

# Court Monitor

## Junior Team Tennis 2015

### Successful Inaugural Season

The VCTA launched another United States Tennis Association program in the summer of 2015, called Junior Team Tennis (JTT). This program offers practice and play-based tennis for youth ages 10-18. Thirty-three boys and girls join the JTT program to form 5 teams: 1-12Under, 2-14Under and 2-18Under. Boys and girls played singles, doubles and mixed doubles and competed against other players from Mandan/Bismarck and Fargo during ND Area Championships held in Fargo on July 15-16th.



The Racquet Scientists—18U 2nd Place



Cali Halgrimson

There were 3 VC players who received Sportsmanship awards: Cali Halgrimson (14U), Maia Wendel (18U) and Dalton Ondracek (18U). Overall, our 18U team finished 2nd in the tournament, just missing the chance to advance to the Sectional Championships. Thank you to the JTT volunteer coaches Matt Nielson, Erik and Susan Kringlie and Casey Dilbeck!

Watch for a JTT player/parent meeting coming up in May!!



Maia Wendel and Dalton Ondracek



VC 14U Teams at Area Championships

## Summer VCTA Events

### USTA Rally the Family (Block Party)

**When:** May 4th, 7-8:30PM

**Where:** VC Rec Center

A free tennis event for the whole family—no experience required! Fun and Prizes guaranteed!

### Adult Beginner Lessons

**When:** Mon or Tues Nights in June, 6-7PM

**Where:** North Tennis Courts

**How Much:** \$20.00

Register at the VCPR offices. Minimum of 4 players required.

### Summer Adult League

**When:** Tuesdays, 6/7—7/26 at 7:00PM

**Where:** North Tennis Courts

**How Much:** \$25.00 (includes T-Shirt)

Register at the VCPR offices. World Team Tennis Format. Open to Adults and Senior High School players.

### Valley City Junior Open

**When:** July 15-16

**Where:** North Courts (HQ) & City Courts

USTA Sanctioned Tournament, Boys and Girls 10-18 singles and doubles.

**MUST BE A USTA MEMBER**

**Online Registration Only:**

<http://tennislink.usta.com/Tournaments/TournamentHome/Tournament.aspx?T=178192>

**Tournament ID:** 550009016

**Questions:** 701-840-1727

### VCTA 2016/2017 Officers

**President:** Erik Kringlie

**Vice President:** Alex Conlon

**Secretary/Treasurer:** Susan Kringlie

**Facebook:** <https://www.facebook.com/vctatennis/>

## Good News For Tennis! An Industry Update

By Carolyn Kramer, ND / SD USTA Northern Tennis Rep.

More than 300 tennis industry leaders gathered recently at the 2016 State of the Tennis Industry Forum to discuss the future of the sport, including key information and statistics and the opportunities and challenges facing the game today. One of the most exciting opportunities is the USTA National Campus expected to open in Lake Nona, Fla., in December. The facility, with more than 100 tennis courts, will be “a learning lab and the center of innovation for anyone who delivers tennis,” said Kurt Kamperman, USTA Chief Executive of Community Tennis. Not only will the USTA Community Tennis and Player Development divisions be housed at the campus, but the facility will be the headquarters of the new USTA University, which will focus on education, including helping to create more Professional Tennis Management business degree programs at colleges and universities around the country.

As with anything, there are some challenges facing the sport including a national “inactivity pandemic,” in which 83 million Americans of all ages self-report as having “no physical activity.” However, Tennis is faring better than most sports, according to data from the Physical Activity Council. Over the last eight years, tennis remains the only traditional participation sport to show growth, at 6% overall. All other traditional sports like soccer, basketball, baseball, football and golf, declined in that period,” Tennis Industry Association (TIA) President Jeff Williams said.

The total number of tennis players in the U.S. is 17.96 million, which is a .3% increase from 2014. “Core” tennis players—those who play 10 or more times a year—increased .5% to 9.96 million. The number of tennis play occasions also increased in 2015, with overall play occasions up .8% to 446.4 million and core players accounting for 418.3 million of those play occasions. “While these slight increases are positive signs in this economic climate, we look to develop ‘future thinking’ initiatives to attract and retain more adults and youth into tennis, along with efforts to improve the tennis marketplace,” Jolyn de Boer, Executive Director of the TIA, said.

If you have any questions or comments, feel free to contact me any time. Happy Tennis!

