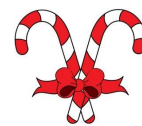




# Irvington Club News



December 2020



## Notes From the General Manager

Hello Irvington Club Members,

I hope you had a fantastic Thanksgiving and were able to spend time with family, while continuing to follow the CDC and State guidelines so that we can be done with this pandemic. There is promising news that a vaccination will soon be ready to start administering, but we must still continue our due diligence.

We are running our skeleton crew Monday Thru Friday from 8:30am-4:30pm. Anita, Kevin, Brian, and myself are continuing the day to day operations of the Club and preparing for re-opening. Bills must be paid, budgets prepared, and the many things that are required to keep our Club in business. Noriko is the weekend warrior in case we get some decent weather and the courts are playable.

It is great that some brave people are willing to play outside. We will continue this routine as long as possible. I wish the weather would be more cooperative, but hey, we will take a day here and there and make use of it.

We are experiencing more leaks in the tennis roof. It is aging and we will continue to goop the leaks until we have to get more aggressive with repairs. The sauna is almost finished and I am so excited for you to see the much-improved space. Our new airPHX machine has finally arrived and will be installed in the weight room to purify the air. We continue to do deep cleaning and enhancements, making the Club "ready" for your return.

I so appreciate your continued support and all the kind emails I receive. 2020 has brought us many challenges with a global pandemic, historic wildfires, and a depressed economy. We will get thru all of these by supporting each other and never losing sight of who we are and how we can contribute to make our world a better place.

Stay Safe,

Barbara

# Calendar of Events

## December

9th ~ Tennis Committee Meeting, 6:30pm via Zoom. If you are interested in attending, please contact [stephanievickers@me.com](mailto:stephanievickers@me.com)

10th ~ Hanukkah begins

25th ~ Christmas



## January

1st ~ New Year's Day

18th ~ Martin Luther King Jr. Day



## 2021 Tournament Dates

Here are the dates we have set for next year's tournaments. Please keep in mind that these dates and tournaments could be affected by the restrictions and circumstances relating to the pandemic:

**The Irvington Club Junior Tennis Championships: January 7th - January 10th**

**The Irvington Club Mixed Doubles Tennis Championships: January 30th - February 7th**

**The Oregon State Senior Men's Indoor Tennis Championships: March 11th - 14th**

**The Irvington Club Open Championships presented by adidas: June 15th - 20th**

**The Irvington Club Junior Intermediate Championships: August 12th - 15th**

**The 38th Annual Carolyn Lumber Tennis Championships: October 3rd - 16th**

Also, please note the Club will not be participating in USTA leagues in January

## President's Message

We are all sad that we had to close the Club once again due to the surge in COVID19 cases. My heart goes out to all who have lost loved ones or who have become ill. My thanks to Barb who persevered and once again was able to get permission to keep play going outside. Unfortunately, some of our employees have had to file for unemployment again. We will continue to support our remaining staff as best we can. The Club will reopen as soon as possible once the Governor's freeze is lifted. Amid all of this horrible pandemic, I have seen the human spirit come alive as people help one another to get through this together. Please consider donating to the various Community Involvement Committee charities. I wish you all a safe and healthy holiday season. Be good to yourselves!

- Cathy Zarosinski

# 'Tis the Season

## A message from the Community Involvement Committee

While we know that our members have proven to be very generous and supportive over the years to charitable organizations, the Committee wants to ask for your support for a few very special organizations during the month of December.

**PORTLAND TENNIS AND EDUCATION (PTandE)** <http://www.ptande.org> is a non-profit organization that offers one-on-one tutoring, group tennis instruction, life skills instruction, and parent advocacy and training to K-12th grade participants in its year around program. PT and E is dedicated to the academic success and lifelong health of Portland's underserved youth, supporting them in becoming well-rounded learners, exceptional athletes, and global citizens. Its primary mission is to educate the kids and often uses tennis to teach both academic and life skills.

If you wish to support PT and E, please make a monetary donation in one of these ways:

- Leave a check at our front desk in an envelope made out to PT and E by December 30, 2020.
- Mail a check directly to PT and E at St Johns Racquet Center. Please share that you are a member of the Irvington Club.

**Jorge Fuenmayor**

7519 N Burlington Ave

Portland, OR 97203

- Go online to <http://www.ptande.org> and leave a donation. Please consider adding a little extra to cover the finance charges that occur with credit card payments.

## Rose Haven Holiday giving for the Adopt a Family Drive

Rose Haven has remained open during the pandemic, providing emergency supplies, food, showers, advocacy, and mail services.

This year's children's holiday party, like all our services, will look a bit different this year. Yet, we here at Rose Haven are unwavering in our determination to provide holiday spirit to our guests. Through this year's **Adopt a Family** project, you will be able to provide tailor-made gift bags filled with a child's favorite things! How it works: We have reached out to our guests and collected a list of items their children would love! You will have the opportunity to personally shop for children in a family using a provided list.

Purchased goods can be dropped off at the Eleanor on December 17<sup>th</sup> at 1605 NW Everett St, Portland, OR 97209.

