



Irvington Club News



August 2020



Notes From the General Manager

Dear Irvington Club Members,

As we navigate through these difficult times, we continue to face more challenges. I want to applaud all of you for adhering to our rules and guidelines. Everyone is following our protocol and I really appreciate and want to acknowledge your efforts. This last mandate regarding wearing masks is a difficult one for some people. I know that the USTA/PNW has formed a unified group that consists of the USTA, USPTA, PTR, ITA, TIA and the American Tennis Association to address and advocate for indoor tennis. Tennis has been deemed one of the safest sports you can participate in during this pandemic, yet our county and state officials do not have the luxury to dig deeper into each sport or facility. My hope is that there can be some collaboration and a deeper dive into our sport and the safety mechanisms we have put in place. If that is done and the recommendation/mandate is still the same, then so be it. All that being said, right now, we must follow the rules. You must wear a mask while playing indoors. The mask should cover your mouth and nose. There are many kinds of masks so shop around as I have found some much better and more comfortable than others.

The next big decision was to not participate in leagues for the fall (this is both USTA and City League). We have contacted both organizations at this time. Our hope is things will be much better and we can gear up for the leagues starting 2021.

Our Pool: This one is the most frustrating for me. I have talked to managers at pools that have been able to open (in other counties) and everyone agrees it offers a safe environment. I am still advocating for a bare minimum of being able to offer lap and open swimming. The plan I have set up for open swim is very safe for you, our staff, and your family members. This is easy, safe, and wouldn't it be nice to get a few laps in your day or come to the pool with your family and remain in your quadrant in the pool and on deck. I have sent a copy of our plan and even the link to the video we made but the response I continue to get is pools are in Phase 2.

Over these past few months, it has become apparent how important athletics, fitness, and recreation are to our collective physical and mental well-being. The months of forced inactivity and isolation are hard to cope with and I continue to have hope and be involved in a manner that is beneficial to everyone.

We need to get a handle on this pandemic and see some positive results, so let's all do our part to make that happen.

Stay Safe,

Barbara

President's Message

I hope everyone is getting outside to enjoy this great weather! It has been great to see our staff members back at work. We certainly missed them. Unfortunately it looks like we are not going to be able to open the pool this Summer as it is a Phase 2 activity and COVID cases are not declining.

Please keep those who are ill or have loved ones who are ill in your thoughts. Recent COVID updates now require all of us to wear masks while playing tennis or working out inside. I know this is difficult to do but we can make it work.

I hope that many of you have had an opportunity to see the Black Lives Matter banner over the front entrance. It is good for our community to see that the Irvington Club stands in solidarity with that movement. Our Community Involvement Committee and our Social Justice subcommittee are working on ways the club can facilitate more diversity and offer tennis opportunities to BIPOC communities.

The club continues on sound financial footing. We are grateful that the Pros are teaching camps and giving lessons. Let's continue to support them as much as we can.

Please stay safe and healthy! Reach out to those less fortunate if you can. We are certainly stronger together!

- Cathy Zarosinski

Tennis Committee Meeting

Tennis Committee Meeting, Wednesday, Aug. 12 @ 5:00 PM via Zoom.

If you want to attend, please email stephanievickers@comcast.net.

Social Justice Committee

The Social Justice Committee meets every other Tuesday at 5:00PM. If you are interested in attending the meetings (Zoom at this time), please email Yoona Park, Chair, at yoonapark123@gmail.com. Next meeting is August 11, 2020 at 5:00PM.

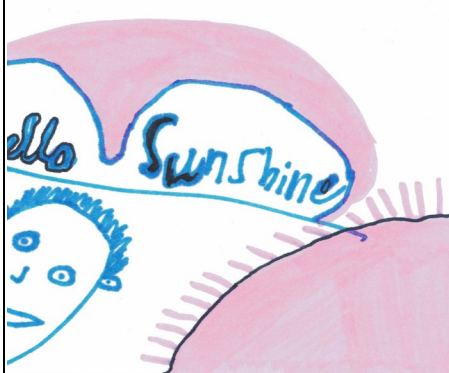
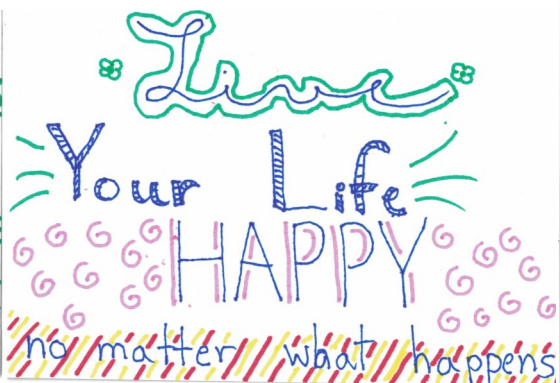
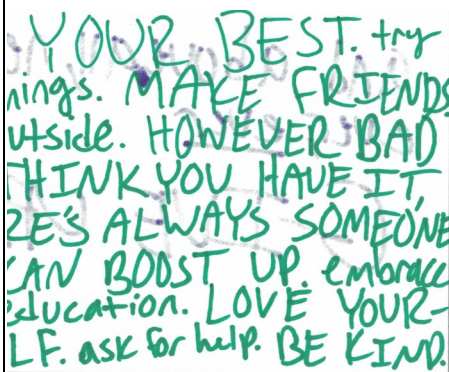
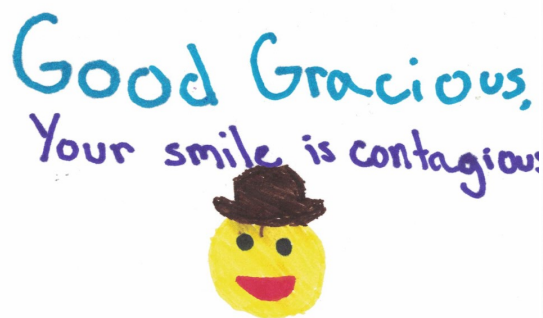
Community Involvement Committee

