



# Irvington Club News



May 2020



## Notes From the General Manager

Dear Irvington Club Members,

First and foremost, I want to thank all of you for your continued support and understanding during this pandemic. It truly warms my heart to hear and read all of your encouragement, and sharing with me how all of you are coping with these unprecedented times.

Thank you so much for your continued support of our Community Involvement Committee. It is nice to know that so many of you are willing to help others in such difficult times. That's why our Club is special and why we, as a community, will get through this.

My Team and I are very busy preparing for reopening. No one knows when that will be and exactly what restrictions will be in place. I assure you we will do everything possible to make your Club a safe place to come back to. It will be very different from what we are used to, but we will err on the side of being cautious. By the time you read this, I will have sent out an email blast giving you more details about our reopening.

In the interim, please stay home and continue to follow the rules and guidelines our government and health agencies have put into place for our safety.

I miss my extended family and cannot wait to see you again!

Barbara

## Ducks at the Pool - a lesson in social distancing

On April 28th, a couple of ducks stopped by our pool and gave us a little lesson in social distancing:

**ACCEPTABLE DISTANCE**



**TOO CLOSE**



## President's Message

This virus has touched us all in many different ways. I want to pay tribute to all of the health care workers and essential workers who are definitely my new heroes. Please continue to go outside at 7:00pm each evening to clap and bang on pots and pans.

I am impressed with the efforts of our Community Involvement Committee to help those less fortunate than the rest of us. I love the videos and articles that Walter and Cris have produced. The Club is sparkling clean and the basement has not looked as good as it does in my lifetime!! I am glad we can provide a forum for our Club business owners so we can help keep them going.

Barb has applied for every grant and program that is available to us and speaks to our banker almost daily. By the time you read this, the Board and Barb will already be working on a plan to safely open the Club and the pool when it is allowed by the State of Oregon. It will most likely look different but your safety is our primary concern. Please do your best to stay safe and healthy.

Cathy Zarosinski

## Calendar of Events

### May

1st ~ May Day

5th ~ Cinco De Mayo

10th ~ Mother's Day

23rd ~ The Irvington Club Pool Opens!  
(pending direction from state and local officials)

25th ~ Memorial Day



### June

14th ~ Flag Day

20th ~ Summer Begins

21st ~ Father's Day



# Tennis Article: The Two-Handed Backhand by Walter Seidel

## THE TWO-HANDED BACKHAND by Walter Seidel

Most great two-handed backhands incorporate three vital components: The correct grip, a C shaped back swing, and good extension of the arms at contact. Of course, there are many other aspects to a great backhand, like having your feet aligned correctly when striking the ball and so forth, but for this week's article I will focus on this.

Because of huge advances in technology over the last 10 years we are able to see the pros hitting their backhands in slow motion and now we can see in detail how the shot is actually hit and this in turn helps us to understand it better and be able to teach and learn how to do it correctly.

For a right-handed player, your right hand should ideally be in the *continental grip* so that you can have easy transition to a backhand slice and volleys. This continental grip also allows you to take the ball more out in front of you with a straighter arm on contact versus other grips used. Your left hand will simply be behind the grip as it's main job is to push your racket through the shot. The right hand, since it's in the "hammer grip", can naturally move up and down and so this movement enables spin on the ball and the left hand moves left to right easily, which aids to moving forward through the ball. Both arms work together to create an effective swing through the shot. You can see if you look closely at Andre Agassi's right hand that it's more at the continental grip: <https://youtu.be/ql5xVpAQt1Y>

A compact lower case *c shape* on the back swing is ideal because it isn't too big of a c shape to where you can be late to the shot, but you are still achieving a nice loop before hitting the ball. The loop gives you some momentum on the take back, taking advantage of gravity as the racket falls down before coming up to the shot. It's a nice wind up before making contact with the ball. You can see how Rafael Nadal gets his loop in before hitting the ball with his left hand on the continental grip position: <https://youtu.be/xm2zi36uZEg>. His compact loop helps him prepare early and not be late to the ball.

Lastly, most players don't ever get both arms completely straight on contact, as your timing has to be perfect almost every time. Andre Agassi and Rafael Nadal are good examples of players who have been able to while having large to medium C shaped back swings strike the ball with *both arms extended*. You can see here how Maria Sharapova is bent with both arms hitting the ball: <https://youtu.be/XB93kyARuyw>. Of course, Sharapova was hugely successful, but her backhand could have been even better if she managed to get more of a fuller extension with both arms on contact allowing her body to fully engage behind the ball and take the ball more in front of her body. For optimal performance you want try to take the ball out in front of your body as best that you can with a compact lower case c shape on your take back so that you continue to have good timing when hitting the ball. The closer you can get to keeping both your arms straight on contact the better. Most players have one arm bent on contact and again lots are both bent on contact. If you are in the continental grip, you at least will have that arm straight and if you can bring your left arm to stay in the eastern forehand grip or just at the back of the grip/handle keeping your elbows close to your body, you can get really close to both arms being extended.

The ultimate goal is to focus on developing a consistent backhand that you can rely on during match play. Try your best to keep that continental grip, compact C shaped back swing, and good extension with both arms and your backhand will become one of your favorite shots.

- Key points:**
1. Use continental grip with right hand.
  2. Compact c shape backswing loop on take back.
  3. Try to get as close as you can to full extension of both arms at contact.

### How do I practice this while being at home? A great exercise you can do to improve your backhand:

1. Find a wall at your home or at the park to hit backhands against. Make sure you are holding the racket correctly and that you are maintaining the C shape on the backswing while trying your best to extend both arms on contact with the ball. See how many times you can keep the ball going against the wall.