If interested in **Adopt a Family**, please fill out the following **survey**: <https://forms.gle/FuV5fgvqen22HbqM8>

## Portland Backpack Project

<https://www.portlandbackpack.com>

Portland Backpack serves children who are at risk of hunger by providing food sacks for weekend days when food scarcity is higher. We believe that engaging the community in our efforts creates a greater impact that reaches beyond reducing hunger.

## The KGW Toy Drive

<https://kgwtoy.com/toy-drops/#map>

The Club is a designated toy drop off site in December. We will let you know the last date to drop off any new unwrapped toys.

# Walter's Wisdom

## Gold Nugget Pro Tips for Doubles.

- A partner who will compliment your game style well. For instance, if you are very consistent, but not the hardest hitting person in the club finding a partner who hits the ball hard will make for a tricky team to manage. The player who is the more consistent person becomes the setter-upper and the hard hitting less consistent player becomes the spiker or put-awayer.
- A smart tactic is to put the more consistent player on the ad side and the hard hitter/less consistent player on the deuce side. The reason for this is that more of the crucial points are played on the ad side like 0-15, 15-0, 30-40, 40-30, and ad in and ad out. In order to bring the score back to evens you want the player who will receive well and not miss be on the ad side.
- Somebody who will be positive and have a great attitude while being on the court with you. Tennis is all about ups and downs and having a partner who is grumpy every time you miss the ball only brings you down. **Not every point matters in tennis.** You can always come back and win a match even if you find yourself down 0-6, 0-5. You never run out of time like most other sports. There are less important points like when you are up 40-15 and very important points like when you are down 15-40. There is a big spectrum of points to manage during every match. Managing points is what separates great players from good players. When to take risks and when to play safe is a huge part of playing tennis well. If too much negativity is placed on points that don't matter that much this can poison your performance.
- Somebody who will always support your call in the moment even if that person saw the ball in. On the very next changeover talk with your partner and let him or her know that you saw the ball in so that you both are on the same page. The key here is you want to demonstrate to your opponents that you are a unified team. Calling a ball in that your opponent called out is only going to frustrate your partner and that's not what you want during the match.
- Play doubles with someone who doesn't call balls out on your side of the court. I see this a lot at the club and cringe. Let your partner call the balls on their side of the court. It's too difficult to make a good call from your side all the way to the other side of the court. This always causes tension on the court, especially if the ball is in and you call it out.
- Form a wall at the net and make your opponent's feel like they have to lob. Often club players don't want to come to the net fearing the lob. You will know you are getting close enough to the net if lobs start happening. Lobbing under pressure especially at the club with relatively low ceilings is very hard to do and often you will have a nice smash when at the net.
- When you are ahead in the score change the scorecards. I always get frustrated when my opponents never change the score cards. When I am losing the last thing, I want to do is change the scorecards in my opponents' favor. Don't be that team.
- Pick a partner who takes drills with you so that both of you are doing the same tactics during the match. Cross court player closes and the other partner covers the line and the lob. That way you both are covering the court well and you both aren't too close to the net or too far back.

Be a flexible doubles partner. Often you will have to play with somebody who you might not like or haven't drilled with or even played with ever before. Try to have a conversation about who will return on which side and who will serve first. **The better server always serves first in the beginning of each set.** If your team serves first at the beginning of the set then at 4-4 you will be serving. That's a great start!

When our beautiful club opens again consider these Pro Tips when playing doubles. Whether it be league, tournaments, simply booking court time with friends or playing Tennis Rung matches.

# ERIN ROTHROCK

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Hello friends, family, and community!

I have made a big change!



DANA AUSTIN

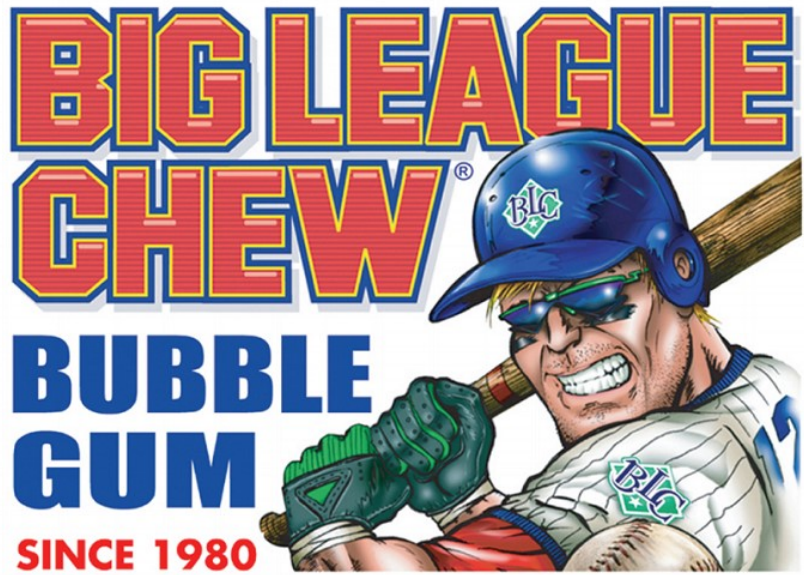
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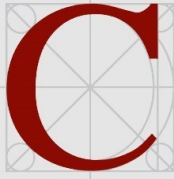
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