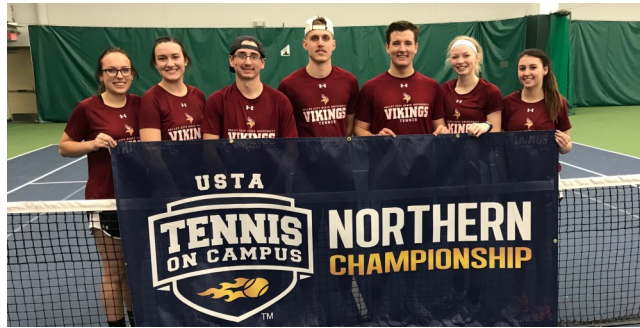


Court Monitor

Viking Tennis Wins National Award!

By Katie Clark—Viking Club Tennis Officer

What a year it's been for Viking Club Tennis! Throughout the season the team has gone to multiple tennis tournaments. Overall the team placed 1st in three of the tournaments and played extremely well



in all the other tournaments. Seven members of the team went to the Sectional Championship where we placed 1st in the silver bracket. The same day we were also awarded Section Team of the Year. As a team we were honored to be given this award. During season and off-season Viking Club tennis is working to help promote tennis to the community of Valley City. The team is helping with both the high school boys and girls tennis practice, we helped put on a block party for the community, and we will help coach summer tennis. Weeks after sectionals, the team found out more good news: we were notified that we had also received national team of the year. This award, chosen out of 750 teams was awarded to small town Valley City. The team will be traveling to New York City over Labor Day week end to receive the award. We will also be watching the U.S. Open! The award is an indicator of how much we put into the Valley City tennis community.

Valley City State University Club Tennis award recipients for the 2017-2018 academic year are: Most Dedicated Woman: Paige Fettig; Most Dedicated Male: Dustin Miller; Most Improved Female, Katie Clark; Most Improved Male: Brandon Miller; Spirt Award: Katie Clark; MVP Women: Clarissa Olson; MVP Men: Dustin Miller; Senior Award: Paige Fettig—thanks for everything you've done for the tennis team.



Valley City State University Club Tennis officers for the 2018-2019 academic year are: Club President: Clarissa Olson; Vice President: Dustin Miller; Secretary/Treasurer: Katie Clark; Women's Team Captain: Clarissa Olson; Men's Team Captain: Dustin Miller.

Summer VCTA Events

USTA Rally the Family (Block Party)

When: May 9th, 6:30-8:00PM

Where: North Tennis Courts

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, 6/5—7/31 at 7:00PM

Where: North Tennis Courts

How Much: \$30.00 (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 13-14

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=212080>

Tournament ID: 550011118

Questions: 701-840-1727

VCTA 2017/2018 Officers

President: Erik Kringle

Vice President: Matt Nielson

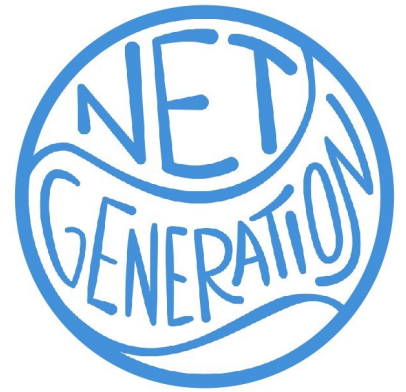
Secretary/Treasurer: Susan Kringle

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

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

USTA Launches Net Generation - By Carolyn Kramer

Net Generation is the USTA's groundbreaking initiative welcoming a new generation of players into the next era of tennis. By offering full support of coaches, schools and parents, the USTA is looking to break new ground on and off the court with youngsters ages 5-18 by focusing on empowerment, unity and play. Through a comprehensive program of adaptable curricula, teaching and learning tools, promotional and communications materials and player and provider incentives, Net Generation aims to capture the imagination of kids of ALL ages, backgrounds and skill levels. And, everything is FREE.



What makes Net Generation different from past USTA initiatives? A number of things:

- Mandatory background checks and SafeSport education for all providers—ensuring our kids stay safe
- Net Generation provider directory—parents can look for programming in one central location
- Marketing generator—why reinvent the wheel?
- Partnership program between tennis providers and schools—FREE equipment and comprehensive curricula for PE teachers-- this one's going like hot cakes!
- Mobile coaching app—coaches no longer need to create lesson plans, as they are already done for them with the warm-up, skills, games, and take-home exercises. This app is getting rave reviews and keeps getting better with newly added content.

To become part of the changing face of youth tennis and to receive great FREE incentives, visit www.netgeneration.com or contact Carolyn Kramer at Kramer@northern.usta.com.

WELCOME to Net Generation!

North Dakota Tennis Association Update - By Carolyn Kramer

The North Dakota Tennis Association (NDTA) was formed in 2007 by a group of tennis enthusiasts who wanted to promote and support tennis throughout North Dakota. As an organizational member of the United States Tennis Association, the NDTA strives to become an active and vital community tennis association, reaching out to our state-wide tennis partners.

NDTA's mission is "to promote tennis for all ages by supporting and connecting communities and organizations in North Dakota." Membership in the NDTA is \$35 per year and open to any Community Tennis Association, Parks and Recreation, Clubs, Schools or other USTA recognized organization within the state of ND. The organization website is www.ndtennis.org. Last year NDTA organized the addition of tennis in to the ND Sports Hall of Fame, housed at the Civic Center in Jamestown.



