

Court Monitor

Junior Team Tennis 2016

Great Second Season

The VC Tennis Association sponsored the summer JTT program again in 2016, which is a United States Tennis Association program to promote tennis for boys and girls, ages 10-18.

On July 14th, five VC JTT teams competed in the ND Area Championships in Fargo, ND. Highlights included the VC 12U team that advanced to the Sectional Championships, a first for VC tennis! There were also two players who were voted as top Sportsmanship awards for their age division: Andrea McCubbin, 14U and Kai Kringle, 12U.

JTT Sectionals were held in Minneapolis on July 29th. The 12U team placed 8th out of 16 teams, with Breck Sufficol earning the Girls 12U Sportsmanship Award.

A big thanks to volunteer coaches Matt Nielsen, Sarah Aberle, Susan and Erik Kringle!

We are planning for the 2017 summer session, so please visit

<http://www.vctatennis.com> for the registration form. Deadline is May 26th.



JTT 12U Team at Sectionals



JTT 18U Team



JTT 14U Team



Summer VCTA Events

USTA Rally the Family (Block Party)

When: May 10th, 6:30-8:00PM

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, 6/6—7/25 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 14-15

Where: North Courts (HQ) & City Courts

USTA Sanctioned Tournament, Boys and Girls 12-18 singles and doubles.

MUST BE A USTA MEMBER

Online Registration Only:

<http://tennislink.usta.com/Tournaments/TournamentHome/Tournament.aspx?T=195057>

Tournament ID: 550009017

Questions: 701-840-1727

VCTA 2017/2018 Officers

President: Erik Kringle

Vice President: Alex Conlon

Secretary/Treasurer: Susan Kringle

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

Website: <http://www.vctatennis.com>

Viking Club Tennis for 2016/2017 - By Sr. Team Captain Alex Conlon

The Viking Club Tennis Team has had one of the biggest and, in my opinion, best years we've had at VCSU.

The Club had the most members it's had in recent years, with 5 women and 5 men! The women were Strella Navalta, Paige Fettig, Claire Olson, Emma Maguire, and Melissa Pedersen. The men were Alex Conlon, Austin Ross, Dustin Miller, Brandon Miller, and Dalton Ondracek.

Having so many talented men and women on the team allowed us to go lots of tournaments that took us all over the place. Some tournaments were held at Fargo, others as far as Superior, WI, and of course, the Vikings held their own home tournament. Over the course of our tennis season, we finished 2nd in the overall rankings for the Northern Section of Tennis on Campus, coming in behind NDSU.



Viking Club Tennis at Sectionals

Our time at Sectionals proved difficult for us, what with some of our matches going into Overtime and especially since our Coach, Erik Kringlie, was unable to be there because of health issues. Even though we did not finish where we had hoped, we finished 7th in the Northern Section Tournament and we are proud of it.

The Vikings had their 3rd Annual Play-a-Thon on Saturday April 29th where we played a total of 359 games over 5 hours and raised over \$1800 for the next year of Viking Club Tennis. After the Play-a-Thon we had our Awards Banquet where we spent time together and gave out awards that were voted on by the team and simply had a wonderful time.

This will have been my 5th year as part of the Viking Club Tennis Team and I have made some of the best friendships during this time. I've gotten to play the sport I love with people I love and I will miss every second of it. I am beyond blessed to have had this opportunity and will be extremely sad when I can no longer play for the team... But that just means I get to play at Alumni Tournaments in the future!

Being a Hi-Liner - By Katie Clark

Whenever I think of being a Hi-Liner, I think of the Hi-Line bridge and how the bridge was built. In building the bridge, workers started from the bottom and worked their way up. As a tennis athlete, I started as a 7th grade player on JV. Over time I worked hard and became a better tennis player, one step and stroke at a time. My goal was to be a Varsity player; today I am a Senior on the Varsity team.