Carolyn Kramer—USTA Northern—North Dakota & South Dakota

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Phone: 701-238-1515

## Viking Tennis Update 2015/2016

By Erik Kringlie, Viking Club Tennis Advisor/Coach

The Viking Club Tennis team just wrapped up another successful year finishing the fall and winter tournament schedule in 5th place out of 16 teams in the USTA Northern Section Tennis-On-Campus program. The Vikings took that into the Sectional Championships in Lakeville, MN and for the 4th straight year made it to the Gold bracket play and finished 6th overall for the season. The Viking Club team just wrapped up the season with their 2nd annual Play-A-Thon fundraiser on Saturday, April 30th, raising over \$1300 for the club and the VCTA. That Saturday night, the club finished the season with an annual awards dinner at the Valley City Country Club. Team awards are as follows:

Most Dedicated Women – Paige Fettig, Most Dedicated Men – Alex Conlon, Most Improved Women – Strella Navalta (2 years in a row), Most Improved Men – Austin Ross, Spirit Award - Strella Navalta, MVP Women – Clarissa Olson, MVP Men – Alex Conlon

The 4 year Senior award to club president Alex Conlon!

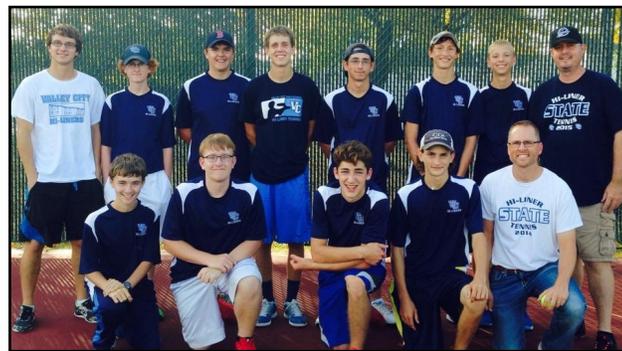


Viking Tennis Award Winners

## Hi-Liner Boys Tennis Update

By Matt Nielson, Head Coach

*Reviewing the 2015 season*, our numbers continue to grow: We had 9 players in 2013, 20 in 2014, and 27 in 2015. Including the girls, the Hi-Liners now have about 1/8th of the student body out for tennis! With an extra team in the EDC this season with Sheyenne coming on board, our team priority was earning the right to host the play-in match and then make it to regionals. We accomplished both of those goals. Our winning percentages increased across the board with the biggest increase coming in doubles with a 17% increase in wins.



Individually, the boys team had a solid year as well. The following are all firsts since 2004: Riley Miller and Hunter Burchill won three matches in a row at #2 doubles at the West Fargo Invite to make the championship and earn four points for our team; Brandon Miller and Dalton Ondracek made the consolation finals of that tournament; Dalton and Brandon won the EDC consolation (5th place) doubles title; Dalton was voted in as All-EDC for the 2nd time. Finally, Dalton and Brandon qualified for state a 2nd year in a row and they finished in the top 8 at state, going 2-2 at State!

*Looking forward to 2016*, we lost our #1 and #2 players to graduation while the rest of the EDC had a lot of junior players. With the team culture building, we have a good shot at being the most improved team in the EDC. Look for Hunter Burchill and Riley Miller to lead our team in 2016.

## Hi-Liner Girls Tennis Update

By Matt Nielson, Head Coach

*Reviewing the 2015 season*, we had another very successful year as the team finished regular season in 3rd place in EDC and then qualified for State with a 4th place finish at Regionals. The team won the consolation championship(5th) at State!



In singles, Clarissa Olson/Reagan Ingstad won the EDC doubles championship and named were All-EDC players. Sam Coit/Maia Wendel also qualified for the state tournament in doubles. Olson/Ingstad placed 2nd at the State for the 2nd year in a row and both named All-State players. Coach Matt Nielson was voted EDC and State Coach of the Year.

*Looking forward to 2016*, Destiny Winkler, Sara Gilbertson, Sam Coit, and Clarissa Olson were fantastic at leading our team and left a culture legacy of positive attitude, 100% effort, and sportsmanship that lead to great things on and off the court. We still have a strong core of R.Ingstad, Wendel, Abby Ingstad, Rachel Shueneman, and Breanna McDonald that return this year for another run at a state birth. We have a solid lower varsity and upper JV to include seniors Melissa Pedersen, Hannah Miller, and Katelyn Nehlich and juniors Kallie Brandt, Hailee Peterson, and Katie Clark. Several underclassmen have the potential to rise to the varsity ranks as well with the amount of time and effort they spent on tennis in the offseason including 8th grader Cali Halgrimson and sophomores Angela Larson, Hannah Aberle and Hannah Dockter. Our numbers are holding steady and still have a total of 35 girls out for tennis this season. We look forward to a fun and challenging season!

# Health From Sharon Buhr: SERVING UP NUTRITION

**By Sharon Buhr, MPH, LRD dietitian at CHI Mercy Health and Sanford Clinic**

A really hard match can last hours and can include up to 10 miles of running broken up into short, little sprints. And a vigorous game of singles can expect to burn between 500 and 850 calories, depending on your body weight. Training can help you win the match, but good nutrition is crucial!



