



Newsletter



President's Message



Greetings Waterloo Tennis Club Members.

It continues to be trying times as the Waterloo Tennis Club is coming out of our second shutdown due to Covid-19. As we've re-opened this past week, we have done so with increased restrictions limiting the number of players on court to a maximum of 10 and with an understanding that all team sports are restricted

INSIDE THIS ISSUE

<i>President's Message</i>	<i>1</i>
<i>Manager's Report</i>	<i>2-3</i>
<i>Club Championships</i>	<i>4-5</i>
<i>Ladder</i>	<i>6</i>
<i>Coaches Corner</i>	<i>7-9</i>
<i>Tribute to Julia Riley</i>	<i>10-11</i>
<i>Summer Pics</i>	<i>12</i>
<i>US College Tennis</i>	<i>13</i>

from competing or scrimmaging. With these rules in mind, we have currently limited the club to singles play and private lessons only to ensure we remain compliant under the Ontario government guidelines. We recognize this is not ideal, however, we will continue to monitor how other Ontario clubs are interpreting these rules and we are looking to the OTA to provide guidance on opening within the Stage 2 directives. Please keep an eye out for any club updates as we will look to move quickly to add doubles play, group lessons or provide updated rule changes based on our regions Covid-19 stage and changes to the guidelines for our tennis club.

Understanding the winter has been challenging as we emerge from the lockdown, I do want to recognize the management and staff for their efforts in ensuring we have a safe and clean club for all of our members. The protocols and limitations that have been put in place are to ensure everyone's safety, and a big part of our success to date is that our membership has been great about following our new procedures, keeping socially distant and showing consideration for fellow members. I would encourage you to continue to err on the side of caution especially while we're indoors as a clean bill of health for the club will allow us to keep the doors open.

Amongst all the protocols and rules, the club has also recently introduced a membership limit of 500 members. Tennis popularity has expanded significantly over the last number of years and the board did not make this decision lightly. The Board wants to ensure we remain accessible to everyone in the community, however, this needs to be balanced against the continued value of a WTC Membership. The board strongly felt that it was necessary to implement the 500 member limit, which was above our maximum member count over the past 5 years, before the continued membership growth made it too difficult for the existing membership to book courts. We will continue to monitor and adjust this limit as needed based on our winter and summer court utilization to ensure we provide as much opportunity for pending members to join.

It is great to see the club re-opened, despite some of the restrictions and I'm hopeful that we will be back and fully operational very soon. I encourage everyone to self-assess before coming to the club and we will do our part to ensure that the WTC continues to be a safe place to play tennis.

Bill Sherifali
President
board@waterlootennis.com

Manager's Message



The last year and a half has been tough for all of us. It has also been a tough period for the club. Not only did we have to deal with having to close the club twice due to the pandemic, but we also had to face the deaths of several long-time members as well as beloved staff member Julia Riley.

However, when I look back on this year and a half, I don't focus on the difficult times but rather on all the good that has come along with them.

Notwithstanding the COVID-19 mandatory closures of the club, we are still projected to show a profit for this fiscal year.

The primary reason for this is the work the board and I undertook to utilize the government programs available to us. Programs like the Canadian Wage Subsidy, CERB, the CEBA interest-free loan and the Ontario COVID-19

Business Support Grant program. By leveraging these programs, we were able to ensure the best outcome for both the club and its employees during this challenging time. I'd like to express my appreciation to the Board for their help in guiding me as we navigated these difficult decisions. And I'm sure you share my appreciation for their efforts on your behalf.

Our Facilities Manager, Bob Brackpool, took advantage of the spring closure to get quite a few things done. These items included a new front door for the club house, the cleaning of the ducts, the installation of a new water heater, and the lines repainted in the parking lot.

When we were permitted to re-open, we were able to do this very quickly. This is because we took advantage of Mo's past experience opening clay courts. The labour to put down the clay was provided by Martin, Andrew and high school and university students. Finally, many wonderful volunteers from the club helped nail down the lines!

Staff and members quickly adapted to our new COVID-safe way of doing

things during the summer. Bob Brackpool and I came up with a plan that would allow us to service our members without requiring them to enter the clubhouse. We also upgraded our online platform to enable online payments for court fees and lessons. We were able to put everything in place to follow the Provincial and local guidelines to ensure that we could open in a safe environment for everyone.

