

# Court Monitor

## Viking Tennis Qualifies for National Championships

The VCSU Viking Club Tennis team finished second at the USTA Northern Section Tennis On Campus Championships held at the Eau Claire (Wis.) YMCA over the weekend of Feb. 23-24. VCSU's second-place finish secured the team entry into the USTA Tennis On Campus National Championships held April 11-13 in Surprise, Ariz.

The team for the championships included seniors Dustin Miller and Clarissa Olson, junior Dalton Ondracek, and sophomore Caitlyn Hunter, coached by Erik Kringlie '92.

The Vikings entered the 14-team Northern Section tournament as the No. 3 seed overall. With victories over Winona State University (24-10) and Carleton College B squad (30-6) in pool play on Saturday, VCSU earned the No. 2 seed for championship bracket play.

Sunday's play brought a victory over the Gustavus Adolphus College A squad (27-10), which put VCSU into the semifinals against the University of Minnesota B squad. The Vikings won that match 26-21, putting them into the section championship match and securing a bid to the national tournament along with their best finish ever at sectionals. VCSU dropped the finals match to the No. 1 seed University of Minnesota A squad 26-12.

Clarissa Olson was voted Northern Section Co-Leader of the Year along with Emily Logan of Gustavus.

At the 64-team national championships at the Surprise Tennis and Racquet Complex in Arizona, the Vikings ran into stiff competition in pool play on April 11, losing a close match to Iowa State 21-19, falling to Ohio State (the 2018 national champions) 30-9 and losing to Wesleyan in another hard-fought battle, 22-16.

On April 12, the team squared off in Copper Bracket competition. There the Vikings lost to Rochester 22-17, defeated Kansas State 24-21, and lost to Michigan State 22-14. In their final match on April 13, the Viking defeated Iowa 21-17 to secure 59th place in the tournament.



At the USTA Northern Section Tennis On Campus Championships in February, VCSU's Clarissa Olson (right) was voted Northern Section Co-Leader of the Year along with Emily Logan of Gustavus.



The VCSU Viking Club Tennis team for the sectional and national championships included (left to right) seniors Dustin Miller and Clarissa Olson, sophomore Caitlyn Hunter and junior Dalton Ondracek.



Vocal fan support for the Viking squad in Arizona came from family members of the players and Coach Kringlie. Pictured are Susan and Hale Kringlie, Bobbie (Schell) '95 and Randy Miller, Karolee and Steve Ondracek '92, and Trisa and Al Olson '84.

## Summer VCTA Events

### Intro To Tennis

**When:** Wednesday, July 10th, 6:45-8:15 pm

**Where:** City Park

Free to try out tennis session for youth and adults

### Adult Beginner Lessons

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

**Where:** North Tennis Courts

**How Much:** \$25.00

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

### Summer Adult League

**When:** Tuesdays, 6/4—7/30 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, College, and Varsity High School Players.

### Valley City Junior Open

**When:** July 12-13

**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=227504>

**Tournament ID:** 550011119

**Questions:** 701-840-1727

### Junior Team Tennis

Compete in co-ed teams, based on ages and abilities, with focus on practice and match play. Possible travel to Fargo/Jamestown during the summer. Open to Boys and Girls, ages 10-18. Practice days to be determined by coach. Contact Susan Kringlie, #701-840-1727.

## USTA Launches Net Generation

Join us in Net Generation---We are excited to meet you!

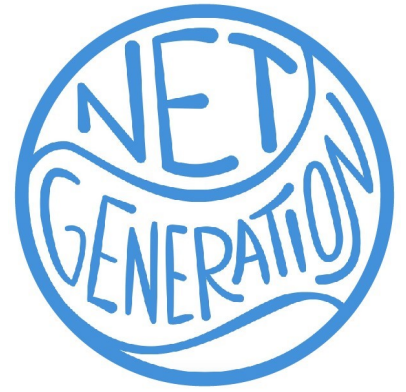
Net Generation is looking to capture the imaginations of kids of all ages, backgrounds, and skill levels---bringing together a national community of parents, coaches, teachers, and volunteers.

**In The Community:** Community programs under Net Generation are designed to introduce our game to kids of all abilities. Free curriculum (hard copy and app) and equipment are available.

**At School:** With lesson plans co-created by SHAPE America and the USTA, we're partnering with schools to provide free equipment packs and introduce tennis into their K-12 curricula and after-school programs, making it inclusive, affordable, and learn-rally-and-play focused.

**Coaching:** All Net Generation coaches who complete the Safe Play Program with background screen receive free resources and tools including world-class curricula, teaching and communications tools, marketing materials, and equipment.

We invite you to learn more at [netgeneration.com](http://netgeneration.com) or contact USTA Northern Offices at 952-887-5001.



## VC Junior Team Tennis

By Susan Kringlie

The Valley City Tennis Association sponsored the Junior Team Tennis (JTT) program in the summer of 2018, with 40 local boys and girls, ages 9-18 participating. This was the 4<sup>th</sup> year of the United States Tennis Association youth team program that included 5 teams. Players practiced weekly in June and July and played matches against Fargo and Mandan in the ND JTT Area Tournament July 12<sup>th</sup> in Fargo.

The 14U team competed at the JTT sectional tournament in Lakeville, MN at the end of July and went 2-2 in match play, placing 2<sup>nd</sup> in the Silver bracket.

JTT coaches last season were: Hannah Aberle, Sara Aberle, Katie Clark, Erik Kringlie, Susan Kringlie, Matt Nielson and Clarissa Olson.





