

Del Norte Tennis Association Newsletter

dntennis.net • Crescent City, CA



History of the Crescent City Indoor Courts

Tennis players in the area have always had a need for an indoor court due to the long rainy winter seasons. Players in Crescent City had been discussing ways to get to play indoors during our rainy winters for years.

We started having informal meetings to figure out how much it would cost and how to get the job done. There was a lot of interest in playing indoors, but not much interest in paying to get a court built—until Gary & Karen Zingg, newcomers to Crescent City, decided to get involved and get the job done. Meanwhile, Jane Rumiano was asked by USTA (United States Tennis Association) NorCal to become a Community Services Representative for Humboldt and Del Norte Counties. In that capacity Jane found out that USTA and USTA NorCal were



The indoor court at the fairgrounds during a pickleball clinic in February 2016.

each offering grants to communities to construct and repair public tennis courts.

In order to take advantage of these grants, the tennis group would have to become a Community Tennis Association, with

503c1 status. To accomplish this, Gary and Karen formed a Board, held many meetings, and wrote the proposal to the state for non-profit status.

Del Norte Tennis Association became an official CTA, with

continued on the next page.

How do I find out what's going on (DNTA activities/announcements) ?

- 1) Check your email.
- 2) "Like" our facebook page: Del Norte Tennis and Pickleball, and you will see postings – and pictures!
- 3) Check website: dntennis.net
- 4) Look at flyers posted on bulletin board by tennis courts and on pickleball court.

Indoor Tennis Continued...

non-profit status, in 2003.

The group came up with the idea of proposing to the County Recreation Dept. and Del Norte County Fair Board that it be allowed to surface the indoor court, which was at that time being used for indoor soccer and recreational skating as well. After a memorandum of understanding was negotiated and signed by all parties, a fund-raising campaign began for the newly established DNTA. \$5,000 grants were obtained from both USTA and USTA NorCal. The Humboldt Area Foundation contributed funds, as did the City of Crescent City.

A variety of local businesses and service organizations contributed as well, purchasing signs, as advertising at the indoor court, for \$300 for the 1st year and \$100/year after that. A number of those entities still continue to contribute to the indoor court in this manner. Hemmingsen Construction gave the group a discount on the asphalt surface that was laid on top of the existing surface, then Kirk Olesen and a number of group members worked to apply the finish surface on the whole indoor area, paint the lines, set up the net posts, and put up the tennis net. It was truly a community effort, and everyone was thrilled to be a part of the grand opening on Sept. 13, 2003.

The indoor court functioned



Fun at the indoor court in 2010. from left to right: Dale Watson, Mimi Stephens, Sandy Moreno, Amy Baird, Roger Baird. Back Row: Paul Langston, Jane Rumiano, Susan Roberts, Marc Harper and David Thompson.

well, but was subject to much abuse from the soccer players hitting the lights with errant balls to skaters spitting out wads of gum, then embedding them in the surface as they skated. Finally, after a number of years, an agreement was reached with the Fair Board that the soccer and skating could be done elsewhere and tennis would be the only activity allowed in the building besides fair activities. It wasn't easy to collect enough money from the tennis players to pay the rent, and eventually, after Barbara Olesen brought the sport of pickleball from her winter home in Arizona to Crescent City, one permanent pickleball court was added to the existing indoor tennis court. Because of the popular-

ity of pickleball, a second court was added and it is used when the tennis court is not in use. Our current club is very happy to have so many players who enjoy the courts every day of the week, and we appreciate the support all of our members give the indoor courts and club.

Pickleball/Tennis Instruction

707-218-5044

Phil Freneau, Instructor

Private lessons \$50/hr.

Group lessons \$15/per person/hr.

DNTA Sponsors

We wish you all a very happy holiday season and a prosperous and healthy new year! Thanks to all of our local sponsors who continue to support pickleball and tennis and our indoor court. Please remember them when you're doing your holiday shopping!

Northwoods Restaurant
Howard's Body Shop
Elk Valley Rancheria
Robert Cochran Insurance
Rumiano Cheese Company
Crescent City Rotary
Investment Realty

Northwoods Insurance Agency
101 Laundry
Tri-Counties Bank
Coast Auto
Benner Mini-Storage
Recology Disposal
Bayside Realty

PICKLEBALL PLAY DAY FUNDRAISER

The Play Day Fundraiser on October 22nd was considered a success, raising \$525 for the Crescent City Relay For Life!

A big shout out to the 16 pickleball player participants! Everyone seemed to have a good time and enjoy contending with a variety of partners and skill levels.

Play was on a random rotating basis with each player reporting their score after each game. There were prizes, drawings, refreshments, and player goody bags.

Congrats to the top point scorers, Phil Freneau, Paul Wittenmeier, and Jane Rumiano!

A sincere thank you to the volunteers from the Del Norte Tennis



Association and the Haban Construction Relay For Life Team! We've received a lot of positive

feedback on the event so we hope to see you all again when we plan the next Relay fundraiser!

