

SPRING 2009



Women's Tennis Club of New Castle County, PO Box 535, Hockessin, DE 19707
Web site address: www.wtcncc.org

Letter from the President

By Karan Hamel

I found this article on the Internet the other morning, and I thought it would make a good read for our newsletter. This article was written by Deepak Chopra.

How to Be Happy In a Recession

With the recession barreling toward us, the road noise has become alarmingly loud. But as the economy contracts, we must resist our natural reflex to contract with it. Instead, we need to do the opposite. Expansion is the best way to survive any crisis.

When a box turtle is crossing the road and it hears a car coming, it reacts by drawing in its head and feet, contracting for protection. Evolution has kept turtles alive for hundreds of millions of years that way. What works as a natural defense isn't much use, though, when a Yukon or Explorer is barreling toward you. There are times when contracting inward is the very worst thing you can do.

That's true now in the recession that economists see barreling toward us -- the road noise has gotten alarmingly loud already. But as the economy contracts, we must resist our natural reflex to contract with it. Instead, we need to do the opposite. Expansion is the best way to survive any crisis.

The lesson should have sunk in after 9/11, when the whole country learned what it means to contract with fear, anxiety, suspicion, and distrust. We felt threatened by a vast, unseen enemy, which was magnified as large as fear itself.

Fear deprives people of choice. Fear shrinks the

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world into isolated, defensive enclaves. Fear spirals out of control. Fear makes everyday life seem clouded over with danger.

A lot of people are approaching the economy that way, and not enough leaders are warning them that it's the worst possible reaction.

To be happy in a recession means, first and foremost, resisting all the threats that fear possesses. Don't obsess anxiously over what you could lose. Don't reduce your world to a bank account or a 401k. Isn't there an upside to losing some "consumer buying power"? To be honest, we went too far with consumerist mania. By any measure this is an inordinately rich country, and instead of mourning sagging profit margins, can't we use the current slowdown to ask what makes for true personal happiness?

Relationship. Gratitude. Appreciation. Compassion. Mutual regard. Strong social connections. Love you can trust.

I don't know why it takes a crisis to bring out those fundamental human qualities. But it often does. We all realize that the next video game, the next new car, the next flat-screen TV means nothing compared to the rewards of relating to other people. Yet we live as if the opposite is true. The pursuit of happiness is blocked just as much by indulgent over-consumption as by an economic

downturn. More, in fact, an impoverished country like Nigeria recently scored number one in a survey of the happiest countries on earth, while the U.S. has never broken the top ten in any such survey.

Some may protest that expanding and becoming more human is all well and good if you have a job but totally unrealistic if your livelihood is threatened. I don't think so. Whatever happens, the worst-off will be the ones who need more compassion, kindness, and relating to. They will need real coping skills, not a show of group pity. There's a lot more to say about how to be happy in a recession, but the main thing is to remind yourself that it's possible. Refuse to contract just because the economy does. You have the tools to be happy in the worst of times.

They're just hidden under the box your new iPhone came in.

So go out and hit the ball around with your husband, significant other or friend on a weekday night, round up the kids and get them out on the tennis court this weekend, sign up for WTCNCC events like: Fun Day, Special Olympics, Summer League, Summer Camp, and the US Open bus trip. Play USTA summer tennis or go to drop in doubles at Bellevue. There is a lot of tennis opportunity out there, and if you can't find what you are looking for, please send us an email, and we will find it for you. Have a great summer. Play lots of tennis. Have fun.

Sincerely,
Karan
(Below, my hero, Steffi Graff)



Do you have an extra tennis racket sitting around the house collecting dust? How about donating it to **Tennis in the Streets** hosted by USTA Middle States DE? We are in need of racquets for children. This is an annual event held in Rodney Square in Wilmington, Del. Last year 1,000 kids were treated to free tennis lessons in the middle of downtown's busiest street.

This year the event will be held Friday, May 15th 2009, and we need your racquet by May 13th. Please email me @ khamel_119@hotmail.com. Your racquet will help out a youth and further promote the sport of tennis.

WTCNCC – Fun Day – 2009



Tennis Pros

Laura Travis Wendy Schenk
 Don English Jim Flesch
 Shane Racine

The Women’s Tennis Club
 Of New Castle County
 Presents
FUN DAY!

