



# SPORTSPLEX TENNIS

SPRING 2009 **n e w s**

## Faith Broderick Added to Sportsplex Banner with Section Nine Singles Title

NEW WINDSOR — Faith Broderick was smiling even as she was staring squarely at defeat. She smiled when the net cords didn't go her way, and managed a laugh even when she was down a break. In the end, she had plenty to smile about.

Playing in her sixth Section 9 tennis tournament, Broderick finally broke through with her first singles title Thursday at Sportsplex. The Washingtonville senior snatched the victory after saving two match points in the second set to defeat Newburgh Free Academy's Kelly Phillips 4-6, 7-5, 6-3.

Valley Central's Morgan Holbrook finished third in the section with a 6-0, 6-2 victory over Onteora's Jen Crego. Broderick, Phillips, and Holbrook advanced to the state tournament on Nov. 8 at the Eastside Racquet Club in Syracuse.

"I'm just incredibly excited right now," Broderick said. "I just wanted to come in here and play my game. It's great to finally get the title my senior year."

Broderick, who lost in the section final last year to Valley Central's Ashley Miller, lost twice this season to Phillips and didn't win a set in either match. Phillips humbled Broderick 6-3, 6-2 last week at the Orange County Interscholastic Athletic Association championships.



The friendly rivalry produced great tennis the past couple of years, but nothing better than the match on Thursday.

Phillips was up a break and had two match points before Broderick's forehand in the corner evened the second set 5-5. Broderick broke again in the last game of the second set when her approach shot in the corner made it one set all.

"Honestly, I tried not to think about" the match points, said Broderick, who will play tennis at Brandeis University. "I just wanted to play every point. Mentally, I stayed composed. I never felt down or out of it."

Broderick, who has been to the state tournament five times, has lost in the second round every time. Phillips is making her second trip to states. Phillips, who will play at Northern Illinois next year, lost in the first round of the main draw and made it to the final of the back draw at states last year.

"I wanted this title," Phillips said. "I was confident coming in and thought it would go my way. But she played better. She was more consistent."

## College Commitments

Kelly Phillips has accepted a full-tennis scholarship to Northern Illinois University. Kelly is thinking about Pre-law as a major.



Faith Broderick has accepted an academic scholarship to Brandeis University. Faith will play tennis and major in International Affairs.



**Pro Tip** By John Haslam

# Tennis Wisdom

## The Game

The ancient and respectable game of tennis takes only a few minutes to learn but a lifetime to play.

## The Mental Game

Tennis is the strangest game ever. It's all in your head. Little things can bother you, destroy your game. So think what a big thing can do.

## Practice

The meek may inherit the earth, but they won't win many tennis matches. Practice, eat, sleep, practice. Remember-perfect strokes are already in us, waiting to be discovered. Learn a lesson every time you lose.

## Concentration

Best players give total concentration to the only point that matters: this one! You can overcome tennis nerves by not dwelling so much on the risk of losing.

## The Serve

In tennis everything starts with a serve: powerful servers are impressive to watch. But the most effective shot is not always the fastest. It's serves with placement and consistency that are more important than speed. "Inconsistency comes from having a cannonball first serve and soft ball second serves.

## Strokes

Strokes are the weapons with which you fight your tennis battles. The better your weapons, the greater your chance of victory. Work hard at getting to the ball early so that you can be absolutely calm as you take your swing.

## Strategy

A couple of good shots can make you forget all the lousy ones. Whether serving or receiving, if you hit the ball in 5 times, you won't lose any matches.

## Probe

Put pressure on your opponents weaknesses.

## Winning and Losing

It's truly a good player who gets hungrier with a lead. Forget about your losses, laugh and hit. You'll have more fun and win more in the long run. Never equate losing with failure.

## Life

You have within you the power to make tennis fun, to build confidence and to play consistently. The result is a higher quality of both tennis and life. "You can't ever change the last point, so forget it. Win the next one.

## Dec. 08–Feb. 09 Jr. Program

# Hardest worker Awards

Our teachers would like to congratulate the following children for being the hardest of workers, paying the most attention, as well as showing the extra effort required to be a standout student.

**Advanced Training Classes** - Jules Kelly, Matt Sharp, Leah Bowden

**Learn To Play** - Cameron Fisher, Jane Bockman, Deanna Cavezza, Reilly Chin, Jack Kempton, Marina Murphy, Stephanie Burton, Nyla Thompson, Emma Alitz, Megan Grant, Katie Wayne.

