 24 hours before the play date/time.*** Whereas most Captains will make suggestions as to possible subs, players themselves need to make every effort to identify their sub and give their Captain time to change the days' pairings as necessary.

I've always found it easiest to get a sub by personal contact, but more-and-more players are sending blast messages to a sub list hoping for positive responses. When you do that, or even if you've individually contacted several people, **it is most courteous to let everyone know when a sub has been found so that others know that the slot has been taken.**

The Fall/Winter 2018/2019 sign-ups should be out soon! Please send your preferences and monies in as soon as you possibly can to give our officers time to complete the complex process of venue assignments.

Finally, this year ALL Board Officers are at the end of their two-year terms. Elections will be held at the Annual Luncheon Meeting in October 2018. It may be naively hopeful, but if anyone is particularly interested in a particular Board position please let me or another current Board member know. Perhaps more likely, if anyone would like to nominate another member to a Board position please check with that person and pass the name along to me.

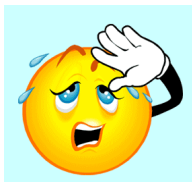
Ed Grose



Summer Heat

by Fred Hart

"Heat stroke" is a condition caused by the body overheating, usually as a result of prolonged exposure to or physical exertion in high temperatures. This most serious form of heat injury, heat stroke, can occur if the body temperature rises to 104 degrees F (40 degrees C) or higher. The condition is most common in the summer months. Heat stroke requires emergency treatment. Left untreated, heat stroke can quickly damage the brain, heart, kidneys, and muscles. The damage worsens the longer the treatment is delayed, increasing the risk of serious complications or death. Here are some tips for you to consider:



Some warning signs of heat-related conditions (such as heat stroke)		
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Headache	Profuse sweating	Exhaustion
Nausea/vomiting	Muscle cramps	Dizziness/fainting
Blurred vision	Hot & dry or cold & damp skin	High body temperature
Confused mental state	Rapid breathing	Racing heart rate

Tips to help prevent heat-related symptoms & conditions
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- Drink/sip water all day long rather than just when you feel thirsty.
- Avoid alcoholic drinks, caffeinated beverages, sugary soft drinks, and full-strength fruit juices.
- Keep the shades drawn and blinds closed on windows where the sun is pouring through.
- Turn off lights that are not being used (this will help the cost of electricity as well as keep the heat-level down!)
- Use tepid water when showering or taking a bath.
- Wear loose-fitting, light-colored, light-weight cotton clothing.
- Eat more foods that are high in water content, such as fruits and salads.
- Check on family and friends to make sure they are not suffering from a heat-related condition.
- Some medications may require minor adjustments, so check with your doctor if you believe this may apply to you. **However, under no circumstances should you modify your medications in any way without checking with your doctor.**
- NEVER leave anyone -- regardless of age -- or any pet in a closed automobile. It takes only minutes for the heat inside to rise to a dangerous and often lethal temperature.

In the event of a heat-related emergency, call 911

- If you think a person may be experiencing heat stroke, seek immediate medical help by calling 911. While waiting for medical help to arrive, take immediate action to cool the overheated person by:



- getting the person into the shade or indoors
- remove as much excess clothing as possible
- cool the person with whatever means are available -- immersing in cool tub of water or cool shower, spraying with a garden hose, sponging with cool water, fanning while misting with cool water, placing ice packs or cool towels on the person's head, neck, armpits, and groin.

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## GR Rating and Rater's Comments

by Steve Mateo

The following guidelines are offered to help to explain the rationale of the GR rating system. It is based on the rating guide used by the USTA, but has been modified to fit GR member's playing abilities and styles. Members' ratings are reviewed every three years, or sooner based on the recommendation of venue



captains. The ratings committee works hard to make sure members are placed at a level they will find competitive and fun!

#### **Rating of 3.0-3.4**

- Familiar with basic positions for singles and doubles play; frequently out of position. Prepared for moderately paced shots.
- Fairly consistent with some directional intent; lacks depth control.
- Incomplete service motion; double faults some; toss inconsistent; unpredictable return of serve; able to get ball in play at slow pace; can return slow paced serve.
- Uncomfortable at net; avoids backhand; lacks footwork.
- Can sustain a short rally of slow pace; lacks consistency; weak court coverage; usually remains in the initial doubles position.

#### **Rating of 3.5 – 3.7**

- Shows consistency and variety on moderate shots with directional control; developing spin.
- Can put away easy overheads; can hit to opponent's weaknesses; able to lob defensively on difficult shots.
- Hits with some directional control on moderate shots; has difficulty on high or hard shots.
- Needs to work on receiving preparation; often chooses to hit forehand instead of backhand.
- Little consistency when trying for power; second serve is often considerably slower than first serve.

