



COURT REPORTER

Committed to Promoting Tennis in Napa Valley

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Greetings!

The sun will be shining more frequently; so pick up your phone and mark your calendar for our Annual Meeting and Round Robin!



See details below.

A Message from our President....

Dear NVTA Members-

It is an awesome opportunity and responsibility to lead a group of talented, committed volunteers who belong to NVTA. It is amazing the work that people graciously perform, with a smile, without even being asked to do so.

I don't take this role responsibility lightly, just as each of you do not take your commitment to tennis and the community lightly. I know that our volunteers feel an obligation to make NVTA a better place. We truly have a great team - thank you Board and each of our members.

We are on a mission to provide support for our schools' tennis programs and courts. We are brainstorming on ideas to help raise money to renovate the Vintage High Courts. As you know, they are in need of great repair. Should you have any ideas, please feel free to share them with us.



Our Board of Directors voted to change the direction of our Advertising Funds at the last Board Meeting. Effective February 8th, our Advertising Funds will be set aside in a "Community Court Fund". We will have the ability to direct these funds when and where we see fit. For those of you who advertise, thank you for your contributions to this fund. It is a "small start" to a big project, yet it shows our commitment.

I thank each of you for making a difference in the lives of others in our community - students, children, seniors, tennis players and non-tennis players. Your contributions make an impact ... and a difference. Thank you for improving people's lives through the game of tennis.

See you on the court!

Ericka Iten

Welcome New Members!

We thank all members that have paid their 2017 Membership dues. We welcome the following new Members:

Hilary Berkey hilary_berkey@hotmail.com
Steve Deitsch sdeitschny@aol.com
Cynthia Kapjiannb ckapjian@mac.com
Meegan Marshall meeganmarshall@gmail.com
Marie Maurer mariemaurer@sbcglobal.net
Susan McShannock
corina ninayahuar corinina2014@gmail.com
Nick Nguyen nicknguy@yahoo.com
Michelle Philpot philpotmichelle@yahoo.com
Vera Rowsey vrowsey@earthlink.net



As a reminder, your membership dues for 2017 was due on January 31st. Individual Membership is \$100.00 and Family Membership is \$125.00.

"One Team" memberships are a "one time" offer only to introduce the club to those who have not played at NVTA. If you had a "One Team" Membership in the past, you must now join as an Individual Membership or as a Family Membership.

You may pay your dues by the following methods:

- **Drop your check off with Izzy at the NVTA Clubhouse**
- **Send your check, payable to NVTA to PO Box 2225, Napa, CA 94558**
- **Log on to our website at www.napatennis.org, click on Membership and scroll to the bottom to use PayPal.**

We thank you for your continued membership and your support. If you have any membership questions, please call Dan Hunt at (707 326-3425.) We will see you on the courts!

Your NVTA Membership Dues is tax-deductible. NVTA is a 501(3)c non-profit-- Don't forget to include this donation on your taxes in April.

****If you are having difficulty seeing all the great photos in our newsletter, please be sure to click on "Display Images" on your computer.****

Captain's Corner

All Players Must be NVTA Members

Please make sure all your team members are current NVTA members and have paid their annual dues. Please see our "One Team Membership" rule mentioned above.

Reserving Courts for Matches

Captains: PLEASE email lsriz, our court scheduler, of cancelled matches so he can take the match off the calendar. It is inconvenient for other captains and NVTA members who check the calendar to see if matches are scheduled.

Please be considerate of your fellow captains and all NVTA members.

Annual Meeting, Voting and Round Robin!

Come to NVTA's Annual Meeting & Spring Fling Round Robin Social,

followed by a Pot Luck party!

Saturday March 25, at 3-5pm

2:30pm Arrive for check in and warm up.

3:00pm Members: Attend the Annual Meeting and cast your vote for Board Elections

3:15pm Round Robin followed by Potluck Feast!

NVTA will be offering training in CPR and use of the AED throughout the afternoon during the Round Robin.

NVTA will provide BBQ Burgers and Hot Dogs!!