Our amazing front desk staff, Andrew Gillard, Neil Fogarty, Ryan MacLean, Yvonne Pezzack, Rachel van Horsigh, Nick White along with Assistant Manager, April Manahan have made my job so much easier during this difficult time. They've adapted easily to all our changing conditions, rules and software changes, while maintaining a cheerful smile to welcome members to the club.

In the Fall, Sally Kemp chose to retire from the club. She has been a fixture here since 1996. Sally has worked as the club manager, office admin and front desk staff over the years. Her wealth of knowledge about the club was extremely useful to me when I first became manager. Hopefully this

summer COVID restrictions will ease and allow us to have a party to celebrate her retirement!

Last year we created a groundskeeper role at the club which ensured someone was working on the courts and the grounds from 7 am until 2 pm each day. Deniz Bahar, Oscar Judelson-Kelly and Kristian Kopic ensured that the grass was cut when needed, weeds were pulled on a regular basis, and the courts were kept in tip top shape even through this unusually dry summer.

We were able to run our club championships throughout the summer which cumulated in an excellent finals day on Sept 13th. Congrats to those that got their names on the trophies for 2020!

We then adapted again to find the safest way to open the bubble so that we could continue playing throughout the Fall. We were pleasantly surprised that so many people wanted to join the club that we reached our membership cap of 500 people even before the season started.

We opened the club at 6 am on the weekdays and 7:00 am on the weekends to provide more court

availability to members. We've also staggered when courts can be booked, to limit the number of people coming in at once. We also upgraded our online platform which allowed members to sign up and pay for round robins and clinics online and streamlined the check-in process by integrating the point-of-sale system into the platform.

Adaptation has become a watchword for these ever changing times. This is particularly true for coaching. Our coaches, Kye Allen, Martin Holy, Ned Lazoja, Markus Lenizky, Mike Ratcliff and Mohsen Solemainpour provided lessons for 284 junior and adult students this fall under ever evolving conditions. Our Elite students got faster and stronger under the watchful eyes of our fitness coaches, Milos Jovkovic and Matteo Ponzano.

Sadly, we were once again forced by COVID to close the club at the end of December. During this last lockdown Bob used the opportunity to repaint the heavily used indoor doors in the building.

We've now reopened but are restricted to only 10 people (plus staff) in the facility and are allowing

singles play and private lessons only. Because of these limits we are restricting access to members only. Our coaches, including our newest coach Raj Solanki, are looking forward to upping your game during this time.

We hope that the region will move into the orange zone soon which will allow us to reinstate doubles play and allow guests and university students to play again. At that time, we will start our group lessons which should have begun in January.

As manager, I normally just hear from members when there are problems. So it was a delight to hear from a number of members about how much they appreciated everything that the club has done to open and keep the membership and staff safe during this pandemic. They also emphasized how much it helped THEIR wellbeing to be able to get out and play this wonderful game. It made all our hard work worthwhile!

Helen McArdle
Club Manager
helen@waterlootennis.com

Club Championships Results - Singles



Women's Singles
L-R: Thea Bozsitz (Champion)
Michelle Rogers (Finalist)



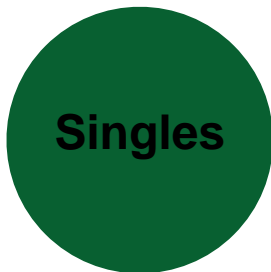
Men's Singles
L-R: Ryan MacLean (Finalist)
Kristian Kopic (Champion)



Women's Singles 'B'
L-R: Nicole Irvine (Finalist)
Ann MacMillan (Champion)



Men's Singles 'B'
Adam Hunter (Finalist)
Wayne Rabley (Champion)



Men's Singles 'C'
Marco Riquelme (Finalist)
Doug Laginskie (Champion)

Club Championships Results - Doubles



L-R

Women's Doubles 'A'

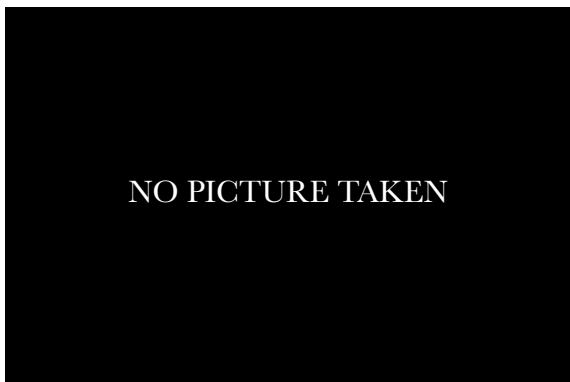
Michelle Rogers & Helen McArdle (Champions)
Monica Heinrich & Roxanne Chartrand (Finalists)