**Fuel Up Before the Match:** Keep a regular schedule and eat 3 healthy meals a day, supplemented with snacks...and, yes, that means breakfast every day. Pre-match nutrition is crucial. It should be higher in complex carbohydrates, moderate in protein and low in dietary fat to allow quick digestion (e.g. turkey sub with fruit and 8 oz low fat milk or a meal centered on pasta).

**Fuel Up During the Match:** It's vital to maintain performance throughout a match—it may make or break a player. Always replace water loss. Focus on mainly water, with some electrolyte replacement drinks as a supplement. If you feel low on energy grab a few bites of a banana or high carb-low protein bars. Always test your fueling strategy before a major competition.

**Post-Match Recovery:** Even though you may not feel like eating, it's crucial to replace the nutrients lost during competition and begin the recovery process. This meal should contain carbohydrates with some protein and lower fat content than usual. Eat a small snack within 1 hour of the match. Chocolate milk is nutritionally a good choice to repair tired, shredded muscle... and easy to drink because you're already thirsty. Pasta's also a good after the match meal.

So what do the top players eat? Rafael Nadal says he makes sure to eat the right things before a match and the days leading up to it. Simple foods are what he prefers, such as grilled fish served with pasta and vegetables. "Of course Spanish food I think is the best."



Roger Federer states that his post-game recovery foods are carb laden that aid in topping up the body's stores of muscle glycogen, to help him get ready for his next match.

He also mentions that he gets 10 hours of sleep, which is a great relaxant for muscles and aids in repairing and healing the fatigued athlete's body.

Maria Sharapova—she believes that you cannot attain the benefits of workouts unless your diet is in sync with your workouts. Maria prefers eating healthy foods that contain lots of antioxidants such as blueberries, strawberries, apples—basically fruits and veggies. Being Russian, her dinner usually starts with beet soup. And she splurges at times with a small portion of sweets.

# VC Alumni Tournament



The VCTA is hosting the 2nd VC Alumni Tennis tournament on Saturday, June 18th from 1-5PM at the North Court Tennis Complex. It is being held in conjunction with Rally in the Valley (Community Days) weekend. We use the World Team Tennis format, which combines men and women playing singles, doubles and mixed doubles. Substitutions at anytime are highly encouraged!

Alumni of Valley City High School, VCSU Viking Tennis (including club teams) and all past VC Open and League players are invited.

Check out our Facebook pages for updates, pictures and schedule: <https://www.facebook.com/vcalumnitennis/>

For more information about the Alumni Tournament, please contact **Erik Kringlie at 701-840-2168**. Get your teams ready, online registration is coming soon and will be posted to the Facebook page!

## 2016 VCTA Membership Application

MEMBERSHIP CATEGORY		ONE-YEAR
<input type="checkbox"/> Junior Membership (under 15)		<input type="checkbox"/> \$10.00
<input type="checkbox"/> Adult Membership (15 and over)		<input type="checkbox"/> \$15.00
<input type="checkbox"/> Family membership (2 or more members of same family. Add additional names below.)		<input type="checkbox"/> \$25.00
<input type="checkbox"/> "Fan of the VCTA" (This is a honorary membership for the supporters of Valley City tennis. You will receive a "Fan of the VCTA" membership card with your donation.)		
<input type="checkbox"/> \$10.00 <input type="checkbox"/> \$25.00 <input type="checkbox"/> \$50.00 <input type="checkbox"/> \$100.00 <input type="checkbox"/> Other _____		
Name:		
Address:		
City:	State:	Zip:
Phone: (    )	E-Mail:	
Additional Members Under a Family Membership:		
Other Family Members		
1)	4)	
2)	5)	
3)	6)	
<b>Mail Application &amp; Check Payable to VCTA:</b> Valley City Tennis Association PO Box 212 Valley City, ND 58072-0212		
		
<b>VCTA Membership Benefits</b> <i>Supporting Valley City Tennis</i> - By Joining the VCTA your membership dollars will go toward improving tennis programs and facilities in Valley City. <i>Court Monitor</i> - The official VCTA newsletter.		
<b>USTA Membership Information</b> The VCTA strongly encourages all active tennis players to join the United States Tennis Association. You can get USTA membership information on their website at <a href="http://www.usta.com">www.usta.com</a>		
Thank you for becoming a member of the VCTA - your membership will make a difference!		

# 2016 ND Tournament Schedule

All dates and times are schedule to change, please check USTA Tennis Link for updates and more tournaments around the area: <http://tennislink.usta.com/Tournaments/Common/Default.aspx>

- June 3-5 — Jamestown Youth Open
- June 24-26 — China Garden Classic (Grand Forks)
- July 8-10 — Pepsi Red River Open (Fargo)
- July 15-16 — Valley City Jr Open
- July 22-24 — Minot Subway Classic
- July 22-24 — Pepsi ND Adult Championship (Fargo)
- July 27-29 — Bismarck Junior Open
- July 29-31 — Bismarck Adult Open