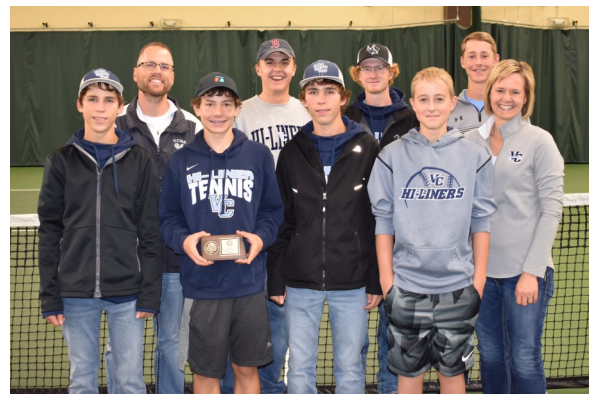
## Season of Growth for VCHS Boys Tennis Team

By Matt Nielson, Head Coach

The 2018 VCHS Boys Tennis Team had two big story lines. The first is that the team really came together with the senior leadership of Hale Kringlie and the maturation of our entire group of great young men. We had a fantastic year with culture, camaraderie, work ethic, heart, and coachability.

The second story line was the end of season run of Blake Triebold. Blake beat Kareem from Fargo Davies at the team portion of the regional tournament leading to him being seeded 4<sup>th</sup> in the individual regional tournament. He was a bit under the weather, but still state qualified in the 8<sup>th</sup> position and was named All-EDC. In the state tournament, Blake caught fire and played loose, as he was the underdog in every match. He lost to the eventual state champion in the opening round then went on to defeat the West #5, the East #3, the West #4, and the East #5 to claim 5<sup>th</sup> place and consolation champion earning him All-State. This was the first All-State player the Boys team has had since a fellow named Jeremy Keoplin before my coaching tenure.

Overall, it was an extremely fun season to coach, watch, and just be a part of. Boys tennis had 19 participants and we are looking to grow as Hale was our only senior. Statistically, we finished with four team wins and 51 individual wins on the season.



## VCHS Girls Tennis Continues Path of Success

By Matt Nielson, Head Coach

The 2018 girls tennis season saw the Hi-Liner's run of 5 state qualifying bids come to an end. In the end, we finished with a winning EDC record and every Hi-Liner earned at least one victory at the Individual Regional tournament. Reagan Ingstad and Cali Halgrimson partnered up for the second year in a row finishing 2<sup>nd</sup> in the EDC tournament earning All-EDC and followed that with a Runner-Up finish at state and being named All-State.

Reagan finished her high school career with 4 All-EDC Selections, 5 All-State Awards, 2 EDC championships, 4 State Doubles 2<sup>nd</sup> place trophies, and 152 total victories winning at greater than a 75% clip. All of this led to her being named the 2018 Senior Girls Tennis Athlete of the year – a first for VCHS Girls Tennis!

This 2019 season, we are missing Reagan plus another SIX varsity players all due to graduation. It is a brand new team with a brand new feel and culture. We are young, but we are learning together. This group has been very coachable and is following our pillars of ACES (attitude, communication, effort, and sportsmanship). We did get one of those seniors back as Hannah Aberle is a volunteer coach and we also picked up a former Hi-Liner in Clarissa Olson to coach the Junior High.

We have 33 girls out for tennis to include 7 7<sup>th</sup> graders! Our current varsity line-up is Cali Halgrimson, Hope Petersen, Rose Zeltinger, Maisie Leick, Olivia Ingstad, Breck Sufficool, and Rachel Beierle. Taking out our veterans of Cali and Hope, the remaining five had a combined total of 4 varsity wins in their careers before the season. Cali has been a very strong leader with all of the new and inexperienced players on the varsity practice squad. Look for the Hi-Liners to grow a lot during this season. They are a fun group to coach and be with!



## Eat and Drink to Win!

**By Sharon Buhr, Licensed Registered Dietician  
Sanford Health and City County Health District**

Make the difference between winning and losing by knowing what to eat and drink on and off the court!

Focus on fruits, vegetables, whole grains (e.g. 100% whole wheat bread), lean protein, and healthy fats to play your best.

### **Before a match:**

\*3-4 hours prior: carbs + protein + fat (meal)

\*15-60 minutes prior: carbs (snack)

### **During:**

\*Every hour: carbs (30-60 grams like one large banana)

### **After a match:**

\*Less than 30 minutes after: carbs + protein (snack)

\*Less than 2 hours after: carbs + protein + fat (meal)

Carbs = Gatorade sports drinks, energy chews, fuel bars or energy gels; fruit like a banana; granola bars; cereal + milk; rice cakes; air-popped popcorn

Carbs + Protein = Gatorade protein shakes or protein bars; chocolate milk + granola bar; cottage cheese + fruit; hard-boiled egg + pretzels; apple + nut butter; turkey jerky + grapes

Carbs + Protein + Fat = sandwich (bread + meat + cheese + veggies); yogurt parfait (Greek yogurt + fruit + granola + nuts); smoothie; hummus + pita chips + veggie sticks; peanut butter & jelly sandwich; breakfast burrito (tortilla wrap + scrambled eggs + cheese + veggies)

Definitely avoid trying anything new on the day of competition! Foods high in fat or fiber slow digestion and may cause an upset stomach if consumed too close to competition. And lastly, don't forget to hydrate. This will help you avoid cramps and problems with the heat.

Partially excerpted from the USTA Newsletter.



Tennis Block party participants held at Rec Center on May 8th



2018 Summer Tennis League Champs:  
Miller Elevator





2019 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"/> <b>"Fan of the VCTA"</b> (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:	
<b>Additional Members Under a Family Membership:</b>		
<b>Other Family Members</b>		
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!		

Valley City Tennis Association

PO Box 212

Valley City, ND 58072-0212



***Valley City Tennis Association***