



Courtside Chatter

THE PLACE FOR TENNIS IN VENICE

512 N. Auburn Road, Venice, Florida 34292

Phone 941-485-2000

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Pro's Points



Courtside Family Members,

As the summer weather quickly approaches, I'd like to remind our members to enjoy Courtside in a safe and healthy way. As the temperature increases remember to pace yourself and not push yourself too much. You should always listen to your doctor, listen to your body, and use common sense when exercising. It is easy to dehydrate, or to stress your body quickly under the Florida sun. There are several things you can do to help stay safe, you can try to play early in the morning, play fewer times per week, drink plenty of fluids prior to and during playing, eat a balanced diet, take frequent breaks when playing, wear light color clothing, and make use of our cold towels that Laurie Mooney generously provided to the club, just to name a few.

Remember, always listen to your doctor! If you feel dizzy or nauseous, or do not feel safe for any reason, do what is best for you and stop play. We care about our members and want you to enjoy Courtside in a safe and healthy way. Courtside is The Place for Tennis in Venice, but it should be enjoyed safely.

Matt Liverman
Tennis Director/Head Tennis Professional

Ice Cold Towels

Just a reminder on these hot summer days, that by the porch entryway is a cooler with ice cold towels to use for your convenience.

Please return the used towels in the bin next to the cooler.

News from the Board

At our last meeting the board discussed Summer Leagues, the upcoming Fall Leagues, court availability, starting times, and Team captain participation forms. The board wanted to make sure all members were aware of the "HEY MATT" forms located on the porch. If you have a Compliment, Concern, Suggestion, etc. fill out the form and give it to the office staff.

We continue to organize our newly established committees. Grounds and Landscaping will be chaired by Lee Scott, Social Events and Kitchen will be co-chaired by Liz Morris and Sally Pym, Media and Website will be chaired by Tom Lanigan. The board also created a Junior Tennis Assistance Program committee chaired by Sally Pym.

JUNIOR TENNIS ASSISTANCE PROGRAM (JTAP)

Many youngsters don't have the financial resources to afford tennis lessons. Yet it is helpful to start this sport as early as possible especially if they show talent or promise in the sport of tennis. In 2021, a program was founded by Courtside member Grace Mahoney to help such youth. Grace donated her own money and requested donations from a few friends to help upcoming young players. A number of deserving recipients benefitted last year from Grace's pilot program.

At its most recent meeting, the Courtside Board of Directors voted, at Grace's request, to take over this program. We need your help to accomplish the vision, which Grace began.

Would you consider donating to help us make an impact for youngsters who cannot afford to take lessons with Matt or Ula or who cannot afford to buy a racket or appropriate shoes?

Your donation will be used to help juniors who apply for and are selected to be part of this program and will help them learn the sport of a lifetime. You can donate by giving cash or **writing a check to Courtside and specifying that funds are to go to JTAP** (Junior Tennis Assistance Program). Thank you for supporting this program and helping Courtside make a difference in our community.

Tom Lanigan
President

Courtside Board of Directors

Tom Lanigan—President
Debbie Cavness—Vice President
Lee Scott—Treasurer
Liz Morris—Secretary

Jim Flynn
Sandy Murphy
Sally Pym

For your Information

The monthly Courtside Board of Directors Meeting Minutes is posted every month on the bulletin board next to the kitchen window marked Board Meeting Material.



Mary Keresey

Cindy Woods

New Members

Reminder

All full-time members can pay their monthly membership dues through their bank's Bill Pay Option. Once you set that up with your bank, the bank will send a check directly to Courtside each month on the date you specify.

REMINDER

Just a reminder that there is a defibrillator on the porch next to the office door in case of an emergency.



Courtside Rules & Regulations

As a refresher for our new and older members of Courtside, there is a copy of the latest Courtside rules and regulations of the club on the bulletin board by the kitchen window.

June Birthdays

Bruce Irish 2

Marian Clark 3

Elsa Dempsey 6

Walt Kreidler 6

Nancy Byrne 16

Carol Soracin 17

Sally Miller 23

Steve Robbins 26



“Quote of the Month”
**Never regret anything that made you
Smile!**



Remember!

Tuesday—Late Bird Clinic with Ula 10:00-11:00

Wednesday— Early Bird Clinic with Matt-8:00-9:00

Wednesday—Men’s Weekly Clinic with Matt-9:00-10:00

Thursday—Shot of the Week with Ula 10:00-11:00

Call the office and reserve a spot or sign up on the bulletin board outside the office.

\$10.00 members—\$15.00 non-members

Dates to Remember

Mark your calendar!!

Friday June 2nd-5:00 pm Happy Hour
BYOB & an appetizer to share

June 14th—Board Meeting at 1:00

June 18th—Father’s Day



Summer Junior Tennis Program

Tuesday & Thursday Ages: 8 & up \$15.00 per session per child
11:00-12:30

Sign up sheets are in the office or please call 941-485-2000 for more information.

On-Line Reservation 8:00 am., 9:30 am., or 11:00 am

BOOK/CALL ON

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

TO PLAY ON THE FOLLOWING:

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

The on-line reservation system will now be open all year around including all holidays.