L-R

Men's Doubles 'A'

Saifullah Shoaib & Matt Buckley (Finalists)
Kristian Kopic & Ryan MacLean (Champions)



NO PICTURE TAKEN

Women's Doubles 'B'

Pat Craton & Yvonne Pezzack (Finalists)
Catherine Paleczny & Ann MacMillan (Champions)



L-R

Men's Doubles 'B'

Alex Costea & Sam Ghazi (Champions)
Tom Irvine & Mike Crosby (Finalists)



L-R

Mixed Doubles 'A'

Michelle Rogers & Kristian Kopic (Champions)
Martin Holy & Thea Bozsitz (Finalists)



L-R

Mixed Doubles 'B'

Ryan Hummel & Roxanne Chartrand (Finalists)
Ay-ling Wang & Sam Ghazi (Champions)

Summer Ladder Results



The singles ladder was very active this summer. Congratulations to Marek Gwozdz for winning the top box of the ladder. Congrats also to Jonathan Kofman, Jordan Dilworth and Andres Escobar for winning their respective boxes.

Winter Ladder

Our winter singles ladder has over 50 players competing in it. The box ladder format we're using is a good way to encourage more competitive and consistent play for all players. With this format, ladder participants will begin each period in a box consisting of players of similar levels. Within a certain time period (usually a month and a half), players will arrange to play each of the other players within their box. At the end of the period, our tennis coordinator Andrew Gillard will regroup the players in the boxes to ensure that the level of play is fairly even. Typically the top two players will move up a box and the bottom two players will move down a box. If you are interested in joining the ladder you can sign up on the club website or at the front desk. New players are normally added at the start of each month. However if you're keen to start, send an email to andrew@waterlootennis.com to let Andrew know and he'll do his best to get you in.

Congrats to those currently at the top of their boxes: Fabricio Perez (Box 1), Ryan Zhou (Box 2), Arman Oroomchi (Box 3) and Eugene Monaghan (Box 4).

Coaches Corner



**Martin
Holy**



**Mike
Ratchiff**



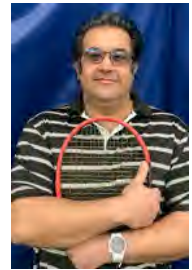
**Mohsen
Solemanipout**



**Kye
Allen**



**Ned
Lazoja**



**Raj
Solanki**

Martin Holy

Playing Tennis With A Purpose

Usually, I see club players come out, somewhat warm up for 5 minutes, take a few serves and then it's "Up or down?".

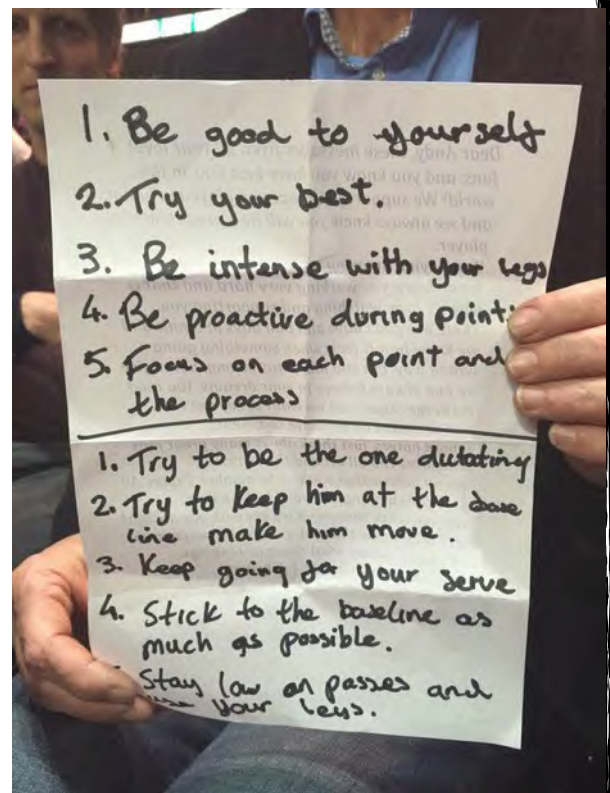
I understand court time is limited, especially during Canadian winters and even more so now with Covid. However, one of the best ways to improve your tennis game is to set goals for yourself in the warm up and during your match, be it singles or doubles.