### Weekly challenge:

I will demonstrate this exercise in my next YouTube video so you can see how to do it at home or at the park. I challenge you to see how many times you can do this in a row and then please send me your video by text or email so I can see how well you are doing.

**Have fun and keep learning.**

# Summer Junior Tennis Lessons

PLEASE NOTE: MAY 2020 JUNIOR LESSONS HAVE BEEN CANCELLED

THE NEXT SESSION IS SUMMER JUNIOR LESSONS, JUNE 8TH – AUGUST 20TH

- Session 1: June 8th - June 11th
- Session 2: June 22nd - June 25th
- Session 3: June 29th - July 2nd
- Session 4: July 6th - July 9th
- Session 5: July 13th - July 16th
- Session 6: July 20th - July 23rd
- Session 7: July 27th - July 30th
- Session 8: August 3rd - August 6th
- Session 9: August 10th - August 12th\*
- \*No class 8/13 due to tournament
- Session 10: August 17th - August 20th



Futures: 10:45am – 12:30pm

Power/High School: 12:30pm – 2:30pm

Sign-up dates:

Full Club & Associate Members: Sign-up on **Saturday, April 11th starting at 9:00 am**

Non-Members: Sign-up on **Thursday, April 23rd starting at 9:00am**



## City League Matches

The 2019-2020 City League season has been canceled as decided by the City League Board due to the coronavirus pandemic. For more info, visit: [www.cityleaguetenis.org](http://www.cityleaguetenis.org)

## USTA Matches

All USTA league matches are canceled for 2020 per the USTA due to the coronavirus pandemic. With no national or section championships scheduled, all advancing USTA local leagues scheduled for the spring and summer have been cancelled. In lieu of hosting these advancing leagues, USTA PNW will be hosting a "Welcome Back to Tennis" local league free of charge, which will tentatively begin play in mid-June and be played to the end of August. (The league and start date are contingent on clearance from local health officials; The USTA will provide more details of this free league when plans have solidified.). Additionally, the USTA currently plans to host a traditional USTA advancing leagues (early start) beginning in September. Your area's new summer and fall local league schedule will be posted on the USTA website ([usta.com](http://usta.com)) in the coming weeks. For those of you who registered for a spring or summer advancing USTA league that has been cancelled, it is the intention of the USTA to transfer your league registration to an upcoming USTA advancing fall league. In the event that you do not play a fall league, after the fall league registration period ends, the USTA will reimburse your spring/summer advancing league fee less processing fees.

For more info, visit:

[www.usta.com/pnwcovid19](http://www.usta.com/pnwcovid19)

**ERIN  
ROTHROCK**  
HASSON COMPANY REALTORS



WELCOME HOME.

As an Irvington native and lifelong club member, I know NE Portland. If you're thinking of selling or are ready to buy, I'd love to talk to you.

503-784-3810  
ERINROTHROCK.COM



**Bittersweet Floral PDX**



**Peggy Donovan**  
503-901-0894  
30-year resident of Irvington making custom floral arrangements for your home, work and special events. Order online or call.



Instagram: [Bittersweetfloralpdx](#)  
Website: [Bittersweetfloralpdx.com](#)



Dana Austin Griggs  
Broker

Irvington  
Real Estate Specialist  
& *tennis junkie*

danagriggs.com | 503.793.0782



825 NE Multnomah St. Suite 120  
Portland, OR 97232

**BIG LEAGUE  
CHEW<sup>®</sup>  
BUBBLE  
GUM**  
SINCE 1980



SUSIE KNOWS  
**PORTLAND**  
REAL ESTATE

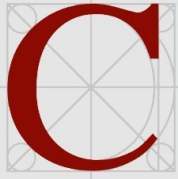


Susie Hunt  
**Moran**  
HOMES



**SUSIE HUNT MORAN**

Your Neighborhood Real Estate Expert  
503.970.9866 | [Susie@windermere.com](mailto:Susie@windermere.com) | [Susiehuntmoran.com](http://Susiehuntmoran.com)



# COOPER

DESIGN BUILD

Whole House Remodels • Integrated Additions  
Custom Homes • Historic Homes • Gourmet Kitchens



LICENSED BONDED & INSURED  
CCB# 77239 | Cooped\*916R4

503.282.0545  
CooperDesignBuild.com



**CASA bonita llc**  
Design • Build  
503 - 956 - 0036  
casabonitallc.net

CCB# 189948 | Insured | Bonded



## PAUL MARRS

MORTGAGE BANKER  
503 781 2114

PREMIER MORTGAGE  
RESOURCES

CO.NMLS 1169  
MLO-5212

## LANCE MARRS

PRINCIPAL BROKER  
503 701 5323

LIVING ROOM REALTY



RESIDENTIAL

debbie  
thomas

real  
estate

402 NW 13th Ave.  
503.226.2141  
www.debbiethomas.com

YOUR REAL ESTATE  
RESOURCE  
SINCE 1992



COMMERCIAL

### BOARD OF TRUSTEES

President - Cathy Zarosinski  
Vice President - Stephanie Vickers  
Secretary - Fletcher Frisch  
Treasurer - Stephen Doubleday  
Linda Paulk  
Mary Stevenson  
Steve Thompson  
Julie McGinnis  
Marianne Dwyer

### STAFF

General Manager - Barbara Farmer  
Tennis Director - Walter Seidel  
Co-Tennis Director - Cris Valverde  
Maintenance - Brian Rosenkranz  
Billing Specialist - Anita Palodichuk  
Admin. Assistant - Kevin Hanzlik  
Front Desk:  
Donna Roisom  
Conor Jeans-Gail  
Lisa Lyon  
Noriko Satake  
Chris Best