Sunday (Office is Closed)

*Court 4 is reserved for lessons & clinics

*Court 5—when available

*During League Play ladies and men will use designated courts as assigned by the Director of Tennis, beginning at noon.

Meet Your Courtside Family!

Mark Malkasian

As a relatively new member I am honored by this invitation to appear on these pages and share my story. As one of the gang of “Jacaranda Rejects” I have been very impressed how welcoming the club has been and how creatively it operates. A true testimony to the membership and its management.

Born in Boston of Armenian and British immigrants, I picked up my first racket in high school and subsequently became captain of the tennis team (a low bar) and taught tennis at YMCA camps for a couple of summers. My tennis career was greatly undercut by fitful play at university and throughout my professional career. I’ve yet to master the top spin!

Graduation as a mechanical engineer from Northeastern University was followed by 24 years in the Army Corps of Engineers specializing in water resources and construction engineering. The Corps made me a UF Gator with a civil engineering masters degree in 1975. I was also trained in parachuting and jungle warfare. My Army retirement segued into a 12 year stint as the facilities engineer at the University of Massachusetts. Embracing the philosophy that one should retire as often and as young as possible, I retired to Venice in 2000. Upon my arrival I played on hard courts until discovering the physical blessings of clay surfaces. For a short while I took a flyer at badminton at the Venice YMCA and gained a true appreciation of its unique challenges.

Over the years I have been blessed with a family of five children including two adoptees-one Korean and one Vietnamese. All are doing me proud.

By choice, my many military postings were mainly overseas in Panama, the Far East including multiple tours in Vietnam and in Western Europe. Favorite tours were South Korea and Germany. Both countries offered uniquely disparate cultural and culinary charms. In retrospect I wish I had a better linguistic talent to master a bit more of the eight different languages I was required to study during my military career.

In retirement, memorable trips were to Hong Kong, China, Russia, Tibet, Uganda, Paris and the Normandy Beaches. Also cruising along the Danube to the Black Sea and New Year’s fireworks in Tasmania.

Since retiring I have found much personal reward from volunteering as a founding member of the Legacy Recreational Trail, as an energy coach for the County’s Sustainability Office and a tutor for the grade school summer reading program.

Finally, I’ve been asked to include what is the best thing about myself. So at the risk of what may seem in contradiction to this introspective bio-my best quality is modesty. I close by selecting its most cheeky definition as being “the art of enhancing one’s charm by pretending not to be aware of it.” Thank you for your time and interest.



2 o’clock Tuesdays

Pick-up tennis

No need to sign up

Just show up ready to play

Meet at Court #7 grandstands





Tai Chi for Health

Gail Lanigan

I am a certified Tai Chi instructor in Traditional Yang Short Form and would like to offer free Tai Chi sessions to interested Courtside members.

Classes will be held on Monday afternoons at 2:00 PM beginning May 8, 2023. Depending on the number of participants, we can meet outside either under the trees or on the cement area by the swimming pool. Each class will begin with Qui Gong breathing exercises and focus on practicing Yang style traditional short form.

Tai Chi originated in ancient China as a marshal art form. Today it is often practiced at a slow speed to promote health and wellness. Clinical studies have shown consistent Tai Chi practice improves strength, flexibility, balance, and overall fitness through low impact easily learned choreographed movements.

Tai Chi integrates the mind, body and spirit. It emphasizes harmony, balance, and change while helping us use our breath and movements to promote relaxation and a sense of wellbeing. For me Tai Chi is meditation in motion.

Tai Chi can be practiced anywhere. You don't need any special equipment. Wear comfortable clothes you can move freely in and secure footwear.

Starting May 8

Every Monday 2:00-3:00

Courtside Tennis Club

Call Gail Lanigan (815) 494-8507 for more information.

YOGA

Yoga will be every Thursday at **11:30 AM**. All that is required is a yoga mat, small wet towel since the weather is on the warm side these days and a water bottle. We will stretch muscles to increase flexibility, incorporate balance poses, continue to work on core muscles, add to our ongoing program by starting to introduce the sun salutation and at end of class a meditation practice to ease the mind of the tensions we encounter daily.

A number of tennis members have indicated because of knee, back, shoulder and arm injuries past or present, they are reluctant to come to the class. Rest assured there will be modifications to all the poses. One of the goals of the class would include the ability to provide muscle flexibility allowing you to return to the tennis court with a healthier physical and mental approach to your overall game. The class will incorporate beginner to advanced poses.

Some additional benefits will include improved respiration, circulatory health and vitality. At the end of class, as previously mentioned, we will incorporate quiet time and feeling your body as it moves through space and time moment to moment which will assist you to create peace and calm.

Want to learn the game of Mah Jongg?

Join Courtside for a fun-filled afternoon of Mah Jongg every Monday at 1:30 pm.

Willing to teach new people. Sign-up sheets are on the porch.



Happy First of the Month Friday!!

Friday, June 2nd-5:00 pm

“Happy Hour”

BYOB & an appetizer to share