Please bring your favorite beverage to share with fellow members and something for the Potluck (see below using the **first letter** of your **last name**):

- **A--G** - salad
- **H--Q** - dessert
- **R--Z** - side dish

To participate, please email Izzy at isriz.balase@pbitennis.com with:

- Your Name
- Your Partner's Name - if you have one
- Level of Play for you and your Partner

If you don't have a partner, please let Izzy know and he will try to find you a partner.

NVTA Call for Board Nominations

The Board of Directors is requesting a call for nominations.

The following members have agreed to be on the Nominating Committee for 2017: Ben Caron, Sandy Eggers, Lorraine Fazzolare, Gila Freeberg and Chuck Simonds.

We have four Board Members whose term of service expires this year. Each of these members would like to run again for the Board as incumbents: Fred Facchini, Dan Hunt, Bruce Lamoreaux and Bob Walsh.

Should you wish to run for the Board and/or know someone who would, please let one of the Nominating Committee members know as soon as possible.

Our NVTA General Election Meeting will be held on Saturday, March 25th, right before the kick-off of our Round Robin, at 3 PM. Thank you for being involved,

participating in and supporting NVTA. We look forward to seeing you at the General Election Meeting and Round Robin on March 25th!

AED and CPR Training on March 25!

The NVTA recently purchased an Automatic External Defibrillator (AED) which is a life saving tool that can be operated by anyone, in case of a medical emergency. AEDs are currently located in many public places like airports and health clubs and are used when a person has a cardiac emergency until the ambulance and professionally trained individuals arrive. The neat part about an AED is that the machine tells the operator exactly what to do and how to do it; all that is required is to "go get the AED and call 911".

We will be installing the AED inside the clubhouse with a sign on the outside door that will direct people to the location of the AED. In addition to AED training (where is it, how do we get it off the wall, etc.), training in "hands-only CPR" has proven to be more successful to save a life before the ambulance arrives.

In collaboration with CPR trained volunteers, NVTA will be offering training in CPR and AED use during the next Round Robin/Annual Membership meeting on March 25. Stop by for 10 minutes before, during, or after the Round Robin for CPR and AED training. We'll show you, in less than 10 minutes, how you too can save a life! It's easier and quicker than learning how to improve a tennis stroke! The more NVTA members who know how to do hands-only CPR and know where the AED is, the more we can help to keep our members on the courts for a long, long time! Drop by the CPR booth! See you on March 25!

Should you have any questions, please contact Pam Bellefeuille at 707-363-1556. We thank Pam for all of her efforts in coordinating, teaching, and making this happen.

...and a perfect segue....

This Sport May Be the Best Workout for a Longer Life

It's no secret that regular exercise is good for your health. Research has linked exercise to a host of benefits, ranging from weight control and stronger bones to improved heart health and enhanced immunity.

While all exercise is beneficial - a 2017 study found that even weekend warriors who crammed their 150 minutes of recommended weekly exercise into Saturdays and Sundays had significantly lowered their risk of cardiovascular and cancer deaths - certain sports may have more benefit than others.

New research published in the British Journal of Sports Medicine analyzed data from more than 80,000 adults who participated in six common sports: swimming, cycling, aerobics, running, racquet sports and football, then assessed their risk of cardiovascular disease and premature death.

"There is compelling evidence on the health benefits of physical activity [but] little is

known about the health effects of different sport disciplines, despite the the fact that millions and millions of people play sports," says lead researcher Pekka Oja, PhD, of the UKK Institute for Health Promotion Research in Finland.

After assessing data from 1994-2006 and adjusting for factors like socioeconomic status and health habits like smoking and drinking, **those who played racquet sports like tennis, squash and badminton had 47% lower risk of premature death from any cause and 56% lower risk of death from cardiovascular disease** than those who participated in other sports.

Oja notes that while the reduction of risk was the largest among those who played racquet sports, participation in all four sports - cycling, swimming, aerobics and racquet sports - helped reduce the risk of premature death and heart disease substantially as opposed to not participating in these sports. In comparison, running and football also reduced the risk of death but the reduction was not statistically significant.

—Article from mapmyrun.com

Vintage High School Tennis Schedule

Come Out to Support Our Youth and Future of Tennis!

