
THE BASELINE

Field Club News

August 2009



A Message from the President

Summer has finally arrived, and The Field Club is busy and buzzing with the many activities and events that make it a truly fun place to be!

The month of June and a good part of July was cool and rainy, which helped the grass stay so thick and green (great for tenny ball barefoot on the circle during rest periods) and added to the flower pots over-flowing with color! But, with the recent stellar sunny blue skies and crisp nights, members are enjoying the pool, tennis, gardens and volley-ball pit! The Field Club of Longmeadow is truly the best deal in town!

Tennis pro **Brad Walulak** has the Junior USTA program underway and is doing a fantastic job. The popular Cardio Tennis, which Brad runs twice a week, is a great workout and fun way to practice strokes. Brad is thinking of having a Varsity and Junior Varsity clinic for the "fit" and "really fit!" Hmm, I wonder where I'd fall...

When walking back from a clinic one day, a 6-year-old was coming off the court from a clinic. "How was it?" I asked, and with a big smile and wet hair, he came alive and said, "FUN!" **Ann Boisvert**, who we are lucky to have for her 24th summer (not 23rd, as the quiet and recently turned 50 year old Tennis Pro corrected me), is doing a great job with both young and old players. The Junior Tennis ladder has really taken off, and I had the opportunity to actually play in a Junior Tennis event because she was short a player. Not wanting to turn away a young man, she said "Chris, are you going to be around, I need you." I jumped at the chance, since I sometimes feel I'd be better off in the Junior Tennis Program anyway, and had a lot of fun and was kept on my feet! Thanks, **Mathew Adler**, you're a great sport!

I guess being the "President" of The Field Club means being ready to serve when duty calls. I put on my Snuggery hat during the Clem Easton Senior Tennis Tournament, when orders were a bit backed up. It was a lot of fun, and **Eileen Mason** and her staff provide service with a smile, even under pressure! Don't be surprised if you see Field Club Vice President **Dave Appleman** flipping pancakes at the Snuggery following the Family Campout!

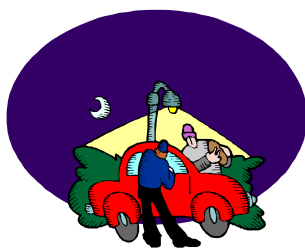
If you have fun attending the tennis, social, pool and/or paddle events at the Club, think of how much fun you would have if you volunteered at these events! Thank you to all those who do volunteer. I encourage members new and old to sign up for a Junior or Adult Tennis mixer or a Middle School Pool Party or babysitting at the Tot Lot. There is so much that this family-orientated club has to offer, and I encourage you all to participate in any capacity you can. The Field Club is the members and, once you become involved in its happenings, you will want to continue to be involved!

If you happen to see Club Manager **Jim Girotti**, you might want to thank him for all the work he has done to ensure that the Field Club's facilities, especially the tennis courts and the pool, are in tip-top condition. Jim and his staff deserve our sincere appreciation.

So, enjoy this wonderful summer with your family and friends and take advantage of all that the Club has to offer.

Sincerely,

Chris Nicholson



**Protect your
valuables!**

A Car Security Reminder

When parking your car, please remember to put your GPS and other valuables out of sight, bring your purse or wallet with you, and make sure to lock your car.

In July, one of our members parked at the Wolf Swamp Fields parking lot while playing on Courts 13-14. He heard his car alarm sounding, but by the time he got to his car, a window had been smashed and his GPS taken. It probably took the thief 10 seconds. — *Jim Girotti*

Platform Tennis Maintenance to Begin; Courts Closed!

Bulletworks Platform Tennis Co. was expected to arrive the first week of August to perform needed maintenance in anticipation of the upcoming paddle season beginning in October. The courts will be closed for at least two to three weeks, as such things as screen replacement, stabilization of the decking on court # 3, and painting of courts #1 and #3 will be done. A new net post will be installed on court # 1, and all screens will be tightened. We are currently accepting bids to replace a section of wood decking between courts #1 and #2 also. — *Jim Girotti*

Next Deadline 9/18



The next edition of *The Baseline* will be distributed in October. The deadline will be Friday, September 18. Please send your submissions to Editor Lee-Anne Sprague at lsprague7@cox.net.

Tennis Court Etiquette

- Please, no running shoes.
- Please, no black sole sneakers on the hard courts.
- When playing at night, it is important to sweep your court before leaving.
- Members and their guests are reminded of the tennis court "dress code" – men must wear tennis shirts (no tee shirts!).

— *Jim Girotti*



Take a Close Look at Your *Guidebook* Info

Be sure to review your family's information in the recent *Guidebook* update, including names, phone numbers, address and emails. Notify Rob Durfee or Craig Carr, membership chair, if any changes need to be made.

Get Social!