A **FREE** annual event for WTCNCC members!

ONLY \$10 for non-members!

Join WTCNCC for only \$20/year
 and
 \$10 fee for Fun Day is waived!

Saturday, May 2, 2009
 9 AM - 2 PM

Delaware Tennis Center
 (Bellevue State Park)
 800 Carr Road
 Wilmington, DE 19809

Rain Date: Sunday, May 3rd

In the event of inclement weather, an e-mail will
 be sent to you by 8 A.M.

	Agenda
8:45 A.M - 9 A.M.	Sign-In
9 A.M. - 11:15 A.M.	Introduction & Drills with Pros
11:15 A.M. - 12 N	Lunch/Meeting
12N - 2 P.M.	Round Robin/ Prizes

REGISTRATION**Limited spaces available**

For Registration go to: www.wtcncc.org

Contacts for Event:

Tanya_djanegara@yahoo.com and
jw3itzel@yahoo.com

Registration due by April 20th.

Please include email address, contact phone number
 and skill rating.

SPONSORS:

Hockessin Athletic Club-

1st certificate: 2 one month memberships/2 personal
 trainer sessions each.

2nd certificate: One hr. Swedish massage

1 gift: Yoga towel, hat, mineral bath salts and lavender
 lotion.

Perry Anthony- haircut and blow dry

Salon by Dominic- haircut and blow dry

Wanner's Flowers LLC - \$20 gift certificate

Gateway Garden Center- \$25 gift certificate

Dicks Sporting Goods - coupons sheets for everyone:
 \$10 off any sporting goods \$50 or more, \$10 off athletic
 footwear \$59.99 or more, 20% off any apparel item.

NEW THIS YEAR at FUN DAY!

A table designated as a Networking Display will be available for you to advertise your business.

Special Olympics Summer Games

By Marie McIntosh



WTCNCC takes great pride in providing service to our community. What better way to make a difference than to help children who have been challenged in some way? These kids are amazing! They accept their handicap and work very hard to overcome the obstacles. This very worthwhile event will give you more satisfaction than you know.

Women's Tennis Club is helping to support Special Olympics with a donation of \$2000.

Summer League

By Barbara Heringslack

Feel like playing more tennis and sharpening your skills in a relaxed atmosphere???

Sign up for the summer league and you can play matches with fun people on your own schedule throughout the summer months.

Our season begins in June and concludes on Labor Day. You can sign up for singles or doubles, if you have a partner, or BOTH!!

. Signups may be done on the WTCNCC.org website or you can sign up on FUN DAY, May 2 at Bellevue.

Hope to hear from you!

Barb Heringslack
bslackde1@verizon.net

Duties will include: shag balls, conduct drills and keep score.

Why not volunteer 2 to 3 hours of your time?

Date: Friday, June 12th and Saturday, June 13th

Time: 9:00am to 3:00pm

Contact Person: [Marie McIntosh](#)

Cell: (302) 893-4214

Home: (302) 539-7699

Please double click on the icon below for the sign up form. You can fill it out and save it to your computer; then, attach it in an email to Barbara. The form will also be available in print at the end of this newsletter.



Sign Up for 2009
Summer League.doc

US Open Bus Trip

Parthenia Gardner



Join the Women's Tennis Club of New Castle County for an exciting trip to the 2009 US Open at the USTA'S National Tennis Center in Flushing Meadows, New York. This is your chance to be at opening day of the final Grand Slam of the year and see all the pros in action!

You will receive round-trip transportation and your ticket to the famed Arthur Ashe Stadium for all daytime sessions. As a bonus, with a ticket to Arthur Ashe Stadium you also receive general admission to Louis Armstrong Stadium, Grandstand, and field courts! That's admission more than twelve additional courts for the price of one.

DATE: Monday, August 31, 2009
 TIME: 7:30 am – Leaving from DelCastle Tennis Center
710 McKennan's Church Road, Wilm., DE 19808

7:00pm – Leaving NY

WHERE: The USTA National Tennis Center
 Flushing Meadows, New York

COST: TBD, We will send out an email shortly.