During the warm up or training it can be something as simple as focusing on the ball all the way to your contact point and trying to see the ball hit the strings (proven impossible, actually), or staying as consistent as possible, or focusing on really moving your feet. You're setting your mind up to be in the present and getting yourself in the zone to play.

Before your match, you can set goals such as "I'm going to try and make all my service returns"; or, "I'm going to be more active at the net during my doubles match".

Think of 2 or 3 goals you wish to achieve during your match. You can write these down on a piece of paper as some pros do and read them during changeovers if you go off track, completely legal! (See photo example from one of Andy Murray's matches from a few years back.)

Notice nowhere does it mention the score, and for a top ATP player, former #1 and multiple Grand Slam winner it's almost basic, but that's the point. Keep it simple. Focus on what you want to do well, what you want to achieve during the match (or training session). The score takes care of itself.



Coaches Corner

Mike Ratcliff Win with Variety

- Try not to think you have to hit the winning shot to win the point.
- Think “How can I make it difficult for the opponent to win the point?”.
- Use the whole court not just trading baseline shots - use soft wide angles to move them out of their comfort zone.
- Try the drop shot at least once a game and when you get a short ball landing nearer to your service line, hit the approach and move up to volley.
- Remember your 1st volley should not necessarily be a winner - just a good placement.
- The volley is a key component to putting pressure on the opponent because your angles are so much better and they have to react quicker to hit a defensive shot into a smaller target to pass you.
- Always practice with a purpose - spend the same amount of time on all shots - serve, return of serve, volley, ground strokes, smash, lob and drop shots.
- Always try to think one shot ahead of the shot you are hitting. This will give you a good sense of moving the opponent to different parts of the court with a variety of shots.

Mohsen Soleimanipour Doubles Strategy Tips

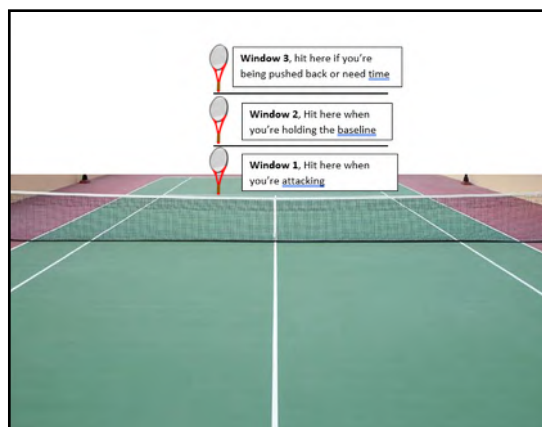
- Doubles is all about team play.
- Choose someone as your partner you can get along with and communicate well with.
- If your partner is the stronger player, let them decide the strategy of your match.
- Always encourage your partner and show positive energy on court.
- Remember you are not playing singles ... try to avoid taking your partner's balls without communication.
- The majority of your shots should be hit cross-court.
- Lobs are really helpful in doubles especially when you are under pressure.
- Volley the ball to your opponent's feet.
- Be active on court especially at net (poach)

Coaches Corner

Kye Allen

Hello WTC family! Coach Kye here with a little tidbit to help you play better and (hopefully) knock some of the Covid rust off of your games faster. Getting back on court after a long break can be frustrating. Your rhythm is thrown off, your feet forget how to move, and it can feel like you need to learn how to play all over again. FEAR NOT! This little tip can help speed that process up and help you to get right back in the saddle!

The tip is simple – Manage your height. Let me be clear I'm not saying go home and chug milk in hopes you'll grow another 2 inches...I've been trying for years, it's not working. I digress, most players believe their opponent is the one across the net from them. While this is technically true you have one more opponent to get past first...the net. Wide, Long, or in the net, these are the three primary mistakes you can make. Of these three hitting the net is one of the most common mistakes players make. So let's keep it simple, hit higher. One way we like to look at this is with what we call the window system.



As you can see in my expertly made graphic here is our window system. All windows are measured by racquet height. **Easy way to remember this: The closer you get the lower you hit, the further back you are the higher you hit.**

This will make you more consistent, keep you in rallies longer, knocking that rust off faster and ripping winners sooner!