**Next Step** - Will Snyder, Kayley Carnes, Sean Jessup

**Savage Academy** - Ernesto Dillon, Sera Satkowski, Teddy Gross

**Tots** - Hunter Linnartz, Natalie Celentano

**Players on the Move**

**Tots to LTP:** Daniel Lau

**Advanced Training to Savage Academy:** Olga Ostrovetsky, Emily Adamo, Rachel Suresky

## Perfect Attendance

The importance of attending every class shows follow through and commitment to what you signed up for. We wanted to give special recognition to the following children for their perfect attendance in the Winter Session.

### Friday Advanced Training

Matthew Anastasia  
Connor Malone  
Kaitlyn Berkery  
Samuel Lawyer  
Chris Reed  
Sophia Schuster  
Lilly Snyder

### Saturday Advanced Training

Emily Herbert  
Carolyn McMeneman  
  
**Monday Learn to Play**  
Cameron Fisher  
Aaryn Modwadiya  
William Carter

### Wednesday Advanced Training

Olga Ostrovetsky  
  
**Thursday Next Step**  
William Snyder  
  
**Monday Tots**  
Hailey Fisher  
Matthew Fisher

## Sharp, Arora, and Alverez Win Jr. Tri-level League(Winter Session)

Matt Sharp continues to sharpen his tools in preparation for High School Tennis with a Group 1 1st place honor. The following placed 1 through 3 in their respective divisions. Congratulations. If any junior is interested in playing games, please contact Nick Hummel in the tennis department to join the league. 565-7600.

### Group 1

**1<sup>st</sup> Place**  
Matt Sharp

### 2<sup>nd</sup> Place

Olga Ostrovetsky

### 3<sup>rd</sup> Place

Scott Schunzel

### Group 2

**1<sup>st</sup> Place**  
Lucas Arora

### 2<sup>nd</sup> Place

Paul-Hudson Erwin

### 3<sup>rd</sup> Place

Madeline Ross

### Group 3

**1<sup>st</sup> Place**  
Andrew Alverez

### 2<sup>nd</sup> Place

Sera Zoutis

### 3<sup>rd</sup> Place

Remi Coris

Jan. 2009

## Sportsplex Hosts Jr. Doubles Tournament

The McEnroe Cup Doubles Event that was held at Sportsplex in January turned out to be a great opportunity for local kids to compete in a rare doubles scenario. The top two finishing teams are advancing to the New York Finals at Sport and Wellness in May. Congratulations to our very own players who finished in the top two.

### Boys 18s

Runner-up: Jarrett Sears and Peter Krasinski

### Boys 12s

Winner: Ernesto Dillon and Partner

### Boys 12s

Runner-up: Davis Fleming and Karl Poling

### Girls 14s

Runner-up: Ariel Haber and Dorothy Tai

### Girls 12s

Winner: Josephine Tai and Shivani Patel

Runner-up: Sara Fishman and Mckenzie Patterson



March 2009

## Sportsplex host Junior Singles Tournament

The tenth annual USTA L2 Jr. Singles Tournament at Sportsplex had over 75 entries competing throughout the first weekend of March. Our very own Olga Ostrovstky beat another Sportsplex dynamo, Hannah Fleckenstein in the girls 14's Singles finals. In the 12 and under girls division Jo Jo Josephine Tai took second place.

March 2009

## Ernesto Dillon Wins Boy's 12 and under Sectional Designated Closed Championship

Since 1999 only three kids from Sportsplex have won a designated closed championship. We now have a fourth. To win a closed event, you have to beat the best players in the state in your age group on that given weekend. Ernesto had to work his way through a 128 player draw, win 6 matches in a row and beat three top seeds in a row to claim victory. Great job Ernesto. Ernesto will play #1 on his varsity team this season as a seventh grader. Look out Section IX.

## In the news –

Sera Satkowski, 9 – won a L3 USTA event and recently lost a close match to the #3 ranked 10 and under girl in the state 7-6, 7-5. We see a bright future there!

## Tennis Directors Corner

By Mark Savage

## Gaining an Edge...

A new player can feel and see improvement every time he steps onto the tennis court, but after a few months, fault-finding often replaces the new player's natural ability to remain focused on getting better. Fault-finding destroys ones abilities and should be avoided at all cost.

The good news? I am here to tell you that you can get better everyday and know it.

Just follow these two little steps: Improve your mental toughness as a practice session or a match proceeds, and also make note of whether you are becoming more or less accurate. I have watched thousands of hours of tennis, and one thing remains clear: In every match, one player will finish mentally stronger than the other. If you want to be the stronger one, then you have to continually monitor your will and focus.