Should you have any questions, please do not hesitate to contact:

Parthenia @ <mailto:afital@verizon.net>

Link to US Open Schedule: http://us-opentickets.com/us_open_schedule.html



Rally for the Cure
 Breast Cancer Awareness Tournament

This event will be in November 2009

Winter Tennis 2009–2010

By Cindy Beach

The second and final deposits for the 2009–2010 season are due May 25th. You will receive an email in early May concerning your balance owed. Below is the total amount due, per team or Round Robin player. Due to the exorbitant fees charged by PayPal, we will no longer accept payment through PayPal. Sorry for any inconvenience. Captains, please start collecting your money now, so you won't have to scramble in May.

HIT

HIT-1 \$410/team (30 wks) Mon 11:30–2:30pm
 HIT-2 \$410/team (30 wks) Wed 10–11:30am
 HIT-3 \$545/team (30 wks) Sat 2:30–4pm
 HIT-4 (RR) \$15.75 per play (30 wks) Sat 2:30–5pm

BRC

BRC-1 (RR) \$13.75 per play (32 wks) Mon 12–1:30pm
 BRC-2 (RR) \$13.75 per play (32 wks) Sat 4–5:30pm

EIT

EIT-1 (RR) \$15.40 per play (33 wks) Sat 3–4:30pm

Anyone who has a HIT contract who is not a HIT member will be responsible for a **HIT \$50 membership fee** for the 2009–2010 season. This fee will be paid directly to HIT before the start of the season. Brandywine Racquet Club charges a **\$15 membership fee**. Elkton Indoor Tennis has agreed to waive their membership fees if you are not a member. Remember, sending a deposit does not guarantee acceptance into the requested contract. We need to **check eligibility** and membership status. WTCNCC will make every attempt to confirm/deny acceptance of contract requests in a timely manner. You will not receive a schedule if your membership is not paid. If you have questions concerning Winter Tennis rules, please visit the link: [Rules for Winter Team Tennis](#).

Summer Camp

By Cindy Beach

For those who can't make it down to the beach this summer, this year we would like to introduce a new event we are calling Summer Camp.

Summer Camp would consist of sessions of three consecutive week days: Friday, Saturday, and Sunday of professional tennis teaching and drills here in Wilmington. Come join us and improve your game.

Summer Tennis Camp

When: August 21, 22, 23 (3.5–4.0)
 August 28, 29, 30 (2.5–3.0)

Time: 9:30–12:30 AM

Where: Delaware Tennis Center

Cost: All 3 days \$108
 otherwise, \$42 per day

You must be a Women's Tennis Club member to attend. Only 15 ladies per session. Look for sign ups in late June on the web.



A monthly update about what is going on in the District!

***Spring Junior Tennis League:** RSTTA is sponsoring a 14 and under league April 4–May 9th at the Rodney St. Courts, Saturdays 1:45–3:30. Contact Harry Shur at harryshur@yahoo.com or 302–384–7498 for more information.

* This summer get the most for your TENNIS dollar at the **Delaware Tennis Center**, Bellevue State Park. Unlimited play on 8 well maintained Har–Tru courts

- Weekly Drop–In Doubles
- Daily Early Bird Doubles (7:30–9:30AM)
- Monthly Themed Socials
- Private and Group Lessons– Beg, Adv/Beg, Int (Adult/Junior)
- Cardio Tennis
- Game Arranging
- Full Service Pro Shop
- Open Daily 7:30AM to Dusk, April 15 – October 31

FREE Early Season Events: Meet & Greet – Friday April 3rd 5:30–7PM, Open Houses – Wednesday, April 15th, 5:30–7PM, Thursday, April 16th, 5:30–7PM, Friday, April, 17th, 9:30–11AM, Saturday, April 18th, 10–11:30AM, Sunday, April 19th, 10–11:30AM. Instructional programs begin May 4th.