#### **Rating of 3.8 – 4.0**

- Very good hitting consistency; uses speed and spin effectively; controls depth well; tends to over-hit on difficult shots; offensive on moderate shots.
- Hits with directional control on moderate shots; little difficulty on high or hard shots; returns difficult shots defensively.
- Aggressive serve with limited double faults; uses power and spin; developing offense; on second serve, frequently hits with good depth and placement.
- Frequently hits aggressive service returns; can take pace off with moderate success in doubles play.
- Can hit most volleys with depth, pace and direction; plays difficult volleys with depth; good drop-shots.
- Uses forehand to set up offensive situations; has developed good touch; consistent on passing shots.

#### **Rating of 4.1-and above**

- Strong shots with control, depth, and spin; uses forehand to set up offensive situations; has developed good touch; consistent on passing shots.

- Can use backhand as an aggressive shot with good consistency; has good direction and depth on most shots; varies spin.
- Places both first and second serve effectively with intent of hitting to a weakness; has a variety of serves to rely on; good depth, spin, and placement on most second serves to force weak return or set up next shot; can mix aggressive and off-paced service returns with control, depth, and spin.
- Can hit most volleys with depth, pace and direction; plays difficult volleys with depth; given an opportunity volley is often hit for a winner.
- Approach shots and passing shots are hit with pace and high degree of effectiveness; can lob offensively; overhead can be hit from any position; hits mid-court volleys with consistency.



## The Golden Racquets Venue Application Process

by Bob Dineen

We are often asked by members why they did not get into a particular venue for which they had applied. So it seemed like this is something that needed to be explained to the general membership. One of the main reasons for getting into or not getting into a particular venue is the member's seniority number.

Each person who joins Golden Racquets receives a seniority number. The numbers run consecutively, so the longer a person has been in GR the more likely they are to get into the venue of their choice. If a member drops their GR membership, their number is dropped (a good reason to maintain your membership!). Board members and venue captains receive a seniority number of "0" and retain that "0" seniority number for one year after the end of their term on the Board or one year after their time as a venue captain.



If a member indicates their choice of venues as 1, 2, and 3 on the application, the member must pay for all of the selected venues. This procedure expedites the **final** processing of venue selections by the Vice President because if their first choice is not available, the member will be assigned to their second or third choice. That member will receive a letter explaining the reason for not being accepted into their preferred venue, along with a refund check for the money they sent in with their venue application. Refunds will be made by the GR treasurer for the venues to which a member **is not** assigned. If a member is willing to play at a venue other than their preferred chosen venues, they mark an "X" by that venue but do not pay for it until they are notified by GR that they have been assigned to a venue. For all venues for which a member has applied but was not selected, the member will be assigned as a substitute.

A member may also choose to be a substitute at a particular venue, and indicate this on the venue application by placing a **"S"** in the **"PLAY/SUB"** column. Whenever a member subs for another member, that member pays the person for whom they are subbing directly.

GR makes every effort to insure that assignments to preferred venues are handled in a fair and honest manner. We want all GR members to play as much and where they want!



## A Few Fun Facts

- A snail can sleep for three years
- All humans are 99% genetically identical and 98% of human genes are the same as the genes of a chimpanzee.
- On average, Americans eat 18 acres of pizza every day.
- The strongest muscle in the human body is the tongue.
- An ostrich's eye is bigger than its brain.
- The microwave was invented after a researcher walked by a radar tube and a chocolate bar in his pocket melted.
- A flea can jump 350 times its body length -- that is the equivalent of a human jumping the length of a football field.



And one more -- offered by Bala Balakrishnan: Do you know why a "zero" score in tennis is called 'love'? Well, here is the reason: In France, where tennis became a very popular sport, the round zero on the scoreboard looked like an egg, and the French word for egg is "l'oeuf". When tennis was introduced in the USA, Americans (naturally!) mispronounced the word "l'oeuf" as "love." Consequently, we now start a tennis match with a score of "love-love" and proceed from there!





Have a safe and fun July 4th  
celebration with family and friends!

(And remember to hydrate!)

**Do you have a tennis pet peeve that you would like to see addressed for the benefit of all? Please share it with us and we will get some helpful suggestions to you in the next newsletter.**

**This Golden Racquets Newsletter is published by the Fairfax County Golden Racquets, a non-profit volunteer organization dedicated to senior tennis. You are encouraged to visit the Golden Racquets website at <http://www.GoldenRacquet.org>. Officers and committee chairs are as follows:**

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Operations & Planning Chair: Fred Hart

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**To have an article or picture of interest considered for inclusion in the Golden Racquets Newsletter, please send them to Connie Dineen at:**

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**NOTE:** Articles may be of general interest and do not necessarily need to be about tennis.