Fall Tennis Court Clean-Up

A number of DNTA members showed up on a Saturday in the fall to help patch and repair the high school tennis courts. Inspired by Samuel Escobar, the girls' tennis coach, they scraped, cleaned, & applied cement and court patching material to fix some of the many cracks and holes in the courts. Rick & Mercedes Bollinger, Tou Vue and his wife, and Samuel, with help from Danika & Savannah, replaced the wood border between the upper and lower courts. The result of the half-day clean-up and repair was amazing, and many thanks go to David Thompson, Phil Freneau, Temple Buchanan, Mimi Stephens, Tommy, Justin, & David from drop-in tennis, and Kirk Olesen, who all contributed to the effort. It may be because of their efforts that the girls' team did so well this year...We're hoping to convince the school district that new courts are desperately needed and begin a campaign to collect funds to get the job done.



Jane's Jabber



Indoor court season has started with a bang! It's great to see so many people getting heart-healthy exercise

and having a wonderful social time while doing it! Leigh did a wonderful job of getting us all organized and scheduled, Laura Haban & her gang were awesome at running our first social/fundraiser of the year, and now everyone is scrambling to find subs as the holiday season has quickly arrived.

It's that rainy, muddy time of year, so please remember to save your court shoes for the court so you don't track water & mud that could cause others to slip on the courts. Also, please remember to

lock the bathroom doors when you leave. If there are people scheduled to use the court after you, please don't turn off the lights. They take a while to warm up once they've been turned off and that cuts into valuable playing time.

There have been questions about fees for part-time & visiting players. Our indoor court committee established the following guidelines-a player (tennis &/or pickleball) can play up to 5 times without paying (but they do need to sign the liability release form). If they decide they want to join and play indoors, they will pay the annual membership fee + a pro-rated use amount. Our organization has all volunteer officers, so collecting monthly fees is discouraged, but we do want visitors to feel comfort-

able playing on the courts.

We will be holding our annual meeting in January, at a date to be determined in the future. At that meeting we will elect the 2017 Board. If you are interested in becoming a member of the Board, please send me an e-mail & I'll include it in the agenda sent out to all members before the meeting. The only stipulation is that the President has to be a current member of the Board.

I hope you all noticed how well our DNHS Girls Tennis team did this year-now it's time to get started with the younger juniors and the boys' team. Thank you for the time allotted for junior tennis. Happy Holidays to all of you-and thank you so much for all of your wonderful enthusiasm and energy!

Tracey B. Thompson, MD, Neonatologist

CentraCare Clinic — River Campus Neonatology

PICKLEBALL. Don't be misled by the game with the funny name. Some players can be very competitive and — like all sports — injuries can occur. Here are some common injuries I have observed and some tips for avoiding them:

- 1. Wear good shoes.** Pickleball involves long rallies and lots of changing direction, so it can place stress on your ankles and feet. Wearing cross-training, tennis or basketball shoes is a good idea because they are designed for the side-to-side movement of the game. I also prefer shoes that have a gummy or sticky bottom to assist with all the sudden starts and stops.
- 2. Brace yourself.** Tennis elbow (or pickleball elbow, as I prefer to call it) is no joke. When I suffered the injury a few years ago, I had to completely stop playing for three months to allow my arm to heal. It also made using my arm for everyday life more difficult. The injury occurs when the tendons in your arm get overworked and inflamed. Wearing a brace can take the pressure off your tendons and help prevent this injury. Those who have suffered previous ankle or knee injuries should consider wearing braces to further protect their joints too.
- 3. It's OK to turn your back on your opponent.** One of the more common injuries I've seen, especially in less experienced players, involves players back-pedaling to get a lob and losing their footing. To prevent falling backwards, players should always turn around to chase a lob shot.
- 4. Be easy on the eyes.** Even though pickleball is played with a wiffle-like ball, the ball can be hit very hard. Players can suffer eye injuries if the ball is smashed or deflected and it catches them in the wrong place. In my opinion, not enough pickleball players wear eye protection — especially since preventing eye injuries is so easy. A pair of hunting glasses or racquetball goggles is inexpensive and can do tons to protect you from a very serious (and painful) eye injury.
- 5. With a little planning, you can do a lot to prevent injuries while playing pickleball.** If someone invites you out for a game, plan on having a great time.

Pickleball Update

Our numbers continue to grow. We now have 55 pickleball players! There have also been calls from visiting players and sometimes they have been able to play, depending on what's available. As always, there's lots of laughing, thwacking, dinking, smashing and FUN on the pickleball courts!

PICKLEBALL ROCKS car magnets are still available for \$2.00 from Leigh. 218-5558

CHALLENGE LADDER FOR TENNIS AND PICKLEBALL

Is anyone interested in being in charge of a challenge ladder for tennis and pickleball (one person for each sport)? You would get help setting it up and then would be in charge of keeping the ladder current.

Contact Phil Freneau if interested, 218-5044