



Courtside Chatter

THE PLACE FOR TENNIS IN VENICE

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May 2023

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Pro's Points



Courtside Family Members,

I would like to thank everyone who participated in our season ending Round Robin this past weekend. I think everyone enjoyed the tennis, socializing, and getting to know some of our newer members. The weather was great and we had a good turnout of participants. Debbie Cavness had the winning ticket, which was drawn by Grumpy LeBlanc, so she won our 50/50 raffle.

A tremendous amount of time and energy is put into organizing, setting up, running, and cleaning up these events, so thank you to all the volunteers who helped make it all work.

We hope our seasonal members have safe travels and we hope to see you again next season. We hope our year-round members participate in our summer events including our summer ladder.

Thanks again to everyone who helped organize and run the event.

Matt Liverman
Tennis Director/Head Tennis Professional



News from the Board

At our last meeting we discussed Membership, court usage, and upgrades to our on-line reservation system to name a few items. In a effort to be proactive in regards to keeping and improving our facilities and organizing events for members, we established several committees-Grounds/Landscaping, Social Events/Kitchen, and Media/Website. Look for more details and ways you can participate.

A summer ladder and ladies 3.5 summer social league were approved and these will be a great opportunity for members to get involved in some friendly competition and meet new people. It promises to be a great summer with plenty of activities, events and opportunities for everyone to enjoy.

Thanks to all of our volunteers for making our recent Round Robin a big success. The turnout was great. Sixty-six members participated in tennis and seventy-five enjoyed lunch. A great time was had by all.

Hope to see you at our upcoming Cinco de Mayo celebration on Friday May 5th. This festive occasion promises to be a wonderful time for everyone. Come at 4:00 for the optional tennis. The party begins at 5:00. Bring an appetizer to share and your beverage of choice. It will be a fun way to socialize off the courts. There is no cost and no need to sign up.

For those members heading north for the summer, we wish you a safe journey and hope to see you back next year. That being said, there's still plenty of fun to be had at the club during the summer months.

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

May Birthdays

Philippe Bouclainville 5

Jim Clark 6

Raynell Woods 7

Al Guaspari 8

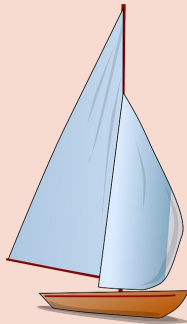
Rick LaClare 12

Vicki Rudnitsky 13

Larry LeBlanc 13

Laurie Mooney 25

John Koziol 29



No new members

BUT

We love the members we have!!!!

New Members



Date: Friday, May 5th

Where: Courtside

When: 4:00 if you wish to play tennis
5:00 if you just want to party

Bring: An appetizer to share
The drink(s) of your choice
Your racket & balls if you plan to play

There is no need to sign up. No cost. Just show and make new friends. See you there!

“Quote of the Month”

“The measure of intelligence is the ability to change.”

Albert Einstein



Remember!

Tuesday—Late Bird Clinic with Ula 11:00-12:00

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

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

Wednesday—Cardio Tennis with Ula 11:00-12:00

Thursday—Shot of the Week with Ula 11:00-12:00

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!!

May 5th—Cinco de Mayo Gathering

May 14th—Mother's Day

May 29th—Memorial Day



After School Junior Tennis Program

Tuesday & Thursday
4:00 pm—5:30 pm

Ages: 8 & up

\$15.00 per session per child

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!

Norman & Bonnie Anderson

Tennis has been part of our lives since the day of our marriage. Knowing that tennis would be an essential ingredient for a happy life together, my parents gave Norm an unusual wedding gift— a series of tennis lessons!

Norm served four years in the Navy before beginning his career as a diplomat and ambassador that carried us to Beirut, Moscow and many other cities mainly in Eastern and Western Europe and the Arab World. On vacation, we would visit my parents in Venice and play at Courtside beginning soon after its creation.

Abroad, our three children entered local schools with a shaky knowledge of the language of instruction. The first months were pretty painful, especially for the son who was studying at a Russian school during the Cold War. Fortunately though, they all said they were glad to have had the experience.

Many people would not have chosen the life we had, but for us, it was a dream come true. We met in grad school in NYC and were caught up in the idealism of the late 1950s and early 1960s. People flocked to Washington to work for the government or perhaps to work as diplomats to further the interests of the U.S. abroad.



Men's Courtside League Teams Display Excellence by Jim Flynn

During the recently concluded season Courtside's entrants in league competition displayed exemplary skill, dexterity and achievement. A number of the club's teams completed outstanding seasons.