The Spring season for the Vintage High School Men's Team is kicking off. We are once again happy to be able to support and host the Vintage High team. Please come support the team and Coach Cole when your schedule allows.

On March 28**, Vintage HS will play against Napa High. Come support our community, future tennis players and their families in an all-Napa competition!

Coach Cole is introducing tennis, for the first time, to many of his players!
Matches are from 3:30-5:30pm:0

Tues, Feb 28
Thurs, March 2
Thurs, March 9
Tues, March 14
Thurs, March 23
Tues, March 28**
Tues, April 4
Thurs, April 6
Thurs, April 20
Mon/Tues April 24 & 25 MEL Championships (9:00 am - 3:00 pm)

Quick Tennis Links

[NVTA Website](#)

[Court Scheduler](#)

[USTA Norcal](#)

[SNMWTL](#) - Sonoma, Napa, Marin League

[ATP Tour](#)

USTA News -- 55+ 6.0 Mixed at Sectionals

Victoria O'Donnell Reports--

The 6.0A Mixed Doubles Team played in the Sectional Championships on February 10, 11 and 12. The entire team played very well. Most of all we had fun, competitive matches and a great time.

The photos are of the groups who played each day. The photo from February 10 shows Captain David Roust, Robert Farver, Teresa Levin, Tony Kelly, Angeli Stanwick, Jan Gates and Gates.



The photo of day 2 shows Jacynthe Hamel, Jack Ring, Angeli Stanwick, David Freeman, Co-captain Victoria O'Donnell, Jan Gates and Stan Boehm.



The players on the final day are Jack Ring, Jacynthe Hamel, Robert Farver, Marc Levin, Teresa Levin and Angeli Stanwick.



What an amazing team!

Izzy's Insights

Hello!

Although we are almost three months into the new year, it is never too late to have a few new updates to our tennis program!

With better weather forthcoming, the courts will be busy with clinics, lessons, drop-in play, league matches, and other tennis related activities! This would mean that I would like to introduce a new PBI Pro that will be joining me in the coming months! His name is Zack Miskel, and a number of you have been able to meet him at NVTA or at Silverado! He joined PBI in October of last year, and has been working at Silverado after he finished training. Zack is a California native, who has played tennis at Saint Mary's College of California, and has taught at various tennis clubs and facilities! Zack will be available for lessons, clinics, team clinics, and anything else that will serve your needs! Click Here to learn more about [Zack!](#)

New Year, New Clinic! I would like to introduce the addition of a Cardio Tennis Clinic to our program! This clinic will be taught by Zack on Sunday mornings from 10:30-11:30AM. This is a great way to get your heart pumping with tennis specific exercises and drills! Cardio Tennis will follow an Open Drill that runs from 9-10:30AM. Cardio tennis is open to all fitness and playing abilities! If you would like to participate in back to back clinics on Sundays, then you will receive a discount on the total price! If you would like to learn more about Cardio Tennis at NVTA, [Click Here.](#)



To sign up, please contact Zack at (256) 801-6863 or zack.miskel@pbitennis.com.

The Spring Fling Round Robin will be scheduled for Saturday, March 25th from 3-5:30PM. Please refer to the article regarding the Round Robin in this newsletter for more information!

Below are links to the flyers for our program in March! Again, please note the updates to themes, times, and days!

[Morning Clinics](#)

[Specialty Clinics](#)

[Junior Programs](#)

[Lessons](#)

Happy Hitting, Everyone!

See you on the courts!

Isriz Balase

College Invitational Coming at Silverado

Dear NVTA Members,

We are proud to announce a partnership with Silverado Resort and Spa in

expanding the 6th Annual College Invitational, September 7-10. This year the field will expand to 8 top Division I men's teams and half of the matches will be played at NVTA. Teams have included Oklahoma State University, University of Hawaii, Pepperdine, Arkansas, University of Pacific and The University of San Francisco to name a few. The 4 day event will comprise of some of the best tennis teams coming to compete in head to head matches here in Napa and NVTA members will have a chance to play in a Pro-AM event and have dinner with the players.

The most important part is this tournament is an opportunity to fundraise for various tennis causes in The Napa Valley. This year we have decided to allocate our sponsorship funds to the Napa and Vintage High School Tennis Teams.