Ned Lazoja

Singles Tactical Situation - CONSISTENCY

Players quickly lose control and consistency when not being able to play tennis during the lockdown.

Consistency is a crucial aspect of tennis to work on and is the first tactic players should use as a game plan.

Consistency is the first component to break down when a player is unable to handle their emotions and as a result, unforced errors will occur.

Consistency is often used as a weapon at any level of play, but even more in junior competitive tennis.

Practice: Hit many balls in a row. At first, hit the ball up the middle of the court, then cross-court both ways. Once the player has mastered that skill, try different patterns with a combination of down the line and cross-court shots.

Raj Solanki

Tennis in Lockdown The Importance of Cross-training.

While this last year has been hard on all of us and we have no doubt missed our regular tennis games, there is one thing that has kept me going. Cross-training. As a tennis coach I need to stay fit and healthy even in lockdown. I could not do this by playing tennis so what do I do? Simple. I cross-trained. I run and I cycle. In fact I've even hired a running coach. This gets me out the door, active and gives me some much needed time to clear my head. We may not be able to play tennis as often or at all but we can still stay active and stay healthy. And an active healthy tennis player is a stronger tennis player. In these trying times getting out and getting that heart rate up regularly has been great medicine. So clear your head, get outside and go for a walk or a run, breathe some fresh air and get ready for tennis because we're open again!

Tribute to Julia Riley

Gone too Soon ... Never Forgotten

The onset of the COVID-19 pandemic upended so many special events in 2020, not the least of which was a Celebration of Life for our beloved Julia Riley. We had planned to celebrate Julia's memory on May 23rd, 2020 at the club. That day would have also marked the day after Julia's 55th birthday. No one could have imagined that, not only would our club close down for several months but, we would not be able to pay a timely tribute to our cherished friend and co-worker.

For 6 years, Julia was a welcoming fixture at the front desk of Waterloo Tennis Club. During her shifts, you could always count on being greeted by her engaging smile, her uniquely raspy voice, a bowl of your favourite jube jubes or holiday sweets and Q107 radio rocking in the background.

I first met Julia on a quiet, sunny afternoon in September of 2016. I had walked into the club to enquire about membership and programs at the club. Having recently relocated from Ajax, I knew nothing of tennis in the region and nothing of WTC. By the time I left the club an hour later, I was a new member and signed up for one of Mike's Wednesday morning clinics. With that characteristic warm welcome and club tour from Julia, I was sold and knew that I had found my new tennis home. That's the kind of impact Julia had on me. She was welcoming, genuine and down-to-earth. I got to know Julia from a different perspective in 2018, when I joined the WTC team. It was then that I got to see how much she was loved by our members, both current and former.

Members Loved Her...

It is easy to recall so many moments that illustrate our members' fondness for Julia. Here are just a few examples: Prior to "Rocky" Edward Rochejacquelin's passing, Rocky or Greta (his wife) when Rocky was no longer able, would call once a week just to say hello to Julia. Julia always made time to chat with them both, despite the conversation being pretty much the same every week. She knew that it was important to them; so, it was important to her. Then, of course, there was Julia's "Ladies" who always marked Julia's birthday or other holidays with various gifts and mementos. In the last few months of Julia's life, some of these ladies made a point of dropping off meals at her home. It wasn't only the Ladies who had a soft spot for Julia, there were the gents that she affectionately referred to as her "Guys". She kept a file that she would refer to when she needed to fill the courts for Rocky's Rollers on a Wednesday. Other times, you would find her reaching out to her Guys from Northfield, to see if they would be joining the club for the summer season. You see, Julia loved WTC and took pride in what she did for the club. Whether you were a stranger off the street, a long-time member, one of Rocky's Rollers, a seasonal member back for the winter session from Westmount, or a snowbird back for the summer from the southern U.S., you could count on Julia to make you feel that you were home.

How She is Remembered...

When asked what that they most remembered or admired about Julia, our members and staff offered the following: Julia was one of a kind; she had a unique gift for listening; she was a people person; she was welcoming; she was able to negotiate peaceful resolutions on court without offending anyone; she was thoughtful (e.g. bring you that special cup of tea every Wednesday morning); she didn't shy away from a disagreement; she was reliable; her nails and hair were always done to perfection and, most importantly, she was *loved*... [Post edit addition: How could I forget???! She had a love for all things Rafa! From admiring his rumpious rear on her cell phone home screen to inhaling his post-practice essence from his discarded practice towel (true story) to getting the inside scoop from members lucky enough to have visited Rafa's academy in Mallorca; if you had a Rafa connection, Julia wanted to know about it first hand!]