Is your will to win stronger and your concentration greater as a match goes on? If the answer is yes, then you are improving. If not, then take note and work on improving it. Trust me: The simple act of logging your progress is already a mental improvement. However, if you focus on being happy when you win, sad when you lose, happy when a ball goes in, and sad when a ball goes out, then your improvement will be painfully slow and difficult to notice. Improvement has little room for emotion. Play with your brain, not your feelings, and liberate your game from inconsistency.

What does it mean to be more accurate as you play? Well, contrary to belief, power – while a part of the puzzle – isn't what wins. You still have to hit the ball in the court. Try this: When you hit a ball and it doesn't land where you wanted it to, take notice to what it does to your thinking. I bet it throws you off for just a split second. When something doesn't go as planned you always need a second or two to re-calibrate. If you continue to miss your targets your brain gets frazzled and concentration begins to disappear. Next, most players than will lose confidence. When you feel things are not in your control, a feeling of helplessness takes over. The next time you notice errant shot behavior, rather than lose focus, try to be even more precise. Your brain works better when it is given a direct order. It does not do well in the why? What is wrong? How come type of thinking. That is why it is so critical to keep focused on being more accurate as a match goes on.

So, if you want to get better right now, improve your mental toughness along with your accuracy each time you are on the court. By the end of each match you will be able to tell the difference between getting better or getting worse. Winning and losing have nothing to do with getting better.

## Captain of the Quarterly

# Linda Schuyler – 3.0 Women’s Team Captain

We grabbed Linda the other day, o.k. it was a few months ago and sat down, o.k. I sent her an email, and asked her to take a few minutes of her time, o.k. it took her three hours to write these down, but heck, we loved it!

Mark: When did you start playing tennis?

Linda: I actually began playing tennis a while before I had a clue about tennis. So, I won't count that time. I would say my tennis time started when I became a member of Sportsplex in the fall of 2000. I joined the 2.5 team in 2001 and we were able to get to the Sectionals in Syracuse. It was a great incentive to say the least.

Mark: What team do you Captain?

Linda: I captain a 3.0 team, but I am able to share that responsibility with a most supportive co captain, Elysa Davis. The 2008 season was the beginning of our duties. We have had the experience of just one year and I marvel at those men and women who have put in many more years and some with more than one team. I have not had any other experiences as team captain at any other club or USTA level.

Mark: What made you become a Captain?

Linda: Admittedly, I am the team captain because there were no other takers. Having the team split was not the best option, so I agreed to steer the ship. The joy outplays any frustrations.

Mark: What was your worst experience as a captain?

Linda: This interview. Just kidding, Mark said that. The worst nightmare isn't so much a nightmare but a worry. I worry until all the team is present to play the match. Only when I know everyone is set, am I able to relax. I also carry this concern with practices. When courts are reserved and players are taking time out of their busy lives to practice, I want to be certain that their time is well spent.

Mark: Any unfortunate uniform disasters?

Linda: We have been fortunate with our uniforms. I cannot say we had any that went terribly wrong. Our uniform this past season looked sharp enough to receive compliments from other teams which is always a plus.

Mark: What is your most memorable moment? Besides taking lessons with me?

Linda: Perhaps the most memorable moment as captain was winning our first match by taking all five courts. It was a fantastic way to begin the season.

Mark: What club has the best post-match food? And don't say Sportsplex.

Linda: The best post match food is hands down whatever our Sportsplex team offers. Clearly no one walks away hungry or dissatisfied. It's definitely a high priority on the things to do list!!

Mark: Okay, ignore me. What advice would you give to other players?

Linda: I don't know if I qualify for giving advice as a team captain but that won't stop me. I would say if winning is the goal, do what you believe is best for the team by spending time on the lineup. Tennis Link is also a good source to get information about the opponents. There are people reading this who know I spend way too much time in this arena.

Mark: What does tennis mean to you?

Linda: Playing tennis is a huge part of my life. I play with many wonderful people and have had so much fun on the courts. I don't know what I would do without it. As soon as I was able to get the ball over the net three or four times in a row, I was hooked!! I had such a sense of accomplishment.

Mark: What is the most common mistake that you see in other club players?

Linda: Perhaps the most common mistake made by players in a match is focusing on the negative thoughts that get into the head. Redirecting those "voices" into positive beliefs may be the key to turning things around and winning the match.

Mark: What is the key to good doubles?

Linda: Communicating with your partner, staying focused, figuring out the opponents' weaknesses, and relaxing may prove to be helpful elements to winning in doubles. There is an expected nervousness during match play and utilizing these key points may allow you and your partner an advantage.