My hard work in tennis can be compared to the hard work the bridge builders must have experienced. They had to work over time, just as I did. If some part of the bridge was missing or broken they had to go back and fix it. Likewise, in tennis I worked over time on fixing my strokes, serves, and mental game. As the bridge builders kept working, the Hi-line bridge began to take shape, until finally, work reached the top and the bridge was complete. Similarly, I persisted in working on my tennis skills, until I finally reached my goal of playing on the Varsity team. It took the bridge builders two years to finish; it took me many six years to reach my tennis goal. But I never gave up. Today, when we see a train on the Hi-Line bridge, we know the bridge builders never gave up, either.



Bridge building and tennis are both about achieving goals and working hard. Both involve a firm foundation--which I had in tennis through wonderful coaches and older players who served as role models. Both involve making plans; bridge builders follow blueprints, while I follow workout plans, practice plans, and game plans.

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Hi-Liner Boys Tennis Update

By Matt Nielson, Head Coach

We had some growing pains this year after losing three varsity members including our top two. Even so, we had the most regular season victories in five years! In the play-in match to go to regionals, we fell to West Fargo 2-3 with the last match on going on epic three sets with a score of 7-6(2),6-7(6),7-6(4).

With no seniors on the team this year and very competitive players all the way up and down the line-up, look for the Hi-Liners next season to be right in the mix in every match. With such an awesome core of student-athletes, we will be fun to watch! Twenty-one boys were out for tennis. Without any seniors, that number should grow next year with the new crop of seventh graders.

Our letter winners on the year were Hunter Burchill(11), Riley Miller(11), Collin White(9), Zach Baumgartner(10), Liam Williams(11), Jack Ingstad(8), Austin Rogelstad(9), Trevor Winter(9), Hale Kringlie(10), and Josh Vachal(9). Hunter was awarded All-EDC.



Hunter Burchill and Riley Miller

Hi-Liner Girls Tennis Update

By Matt Nielson, Head Coach

Recapping the 2016 season, the Hi-Liners finished the regular season in fourth place in the EDC, qualified for state for the fourth time in a row, and took sixth place at the state tournament as a team in a 10-win season. Maia Wendel and Reagan Ingstad won the EDC doubles championship, took fourth at state, and were named All-EDC and All-State. Maia was also named Co-EDC Senior Athlete of the Year.



Maia Wendel, Coach Schaack & Reagan Ingstad

Looking to this season, we will be very busy because of the icky weather in April. We will be playing 11 matches and the West Fargo Invite in a stretch of 19 days. We lost three varsity seniors, but our up-and-comers have already shown that they are up to the task.

If there is strength in numbers, we have it. This season, the Hi-Liner girls have 37 participants including 11 seventh graders! Our line-up right now for this season is Reagan Ingstad(11), Cali Halgrimson(9), Breanna McDonald(12), Angela Larson(11), Hannah Dockter(11), Hannah Aberle(11), Kallie Brandt(12), and Katie Clark(12). As a team, we should be right in the mix in the EDC again this year.



NUTRITION for the STUDENT-TENNIS ATHLETE

By Sharon Buhr, LRD (licensed registered dietitian)

“A tennis athlete needs power, agility and on-court endurance. This requires a nutrition strategy that meets the fuel needs for both endurance and repeated energy bursts. Tennis student-athletes need to focus on daily nutrition habits to ensure adequate recovery and necessary training adaptations so you don’t end up fatigued and with an increased risk for muscle cramps — both will inhibit you from performing optimally.” This is the advice from the Sports and Wellness division of the Academy of Nutrition and Dietetics of which I am a member.



PRESEASON PHASE: Tennis season can be split into three phases: preseason, competition and championship. During preseason, the goal is to adapt to increased conditioning, resulting in improved cardio-respiratory fitness and power. These healthy habits will set you up for a season of optimal energy and recovery. During preseason, it is most important to: Drink adequate fluids; Eat breakfast daily; Consume adequate fruits and vegetables; and Take recovery nutrition seriously.

COMPETITION PHASE: Pregame meals are important but the most emphasis should be put on daily nutrition—what has been established in the pre-season phase. Be sure to have easy to digest carbs on court with you if the match is long, such as bananas as well as plenty of water.