NDTA sponsors the North Dakota Tennis Hall of Fame, which started in 2014 and is housed at Choice Health and Fitness in Grand Forks. The ND Hall of Fame honors ND tennis players, supporters and volunteers. Annual Hall of Fame induction ceremonies rotate throughout the state, and this year the induction ceremony will take place in Bismarck on August 4, 2018. Any questions can be directed to Carolyn Kramer at Kramer@northern.usta.com or Susan Kringlie at skringlie@me.com.

Season of Growth for VCHS Boys Tennis Team

By Matt Nielson, Head Coach

The boys grew as a team in many ways this past season. Numbers: We were up from 17 to 22 kids out with the help of seven new seventh graders. Winning: We have the most team wins (5) in the last 12 years and we had the highest winning percentage (38.8%) in individual matches since the start of tracking stats. Culture: The team believed in the pillars, the coaches, and each other the most this year and the belief continues to grow.

Some highlights of the season were beating the #1 team and #3 team from the West, going on a three match-winning streak, and racking up 16 wins at the West Fargo Invite. The best highlight was Riley Miller, our All-EDC player, choosing team over himself. Riley was a lock to state qualify as a singles player, but chose to play doubles with Liam at regionals. He said "I would rather play doubles with my best friend than go to state by myself." Riley and Liam Williams will both be missed next season.



VCHS Girls Tennis Continues Path of Success

By Matt Nielson, Head Coach



2017: After losing three varsity players, the girls tennis team reloaded and state qualified for the fifth year in a row finishing 9-9 on the season. Hannah Dockter and Kallie Brandt pulled out the state-qualifying win against Fargo Davies. Breanna McDonald state qualified in singles – the first Hi-Liner girl to accomplish the feat in fourteen years. Reagan Ingstad and Cali Halgrimson were named All-EDC and earned All-State honors by finishing runner-up at state tournament in doubles. This was Reagan's 3rd All-EDC and 4th All-State award. Coach Nielson was awarded the EDC Coach of the Year.

2018: After snow blowing and shoveling the courts off, we were the first team in the state playing outdoors. Currently, we are 5-1 in the EDC. We beat Davies 5-4 by winning two super-tiebreakers by two points each. We then beat Fargo North 5-4 by fighting off a match point in two different matches to come back and win. In recent years, five teams had a chance to state qualify. Looking at this year, there are seven teams with a chance. We need to continue to work hard to give us a chance to go to state again this year.

Tennis Nutrition—What to Eat?

By Sharon Buhr, LRD, MPH (licensed registered dietitian)

Tennis is an athletic game and physically demanding--and demands good nutrition.

Good tennis nutrition for tennis players must focus on several aspects:

- high energy foods
- adequate hydration
- proper time of food input

Anything consumed before a match needs to provide fuel for hours, as the match may go on longer than expected and you may have another one later that day. Pre-match meals and snacks should be familiar to you, high in carbs so your muscles will have adequate energy. They should be quickly digested (not high in fiber or fat).

A sample ideal tennis nutrition lunch to consume about 3-4 hours before a match could be: turkey or grilled chicken sandwich, crackers, apple, skim milk, sports drink.

For a pre-game snack, to be eaten about 1-2 hours before the big match, eat: fruit yogurt or a banana, water, an energy bar, and possibly 20 oz of sports drink.

Also be sure you are hydrated. It is recommended to completely avoid caffeinated beverages right before or after match play, such as iced teas, coffee, coffee drinks and colas. These beverages might cause additional fluid loss as urine before the match.

All players should have at least 2 quarts of liquid by their side during a match. In anticipation of a long match, some of the liquid could be a sports drink, and also have a banana available. Consume fluids every 15 minutes regardless of your thirst level.

Post match—skip the big trip to the Dairy Queen because you want to be ready for the next challenge. Eat a carb rich meal 30 minutes after a match, but that also has some protein. This will maximize muscle glycogen recovery. Stay away from high-fat and real high-protein foods.

A sample meal could be steamed rice with veggies and chicken stir-fry and low fat chocolate or white milk, and possibly even more water.

To have a top-notch game, eat healthy even on days you don't have a match!



2017 Summer League Players Donate Racquets / Balls to USTA Northern Play-It-Forward Project



2017 Summer Adult League Champs—Miller Elevator

2018 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 8-10—Jackie Dockter Bismarck
- June 22-24 — China Garden Classic (Grand Forks)
- June 29-30 — Minot Tennis Tournament
- July 6-8 — Pepsi Red River Open (Fargo)
- July 13-14 — Valley City Jr Open
- July 14 — Mandan Open Adult
- July 15 — Mandan Open Jr Singles
- July 20-22 — Pepsi ND Adult Champ (Fargo)
- August 2-5 — Bismarck Open
- August 10-12 — Jamestown Open

2018 VCTA Membership Application			
MEMBERSHIP CATEGORY			ONE-YEAR
<input type="checkbox"/>	Junior Membership (under 18)		<input type="checkbox"/> \$10.00
<input type="checkbox"/>	Adult Membership (18 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!			



Junior Team Tennis 12u Team



Junior Team Tennis 18u Team at Sectionals in Minneapolis