Season Individual Passes– \$400.00, Spouse/Significant Other Add–on–\$200.00, Early–Bird–\$325.00(7:30–9:30AM only), Junior–\$150.00(includes all DD, DR Tournaments @ DTC), Junior Add–on–\$50.00. For more information contact: Jim Flesch, (302) 798–6686, (609) 922–9599, dtclch@aol.com

* Second Annual **Nancy Kressman Memorial Tennis Round Robin**, May 16th, 9:30–Noon followed by lunch at the Greenville Country Club. This is mixed round robin play for players of ALL ability levels (players will be typically matched with and against players of their own ability level). Proceeds go to benefit the Nancy Kressman Tennis Scholarship Fund. To sign up, please call 302–654–8691 or email tennis@greenvillecc.com.

***American Idol Charity Tournament**, May 16th, The Glade Clubhouse in Rehoboth Beach, 1–4pm: Includes Kids Tennis Games and Contests, Adult Round Robin, Food, Silent Auction, Karaoke, prizes, FUN!!!! Go to www.martygodwintennis.com for more details. To register, contact Marty @ martybgodwin@aol.com or 302–226–1697 or 310–418–5000.



* **Wounded Warrior Project Charity Tournament** (rescheduled from March due to weather) May 30th, Kings Creek Country Club, Rehoboth Beach, DE. 9am–1pm: 2.5 mixed/same gender draw, 1pm–5pm: 3.5 mixed/same gender draw \$20 suggested donation, but all donations welcome. Go to www.martygodwintennis.com for more details. To register, contact Marty @ martybgodwin@aol.com or 302–226–1697 or 310–418–5000.

* **Tennis in the Streets** will be held Friday, May 15th, Rodney Square, 10–1pm. Rain date May 18th. Anyone interested in volunteering, helping to feed balls, get kids on the court, and giving out prizes, please contact Nancy Keiper at keiper@ms.usta.com or 302–478–1313.

* **Andre Agassi** and **Venus Williams** to play for **Philadelphia Freedoms** this summer. Local match days are July 6, 8, 10, 13, 14, 20, and 22nd. Go to www.philadelphiafreedoms.com for more information.

* **FREEDOMS VOLUNTEER AND BALLKIDS TRAINING**, King of Prussia Mall, Tuesday, June 16, 7:00pm: rain – inside the Bloomingdales atrium, shine – outside in the Freedoms Stadiums (on Rt. 202 in front of Macys and Bloomingdales). You do not have to RSVP. This training is however **MANDATORY** if you wish to be a volunteer or ballkid this season.

* Congratulations to Middle States Annual Award Winner: **Men's 45 Singles: Bryan Sauer.**

* Year Round **Quickstart Tennis** programs & Team Tennis Programs for kids ages: 5–14. For more information, please call 302–528–4822 or go to www.myserve.net

* Wanted: Part– time **Senior Instructor**: Must be able to run a high energy fast paced court environment and have the skills to handle an assistant if need be. Minimal training provided. Tennis experience a plus. Wages: Hourly TBD (determined by experience). **and Part–time Assistant Instructor**: Must be able to work with a senior instructor in a high energy fast paced environment. Minimal training provided. Tennis experience a plus. Wages: Hourly TBD (determined by experience). For more information contact Adam Goldstein at agold129@comcast.net or 302–528–4822.

* The 2008 Junior and Adult Rankings are now available. Please go to www.delaware.usta.com for a complete listing.

Membership dues are due March 1st



WOMEN TENNIS CLUB

Of New Castle County Delaware

Membership Application

Annual membership fee: \$20.00 (March 1st through February 29th)

Check One: New Member Renewal

Name _____

Address _____

City _____ State _____ Zip _____

Telephone: Home _____ Work _____ Cell _____

Email _____ Rating _____ USTA Self Rated

Referred by _____

Electronic Newsletter? Yes No

☺ Are you interested in volunteering to assist in club activities? Yes No

Make check payable to "WTCNCC". Mail application and check to: Tanya Djanegara, 620 Halstead rd, Wilmington, DE 19803. For your convenience, you may also submit your application and pay your dues online. Just visit us at www.wtcncc.org/membership.htm.

Questions?? Contact our Membership Coordinator, Tanya at 302 477 0210

BENEFITS YOUR WTCNCC MEMBERSHIP BRINGS TO YOU

As a member of the Women's Tennis Club, you join 250+ other tennis-minded women in accessing activities, services and networking opportunities. Below are just some benefits available to WTC members.