We will be asking for your assistance in forming a tournament committee at NVTA. We will need to raise money through sponsorships, find accommodations for coaches and players, create a special event for local high school players, and provide lunch for players over the course of the 4 day event. **Who will join us in making this a wonderful event at NVTA?**

If you would like to be on the tournament committee please reach out to Quinn Saine at quinn.saine@pbitennis.com for more information. Meetings will commence in February. If you can't be on the committee, but would still like to help, we will be reaching back out with other ways you can be of service to this great community event.

Thanks,

Quinn Saine

Volley in the Valley Tournament



Volley in the Valley Annual Tennis Tournament
Benefits the Cardiology Program at St. Helena Hospital

The St. Helena Hospital Foundation will host the seventh annual Volley in the Valley Tennis Tournament on Sunday, May 7 and Monday, May 8, 2017, at Meadowood Napa Valley. Funds raised will benefit the Cardiology Program at St. Helena Hospital.

The Tournament prides itself on attracting health and sports aficionados to participate in the event, as well as enjoy a wonderful dinner event at the Vintners

Room on Sunday, May 7. This year's guest speaker is Ted Robinson, the "Voice of the 49ers" and NBC tennis play-by-play announcer.

The \$1,000 tennis fee per player includes four doubles Round Robin tournaments, including men's, women's and mixed, three tennis skills games, continental breakfast and lunch each day, dinner, and concludes with an awards ceremony with generously donated player prizes. Additional dinner tickets are available for \$350 each.

To sign up to play or to sponsor the event, go to www.volleyinthevalley.org or call 707.963.6208.

SNMWTL News

As of January 1, 2017 Jane Matijasic is the new Sonoma/Napa/Marin Women's Tennis League Club Rep for NVTA. All inquiries should be addressed to:

janematijasictennis0114@gmail.com

or call Jane at: 707.287.2809

Sportabout is Our Local Tennis Shop!

Rain or shine, welcome back to Sportabout where you will find our shelves and walls as full as our reservoirs. Rainy days are always the best times to have your rackets strung quickly. We still have about 30 rackets from 2016 marked down for a savings of \$50 to \$100 each. All Prince, Wilson, Head, and Babolat models for 2017 are now available.



As always, Demo fees are deducted from purchase price. All rackets and most shoes are the same price or lower than prices found on-line.

Our most popular shoes and sandal brands continue to be Merrell, Keen, Naot, and Birkenstock. With each arrival of our new 2017 shoes, sandals, and clogs, more and more of last season's styles are being marked down 20% to 50% off!! Check it out— and think "sunny" thoughts.

At Sportabout, we *Serve* so that you *Receive* the best.

Tom at Sportabout
3204 Jefferson St., Napa
phone 255-8784

Advertising Corner ~ Support fellow Members!

No matter how long the winter, spring is sure to follow ~ Proverb



I am here to help with your real estate dreams and goals.

**Marcus Hamilton Perry
Real Estate Broker/Owner
Napa Valley Homes Today
707.812.8280 phone
marcussellsnapa@gmail.com
www.napavalleyhomestoday.com
CA BRE# 00847003**

About Advertising

100% of the proceeds from advertising in the Newsletter will go towards NVTA's Tennis Fund. We encourage you to support our fellow NVTA tennis members.

If you are interested in advertising, please contact Lorraine at napa10s@gmail.com

Please Keep the Gates Closed!!

If you are the last to leave the courts, please make sure the gates are closed and locked. We have found them left open overnight several times recently as well as the clubhouse doors.

Vandalism has been a big problem in the past and we have spent a great deal of money on secure fencing and motion lights. PLEASE help keep your courts in good condition by locking up! None of us want extra repair expenses, right?

Also, please remember to return the NEW rollers to the protective covers hanging on the fences.

The NVTA Court Reporter newsletter will be published monthly. Please submit articles and photos to Lorraine Fazzolare at napa10s@gmail.com.

See you on the courts!

lorraine fazzolare
napa valley tennis association
email: napa10s@gmail.com
web: <http://www.napatennis.org>