Mark: Thank you for your time. I realize this was like having root-canal.

Linda: Always a pleasure. Perhaps those bad dreams I had about you yelling at me in a lesson will now leave.



## Adult League Results

### Men's 3.5 Winter League Results

Wednesday night is the home to our 3.5 men's singles league. In its fifteenth year, it is always exciting. Jim Shapiro finished in grand style. I haven't asked him how many times he has won the league but it ain't just once.

1<sup>st</sup> Place Jim Shapiro

2<sup>nd</sup> Place Joe D'Agati

3<sup>rd</sup> Place Eric Shiller

## Sportsplex pulls off the double victory in the 6.0 and 7.0 MXD Winter Leagues

Sportsplex 6.0 MXD Team won the Hudson Valley League for the second year in a row, while the 7.0 MXD team of Highly Strung, captained by Arthur Leinoff won for the first time.

### 7.0 League Results

Highly Strung  
Orange Hollow #1  
Double Trouble  
Cross Court # 2  
Sportsplex Rebels  
Cross Court #1  
Sports & Wellness  
Cross Court # 3

### 6.0 League Results

Sportsplex  
Crosscourt 2  
CC Double Cross  
Sports and Wellness

## Men's Tri-Level Team wins Hudson Valley League

Arthur Leinoff's other team won the Men's doubles league in its second year of inception.

Sportsplex

Crosscourt

Crosscourt #2

Poughkeepsie Tennis

Sport and Wellness.

## Congratulations to the Champions and good luck at Regionals!

### Adult news –

- U.S. Open Tickets for our annual bus trip are on sale. We sell out so order them now through Jane in the tennis department.
- USTA Spring Team matches begin May 1. Our teams play on Tuesday and Wednesday night, Sunday morning, Sunday afternoon. Limited court time at those times.
- Our Friday nite mixer's have been very successful so please join us for our next one on May 1. Sign up through the front desk.
- Summer events calendar is out, so be sure to visit the bulletin board or our website. [www.sportsplex-nw.com](http://www.sportsplex-nw.com).

## Athlete of the Month: Chris Franke

It is difficult to know where to begin – so I will pick my introduction to tennis, and roll the film from there...

I was introduced to Tennis by my Grandfather, Raymond Aylor, in the summer of 1970 at Farmington Country Club, in Charlottesville, VA. Over the next 2 decades, I played tennis at the Club, High School, and finally on the collegiate level at Hofstra University.

Who could have foreseen that I would still be playing 39 years later, and telling my grandfather, (now 98 years young) that I am still able to play to climb the corporate ladder. The next 15 years went by quickly, as my priorities turned to the family activities. I embraced coaching youth Baseball, and Football, while my wife, Maura, enjoyed producing shows for the Cornwall Elementary School PTO Drama Club. It was a very busy and productive life, but there was one priority overlooked: health.

Eighteen months ago, my life was moving at warp speed when the wheels fell off. I contracted some type of illness that progressed into what could be described as chronic fatigue combined with inflammation. Simple activities became impossible: for example, I would have to rest after walking up the steps as my arms and legs would feel like lead. After a year of medical tests, which included all types of scans and biopsies, I realized I needed to find a different solution. This is when I turned to Jane Savage, and began nutritional counseling.

For three months, Jane worked on modifying my diet to begin to address my chronic illness. We targeted organic and natural foods that would both restore my energy level, and detoxify my body. The first month was pure vegetarian with natural proteins: I could see results within



a week. A combination of super foods, teas, and a lot of time in the steam-room put me back on my feet; but I was not where I needed to be to enjoy the game of life again...yet.

In working with Jane, it became apparent that eating the right food was only one part of the solution. Jane educated me to the importance of finding the time to get back into the gym. We worked through my personal schedule, and carved an hour of time to begin the second phase of my cure. Jane then introduced me to Andy Campbell, a personal trainer at SPX.

The first session with Andy was one of the more challenging things that I had experienced in recent years. It was probably equally as challenging for Andy, as he had to construct a training program that has worked around my fatigue issues. After a few weeks with Andy, the aches and pains that I had experienced over the last year began to fade. I am already a half step quicker on the tennis court, and soon hope to be able to complete a match without needing days to recover.

With another youth baseball season right around the corner, and my USTA team advancing to regional competition, I need to do whatever I can to maintain or raise my energy level to keep up with my life. With the diet and exercise regiment provided by Jane and Andy at Sportsplex, and the continued support from my Wife and family, I know that I will accomplish this goal.