The Men's Suncoast Senior Men's Tennis League Team in the 60-3 Division finished in First Place in its first year of existence. Lee Scott served as Captain of the team. Bakty Barber playing on Court 1, yielded a record of 11 wins and 1 loss. Rick LaClare recorded an undefeated season of 16 wins and zero losses while playing mostly on Court 2. Teammate Ed Sherman logged a highly meritorious 11-3 record. Nearly all of the players on the team won 80% of their matches. Five players on the team had only 1 loss for the season. The team received a handsome banner from the Suncoast League which is displayed between Courts 1 and 4 at the club.

Men's Teams in the 70-2 and 75-2 Divisions both had highly commendable second place finishes in their Suncoast Divisions. Once again, stellar play by Rick LaClare and "Easy Ed" Sherman showed the way to victory with play on 3 league teams. Overall, LaClare's superlative record was 42 wins against 2 losses. Sherman distinguished himself with 38 wins and 5 losses, high achievement by any standard.

Courtside's Men's Teams were recognized for their first and second place finishes at the Suncoast League Luncheon on April 18th.



Women's Courtside League Teams Display Excellence by Sally Pym

USTA Women over 55

Captain: Karen Kennedy

This year Courtside had a 55+ USTA team captained by Karen Kennedy. Win, lose or draw, this team was so amazingly supportive of each other. Out of 15 teams, the team tied for 3rd place. There was a lot of travel and even an unpleasant conflict. But, admiration, laughs and love is what came out on top for this team. A huge shout out to Belinda, Julie, Sandy, Camille, Patty B, Tami, Linda P, Deb, Becky, Pam, Sue, Laura! This team will be back next year stronger than ever!

USTA Women over 65

Captain: Mary Lou Irish

The 65+ USTA team started the season with a group of women from the two Tri-Cities teams who did not know each other and had not played together before. During the first half of the season, all of the matches were away as there were no available courts at Courtside. Luckily, the last few matches were held at home. Despite these obstacles, and thanks to Mary Lou's adept captaining, the team ended up in 2nd place! Excellent for a new team! The team enjoyed a wonderful end-of-season lunch and looks forward to next season.

USTA Women over 70

Captain: Joan Feldmeier

Joan Feldmeier served as captain of the 70+ USTA 3.5 level women's team which won both the 2022 fall and 2023 winter league championships. The stats were extremely close among the six teams. Each team member played with both heart and perseverance. But beyond that, there were two very important keys to the team's success as a whole.

The first key to the success of the team was to acknowledge that "the better their strokes, the more consistent their play". The second key is that team members took both private lessons and clinics with our wonderful pros to equip themselves in every way possible to compete against many very fine, extremely experienced players. Hats off to the current team members: Judy Breton, Mary Lou Callahan, Dale Cole, Sandi Gayheart, Sue Hackney, Lorraine Lynn, Linda Pinder, Sally Pym, Lucy Sherman and Jenny Spencer.

Tri-Cities 3.0 Women-National Division

Captain: Gail Lanigan

The 3.0 team, captained by Gail Lanigan for the first time, had a fun and competitive season. Great memories were made on and off the courts. The team was filled with 26 friendly, supportive players who demonstrated great teamwork and determination. A shout out to the top 2 players Chris Wilson and Katy Moen! The entire team looks forward to next year.

Tri-Cities 3.0 Women-Social

Captain: Liz Morris

In the 2021-2022 season, Courtside joined the 3.0 Social League of Sarasota County. The league has grown from six to ten teams. Courtside Women's 3.0 Social Team increased from 6 to 32 players. The team will play approximately 108 matches this season! The season will end on June 12, 2023. If any 3.0 women members are interested in joining the team, please contact Liz Morris.

Tri-Cities 3.5 Women-Continental Division

Captain: Carolyn Hammond

The Tri-Cities Continental team was an extremely dedicated group of women who played hard, shared ideas for success, worked on improving their games, and had a great time this season. While there were many dedicated partnerships, everyone was willing to play where needed and made themselves available when the team was short. Every team member had a part in contributing to the team's success. The team came in 1st in their division, but by only 2 points! It was a hard fought battle. Missing from the photo below are teammates Vicki Rudnitsky, Pam Lawrason, and Linda Guaspari.





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.

2 o'clock Tuesdays

Pick-up tennis

No need to sign up

Just show up ready to play

Meet at Court #7 grandstands

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.

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.

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.



REMINDER

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



THANK YOU

A "BIG" Thank You to our Courtside members Fred Morrison and David Greenfield for donating the Tread Blaster on Court #7.