- **Website:** Check out our frequently updated calendar of events at www.wtcncc.org
- **Winter Team Tennis:** Indoor contracts and round robin play (2.5 to 4.0), double only. Players grouped by skill level plus you save a minimum of \$65 each year (clubs waive their membership fees for WTCNCC members).
- **Summer League [Singles/Doubles]:** The Summer League is designed to provide a means for members to play on a regular basis throughout the summer. It also is an excellent way to meet other members of the club. The main objective of the Summer League is to promote tennis play particularly for those who do not wish for the competitiveness of the ladder.
- **Summer Ladder [Singles/Doubles]:** The Summer Ladder is a fun way to play and compare your self to different skill levels. Players on the ladder range from 2.5 to 4.0.
- **Fun Day:** A long standing tradition combining several hours of clinics conducted by local pros, al fresco lunch and fun court time with fellow members. Held in the spring of each year, Fun Day provides a great season-opening skill refresher, plus networking to meet other players. Fun Day is free to WTCNCC members.
- **WTC Directory:** The directory is published annually (after March 1st renewal date) listings for each member including phone, email and USTA level. Looking for a sub or partner at your USTA level? Here is a great tennis resource for you.
- **WTC Newsletters:** You will receive four newsletters throughout the year. Newsletters include club news, event reminders sign-ups, new member updates, and community happenings.

Winter Tennis Registration Form

Winter 2009–2010 Registration Form

Please complete this form and send it with payment as directed below.

Part 1

League # desired: HIT-1 / HIT-2 / HIT-3 / HIT-4 / BRC-1 / BR-C2 / EIT-1

(Circle one above)

Part 2

Your Name:

USTA Rating: 3.0 / 3.5 / 4.0

Email address:

Cell Phone:

Home phone:

Work phone:

Part 3

Partner's Name:

(Additional names & info for teams can be added on the back.)

USTA Rating: (circle one) 3.0 / 3.5 / 4.0

Email address:

Cell Phone:

Home phone:

Work phone:

Part 4

Your play Frequency desired: refers to round robins only: (circle one below)

3/4 Share = (play 3x/month, approximately)

Half Share = (play every other week, approximately)

Quarter share = (play once/month, approximately)

Part 5

Please mail this form and your payment to Beth below (check payable to WTCNCC):

HIT-1, HIT-2, HIT-3

Beth Weaver
810 W 25th St.
Wilmington, DE 19802

HIT-4 & EIT-1

Cindy Beach
247 Weldin Ridge Rd
Wilmington, DE 19803

Sign Up for 2009 Summer Tennis League

It's time to sign up for the 2009 Summer League! The WTC/NCC Summer League will begin in June and run throughout the summer for both singles and doubles depending on USTA level. Matches are self-scheduled within playing periods. This is a great way to get match practice, improve your game, and meet other players. Beginner players should sign up for the 2.5 division. If you want to play doubles, it would help to have a partner already. **A requirement before signing up is that you make yourself reasonably available during the summer for your match scheduling.**

Please fill out the form below and email it to me. Be sure to indicate the level of play desired. Note: for doubles, you must play at or above the highest rating of you or your partner. You may sign up for both singles and doubles.

The deadline for registration is **June 1st**. You will receive league rules and participant information after sign-up. You **MUST** be a current WTC/NCC member to participate. The dues amount for this year is only \$20. Pay online at wtcncc.org or send a check (payable to "WTC/NCC") to Nancy Beaudet, 124 Hunter Ct., Wilmington, DE 19808.

Hope you'll join us for a summer of tennis fun!

Barbara Heringslack (302-239-4995)

WTC SUMMER 2009 LEAGUE REGISTRATION FORM

Deadline Date: **June 1, 2009**

Singles 2.5 3.0 3.5 /4.0

Doubles 2.5 3.0 3.5/4.0

Name _____
 USTA Rating _____
 Home Phone: _____
 Cell Phone: _____
 Email: _____

Partner _____
 USTA Rating _____
 Home Phone: _____
 Cell Phone _____
 Email: _____

EMAIL TO: bslackde1@verizon.net

OR MAIL TO (include a self-addressed stamped envelope):

Barbara Heringslack
 113 Bunting DR.
 Wilmington, DE 19808