There have been many lessons learned over this past year and a half since Julia became ill and COVID changed life as we knew it; however, these two lessons stand out for me personally. 1) Life can change in instant. So take care of those whom you love and yourself. 2) Nothing is promised. So take nothing for granted.

Julia left us on December 18th, 2019. Although Julia's story ended far too soon, she left an indelible impression on those of us knew her. Julia will live on in our memories, and thus will forever be a part of the fabric and history of the Waterloo Tennis Club. She will not be forgotten.

Written by

April Manahan

Assistant Manager



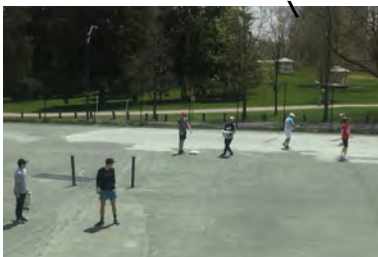


Summer Fun!



While we were closed in the Spring a lot of changes were made. Roads were paved, lines repainted in the parking lot, new front door installed and lots of cleanup of the grounds done.

We were lucky enough to be able to use Mohsen's experience to do all the work in-house to put down the 11.2 tons of clay on the courts, nail down the lines (in the correct places), and roll and water to get the courts perfect to start the season! Huge thanks to Mohsen along with Andrew and Martin and all the students we hired to get the work started. Extra huge thank you to all the volunteers who hammered the gazillion nails in place!



Spreading the clay



Lines being nailed down



Ann MacMillan hammering in the last nail!



Mohsen and Andrew testing out the courts they had worked hard to prepare



Lovely ladies enjoying some post game conversation on a beautiful Fall day in our physically distanced social circle.

US College Tennis Experience



Hi! I'm Ryan MacLean and I go to a small school in Michigan called Spring Arbor University where I am on the men's tennis team. I am currently in my last year and am doing everything remotely right now, but I hope to return in the fall to finish my last semester. Let me start at the beginning of my journey.

During high school I played doubles for my varsity team and made it to OFSAA three years in a row. I felt that I was playing at a high level and wanted to try and get a scholarship to a school in the States for tennis. This was not an easy task because of how competitive the athletics are down there, but it was worth a shot. I worked with a recruiter to get my name out to different schools and had interest from a handful of schools in Pennsylvania, North and South Carolina, and Michigan. At this time, I thought I am actually going to do this, wow! I decided to visit Spring Arbor's campus and see what the experience would look like. I met with faculty in the business department, since that was the major I wanted to pursue. I also met with the team and head coach which gave me an idea of what the team dynamics would be like. After a tour of the campus and another faculty meeting it was time for practice. The practice was similar to what they would normally do on any given day; some drills, some match play, and then a large team game to end it all. The day gave me a very good idea of what it would be like to go to school there. In fact, it was so good that I didn't visit any other schools and accepted a scholarship a few months later.

Over the past four years I have played roughly 150 tennis matches representing my school and have won 87 - so far! I have been very fortunate to have played in both the singles and doubles line-up during my time there. For the first two years I played third singles and second doubles, with a little time at first doubles as well. But in my third year I was able to take the top spot for both singles and doubles on my team which I was ecstatic about.

Playing tennis in the US has been an incredible experience. I've met some amazing people, played a wide variety of opponents, traveled with the team, and really enjoyed the experience. It's certainly been a challenge staying home due to the pandemic - I miss the team and playing so much - but I hope to be back at it soon and finish up my degree and varsity tennis on a high note.



Ryan MacLean

Summer Camp Coach and Front Desk Staff Member

WTC STAFF



Bob Brackpool
Maintenance Manager



Neil Fogarty



Andrew Gillard
Tennis Coordinator



Ryan MacLean



April Manahan
Assistant Manager



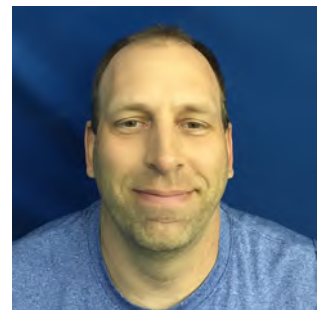
Helen McArdle
Manager



Yvonne Pezzack



Rachel van Horsigh



Nick White