Don't miss the following fun social events still to come this summer:

Poolside Party (adults)

Saturday, August 15

Family Campout

Friday, August 28

Labor Day Tailgate

Sunday, September 6

Snuggery News & Notes



Important Note for Food Allergy Sufferers

The Snuggery offers peanut butter for bagels and sandwiches. If you have a food allergy or if you are ordering for someone who has a food allergy, please mark your slip in large letters: **ALLERGY**. That way, the staff will take extra care with your order. **Eileen** keeps a list in the Snuggery of the Field Club family members who are allergic to peanuts, legumes, milk, eggs, etc. Please let Eileen know if you or any of your family members have a food allergy so she can add the allergic person's name to the list.



Going Green...

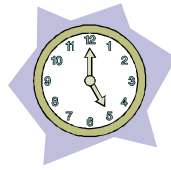
We don't litter. Way to go!! Kids are cleaning up the tables and throwing trash away. Good job. Many thanks from all of us.

Recycle: We now have recycling bins in the Snuggery and in the tennis house. Please recycle plastic juice and water bottles. When we add those items to the regular trash, **Jim Girotti** spends time separating the plastic for us. Please save Jim the aggravation of weeding out plastic from the regular trash by throwing away plastic containers in the recycle bins.

Reuse: Although it may seem we are bothering the busy Snuggery staff, they **WANT** us to ask for our order slips back again if we order something else in the same day. Adding up multiple slips from one family is lots of aggravation, for both the Snuggery staff as well as the Club's bookkeeper. Please request that **Eileen** or **Molly** or **Maddy** return your order slip to you or add to your order slip for you so you can add other items to it. It is troublesome to total up between two and five slips per family in one day.

Conserve: Kids – please take only what you need. Once they are taken to your table, straws, extra spoons and napkins must all be thrown away, even if they are not used.

Share: Please do not save tables. We don't have enough tables or chairs for families to place their cooler on a table when they first arrive and then go off to tennis or the pool. Feel free to store your cooler in a corner of the Snuggery until you are ready to eat.



Closing Time

The grill closes at 4:45 pm. The snuggery closes at 5:00 pm.

— *Katherine Charbonneau*

Lane Lines

We hope everyone has been enjoying the wonderful summer! The poolside parties have been so much fun. Many thanks to our event co-chairs for doing such a fabulous job planning and coordinating these events. Thanks, also, to our great lifeguards for helping with the event games.

The Kids' Craft sessions on Thursdays, run by Lifeguard **Maria Berthaume**, are a huge success! The children are truly enjoying the creative and fun craft projects Maria introduces each week.

BAB/TAB is back! You may have noticed the Bring-a-book/Take-a-book table near the entrance to the pool. Please stop by, drop off a book or two, and find something new for your summer reading.

Attention, shutterbugs! Thanks to the generous donations last summer from our FC families, there is a digital camera available in the lifeguard hut. Please feel free to snap a few photos of your children enjoying the pool. Pictures may be used for a future slide show at our Annual Meeting and also to assemble an updated collage for the Snuggery.

Please remember to sign in when entering the pool area. Signing in helps our lifeguards maintain a safe environment for everyone. Also, remember that adult swim is Monday, Tuesday, Wednesday and Friday from 5:30 pm to 6:30 pm. The baby pool is closed during this time.

Enjoy the remaining days of summer!

— *Elena Oundjian
and Maureen
Dhamodharan*





Fourth of July Tailgate

Hands down, Field Clubbers know how to tailgate! Much fun was had by the many families who brought out their finest of tailgate ware for the annual 4th of July tailgate party! Beautiful weather, great food and friends topped off by an exciting wiffle ball game made the evening a great success. It was especially nice to see so many new members tailgating. Don't forget, we have one more tailgate party over the Labor Day weekend. Watch for the details!

— *Jacquie Kenny*

A Great Day of Tennis

Eighty players participated and were divided into four teams during the Annual Davis Cup Tournament on Saturday, June 27. The weather was cooperative and cooler than in years past. Fun, challenging play was had by all, but Team Australia, captained by **Kim Putnam** and **Doug Jangraw**, was victorious in the end.

Thanks to the Davis Cup Committee of **Maria Markenson, Brian Grayboff, Gerrit Toebe, Kim Putnam, Laurel Grow, Jeannie Filomeno, Brad Hoffman, Alex Seiler** and **Doug Jangraw** for all their hard work in putting together an event of this magnitude. Kudos also to the committee for their attempts at "going green." The Field Club water bottles that could be refilled courtside made a lot of sense, as did the recycling of tennis balls for two rounds of play. Nice job!

The evening party, organized by **Carolyn Marchese** and **Mary Ann Olsen**, was wonderful. The weather threatened for a bit, but for those who stayed the course, it turned out to be an enjoyable, beautiful evening.

— *Cathy Grayboff*

New Member Day

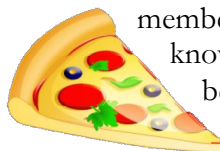
New Member Day started early with an orientation and tour given by Membership Chair **Craig Carr**. Families toured the Club grounds and had their questions answered. Sixteen stayed on for a friendly tennis mixer. The weather was cooperative, and everyone had a great time. Lunch followed and gave the "older" members a chance to get to know some of our newest members. Welcome to all of you!