CHAMPIONSHIP/POSTSEASON PHASE: During tournament time tennis players could be playing long matches on the same day or successive days which can be grueling. It is essential to keep a healthy routine going, but increase your focus on post-match nutrition.

Plan to have carbohydrates and protein readily available at courtside when you finish the match. Chocolate milk is a good recovery drink, along with protein rich foods like low-fat string cheese and yogurt. For carb recovery it is hard to beat fresh fruits, and the more colors, the better. Skip the high fat fast food meal and choose a lean deli meat sandwich, a piece of fruit, trail mix and a cup of low fat chocolate milk. Your fueling strategies throughout the season could make the difference in the outcome of winning or losing!

Being a Hi-Liner—Continued from Page 2

Both bridge building and winning tennis teams require high expectations. Bridges must meet certain code requirements; while tennis players meet the expectations of coaches and personal goals. As a tennis player, I also try my hardest to never let my teammates down. Tennis is hard work, but so is bridge building. Without the experiences I’ve had in tennis, I would not be the person that I am today.

In so many ways, the Hi-Line bridge is a great symbol of what being a Hi-liner athlete means. I look at the Hi-Line bridge and I think of goal setting and working hard. In addition, I think of the team of people it must have taken to build the bridge. No one worked alone. They all worked together to accomplish something that is quite spectacular to look at, and is still one of the longest and highest single track railroad bridges in the United States. It is also part of our legacy as Hi-liners of Valley City High School. To me, being a Hi-Liner means living up to that legacy, through planning, a firm foundation, goal-setting, hard work, high expectations, working as a team, and persisting until the job is finished, the game is won, and the way you played it is worthy of admiration. Tennis has helped me be that kind of person.



2017 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 8-11—Jackie Dockter Bismarck
- June 16-17—Wahpeton Junior Open
- June 23-25 — China Garden Classic (Grand Forks)
- July 7-9 — Pepsi Red River Open (Fargo)
- July 10-11—CC Lee Open Aberdeen, SD
- July 15-16 — Valley City Jr Open
- July 21-23 — Minot Subway Classic
- July 21-23 — Pepsi ND Adult Champ (Fargo)
- July 28-30—Moorhead Junior Open
- August 11-13 — Jamestown Youth Open

2017 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)	
Mail Application & Check Payable to VCTA: Valley City Tennis Association PO Box 212 Valley City, ND 58072-0212 			
VCTA Membership Benefits Supporting Valley City Tennis - By Joining the VCTA your membership dollars will go toward improving tennis programs and facilities in Valley City. Court Monitor - The official VCTA newsletter.			
USTA Membership Information 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 www.usta.com			
Thank you for becoming a member of the VCTA - your membership will make a difference!			

Health Benefits of Tennis: Why Play Tennis?

By Jack L. Groppe, Ph.D.

Its historic phrase has been the "sport for a lifetime." But is this really true? According to world-renowned scientists from a variety of disciplines, there is no doubt that tennis is one of the best sports for you to play.

Here are the facts:

- People who participate in tennis 3 hours per week (at moderately vigorous intensity) cut their **risk of death in half from any cause**, according to physician Ralph Paffenbarger who studied over 10,000 people over a period of 20 years.
- Competitive tennis **burns more calories** than aerobics, inline skating, or cycling, according to studies on caloric expenditures.
- Tennis players scored **higher in vigor, optimism and self-esteem** while scoring lower in depression, anger, confusion, anxiety and tension than other athletes and non-athletes, according to Dr. Joan Finn and colleagues at Southern Connecticut State University.
- Since tennis requires alertness and tactical thinking, it may **generate new connections between nerves in the brain** and thus promote a lifetime of continuing development of the brain, reported scientists at the University of Illinois.
- Tennis outperforms golf, inline skating and most other sports in developing **positive personality characteristics**, according to Dr. Jim Gavin, author of The Exercise Habit.