We want to begin the school year with support for the Portland Backpack Project. This project collects donated food for families in 5 NE Portland Schools. Each pack includes a "Care Card," and we are asking kids and their families to decorate 3x5 cards with positive messages and illustrations for the backpacks. Packets of cards can be picked up and returned to the front desk. The hope is that this can be a fun family project creating the care cards.

The CIC when it can, will set up a way to collect food for the organization and then after the collection volunteers can help pack the bags for the students.

In the meantime if you would like to donate to the Portland Backpack Project go to <https://www.portlandbackpack.com>.

Here are some examples of the Care Cards we have received:



Walter's Wisdom

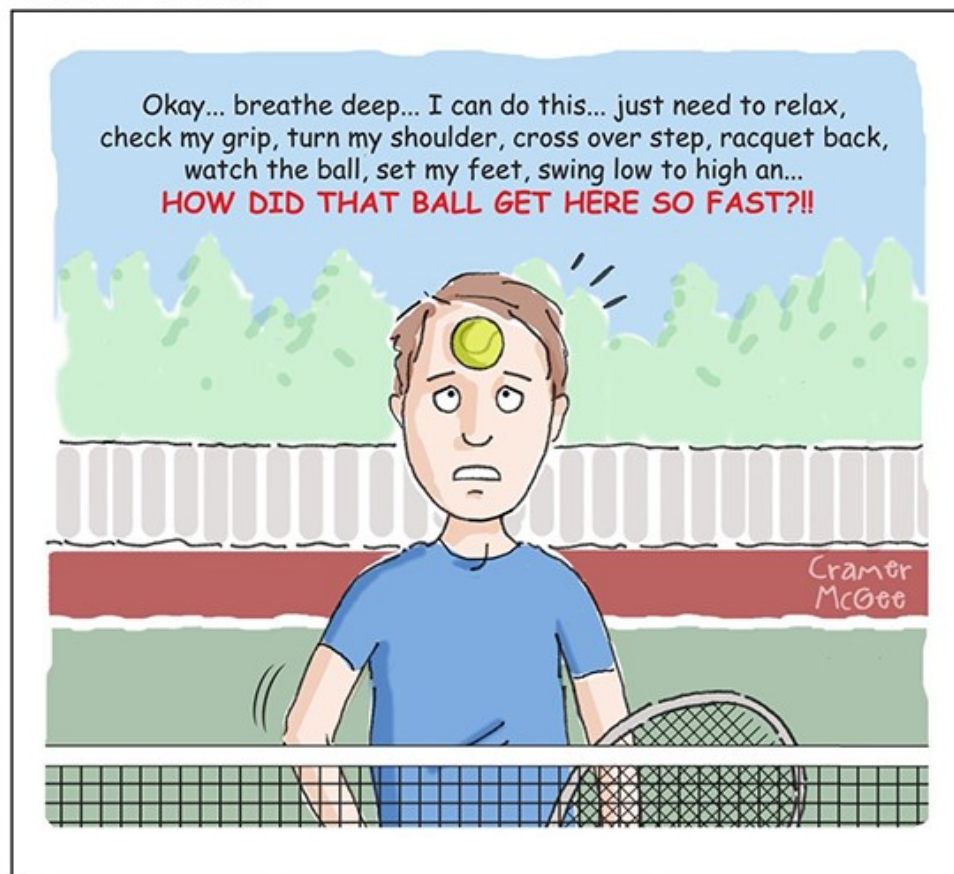
Cover the Corner by Walter Seidel

Often when returning a smash, players while playing doubles just scramble back to the baseline in a hurry and have no idea where to stand to defend correctly. In South Africa, the overhead and the alleys are called the smash and the tramlines; the rails that a tram runs on and a smash, because someone is literally smashing the ball at you. So, where should you stand when defending off an opponent who is about to smash the ball at you and your partner?

The key here is to have the cross-court player be lined up through the net strap with the opponent that is about to hit the smash. This puts this defender *covering the corner* of the court close to the tramlines. By doing this, the defender is protecting not just the middle of the court, but also the tramlines on that side so there is no easy put away angle shot for the smasher. Often the smasher hits the cross court short angle winner, because that defender isn't protecting that side of the court. The other defender simply lines up directly in line with the smasher so as to protect that tramline and now woohoo the doubles court is much better protected from the smash. I like this rule because it gives a specific job description for each defender and therefore a much better chance for the team to defend their court working together.

So next time you are playing doubles and your opponent is about to hit a smash down at you and your partner, try this trick and be amazed at how well it works. After getting in position make sure that your next defensive shot is a lob to try and push your opponent's back past their service boxes and then begin to get back to the net where most points are won in doubles.

Miss Hits



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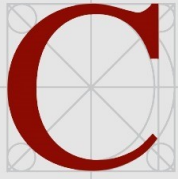


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