— *Cathy and Brian Grayboff, Ronnie Leavitt, John Abbott*

Food and Fun for All at Pizza Mixer

The Pizza Mixer held on Sunday afternoon, July 19, was a smashing success! The turnout was great, with 34 Field Club members enjoying a beautiful afternoon of mixed doubles and then socializing with a pizza dinner.

The weather was perfect, and everyone had fun mixing it up. There were all levels of play and old and new members had fun getting to know each other better. A great time was had by all!



— *Jackie Pleet*

Jr. Tennis in Full Swing

Our juniors have been busy playing some very exciting tennis this summer. With many new youth members, participation in the Wednesday tournaments has increased tremendously. The Australian Open had 44 participants this summer! Many new friendships are being formed, and new passions for tennis are developing. This year's junior pros, **Michelle, Chris** and **Brandon**, are very busy with all the avid young tennis players. When they're not helping with the clinics, they're busy organizing games of King of the Court and hitting with the kids. If you haven't been to any clinics or Wednesday afternoon matches, it's not too late to get involved! See you on the courts!

— *Mary Adler*



Successful Doubles Strategies:

Secrets to Winning Tennis on Field Club Courts

Disclaimer: I'm not a professional instructor, coach, or even an expert tennis player. I'm just someone who has enjoyed playing doubles tennis at The Field Club for a number of years. These are observations from years of playing, but fewer years of playing than many other Field Club members. Admittedly, there are exceptions to every rule - use the following advice at your own peril, or, hopefully, reward.

1) Doubles partners should play side-by-side in the middle of the court, approximately on the serviceline.

This is the strongest position a doubles tennis team can have. Why? You, as a teammate, can go back for lobs over your head or shots placed in front of you. Another reason is that you want to be hitting volleys from the middle of the court, not groundstrokes from the baseline. Why? Your angles are better at mid-court, so that you can hit more angled shots away from your opponents. If you are standing on the baseline as a doubles player, then you are out of position. It doesn't mean you can't hit an occasional winner from there, but get back to the middle of the court, as soon as you can. Simply, you are able to get to more balls hit by your opponents if you are in the middle of the court. Also, unless your partner has an overpowering or a consistently well-placed serve, I would recommend that you play off the net when your partner is serving, not pinched tight to it. Admittedly, it's more of a defensive position, but it makes it harder for your opponents to lob over you. Moving on Har-Tru at the Field Club to get to a ball is much more difficult than on a hard surface.

2) In doubles, do not forsake the lob, either offensively or defensively.

The lob is an extremely useful tactic in doubles. One or both of your opponents may be pinched too tight to the net (out of position). In that case, the lob is a wonderful offensive weapon. Hit the ball over their head or heads for a winner, or to set up a winner – your opponents may hit the ball back weakly and then you can put it away on the next shot. On the other hand, if your opponents use the lob effectively against you and put your team out of position (i.e., at least one of your team members is on the baseline), then you can lob the ball right back to get back into the mid-court position. Lobs have to be executed judiciously – they have to be placed deep in your opponents' court. Otherwise, your opponents can put them away easily with their overheads.

3) Practice your overheads.

Don Douglas, a Field Club member and former tennis pro at Longmeadow Country Club, made an

astute comment at the last Davis Cup. He said that in tight matches the overhead is one of the shots that typically fail tennis players – players tend to tighten up when hitting the shot. Personally, I love to feast on lobs by hitting crisp overheads, but darned if he wasn't right, I tended to tighten up on my overheads at the Davis Cup matches that day. Overheads are the tennis shots that are perhaps the least practiced, and you can see evidence of that daily on Field Club courts. The overhead is especially useful in doubles, as an offensive weapon when your opponents use the lob against you.

4) Warm up in the backboard area.

Two or three years ago, the Field Club Board of Governors had the backboard area refurbished at a substantial cost. The backboard area, what's that? You know, the area behind court #8. It's where people can practice hitting a tennis ball against a wall. You can do that on both sides of the wall, and there's also a basketball hoop there on one side. Unfortunately, I see very few adult players using the backboard area. I suggest that you do a ten to fifteen minute warm up there before you start your match – for all tennis players, singles or doubles. I recently warmed up there and was amazed at the shots that I made in the first game of the match. Our opponents were overpowered in that first game because I warmed up in the backboard area right before the match. Unfortunately, lightning and rain prevented us from continuing, but right out of the gate, I was ready to play.

5) Lift weights.

Protect your shoulder joint (the one you play tennis with) – but you should actually strengthen both equally – by lifting weights or doing other activities to strengthen it. There was a 100-year-old who played competitive tennis at the Clem Easton Super Seniors tournament at the Field Club in July. He is still playing tennis at his age because he plays two hours of tennis and works out every day.

6) Winning isn't everything.

Winning is preferable, but, in reality, you are playing tennis to get an enjoyable workout and/or to be social. Remember that, when you want to call your opponent's tennis shot out, when it was actually in.

— Dick Forrest