

MILLBRAE RACQUET CLUB

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BETWEEN THE LINES

MRC NEWSLETTER

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Treasurer: Humberto Melara

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President's Message

Hello MRC Members

Summer is here and it is time to get some tennis rolling while the days are longer and the sun is shining. I mean, can't you just feel the courts calling your name?

Not much is new for MRC, except for the fantastic amount of new members that have joined in the last several months.

To our new members, welcome, Welcome, WELCOME! From beginner level to advanced, we are so glad you are with us.

For our not so new / long standing members, it makes me happy to see you all on the courts hitting away. I highly encourage you to reach out to our new peeps and say "Hi". I think we all know what it was like to be the "newbie" at the club.

Besides checking via the news letter on who the new members are, another way to see who the new members are is by looking on the bulletin board over by the restrooms inside the club-

house. Claudia has done a great job of posting their information, (names, contact information, levels, and such).

If you see a new face on the court go over and introduce yourself. Always a lovely way to have everyone be inclusive.

For our new members, a wonderful way to play with members and meet new people is to come to our monthly Fun Days . All different levels come and play and all different personalities join us and it's always a wonderful time.

There is a change to our website, Huge "Thanks" to Alan who is working hard on bringing our website up to date. Your hard work shows and we

so appreciate it.

The membership renewal has been sent out to our members. I hope everyone rejoins and stays with us for another year. Its so wonderful to have you all here at MRC.

Wishing everyone a fantastic summer, Enjoy!

Missy



BETWEEN THE LINES

MRC NEWSLETTER



ON THE LINE-EDITORIAL NOTE

Hello MRCers

French open men's singles 2023 tournament just ended and Novak Djokovic now stands alone in tennis history winning his 23rd Grand Slam title, the most of any man in the history of the game. He and Serena Williams now share the tie for the most Grand Slam titles behind Australian record-holder Margaret Court, who won 24 major women's singles titles.

His opponent, Ruud started strong, winning the first three games before Djokovic won his first. The slow starts weren't new for the Serbian star and

he almost always comes storming back to even the score and crush his opponent. This time also he came back in the first set itself, tying Ruud 4-4 before forcing a tiebreak. He won the tiebreak easily and then had a chance to rest before the second set started. The wind picked up as Djokovic broke Ruud in his first service game, establishing a 3-0 lead early in the second set and continued to have the two-set advantage.

Ruud caught momentum in the third set, giving his dialed-in opponent a battle until Djokovic secured the advantage with a pivotal break in the 11th game and he officially notched the victory.

Tom Brady, another hero of many, was in Djokovic's box. What he has done in football is exactly what Djokovic wants

to do in tennis. While Roger Federer and Nadal have broken down with injuries, it is pleasure to see Djokovic is going strong,

While Djokovic now has the men's record for Grand Slam title wins, Nadal has won the French Open championship a record 14 times. Although Djokovic made it clear that he viewed Nadal's absence due to injury was an opportunity to win, joking that he didn't miss him, the Spanish star offered Djokovic congratulations.

It's clear Djokovic is set on continuing to write his own story. Almost immediately after being crowned champion, he expressed excitement for the next Grand Slam tournament in July. Right now, he seems pretty comfortable at the top of the tennis world.

Tennis is a great sport. I am glad I am a part of it. Guys and gals let's enjoy it. Thanks for the opportunity to serve.

Ramesh

Tennis Court Reservation Reminder to all members

To all members:

When you reserve a court using Skedda bookings, you must include the names of

all players. Please add/update players prior to using the court and if you are not using the court, please cancel your reservation.

Thanks in advance for your compliance. Have fun on your courts.

MRC board

Watch the clock. If someone made a reservation for the court you are on after your reservation time is up be sure to be off the court.

MRC Etiquette

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MRC NEWSLETTER

MRC FUN DAYS-HOLIDAY CALENDAR 2023 EXTRAVAGANZA

Come and join us at 2023 Fun Days. If you have never experienced a Fun Day, it's a morning full of social doubles, in-person conversations, food and drink. It's the best place to meet people and to find your tennis partners.

MRC will provide all the beverages and tennis balls. Because Fun Days are popular, sign-up quickly when you receive the email announcement, using the link in the email or at the MRC website under Events/Fun Day registration. If you can't get either method to work, contact Ken Hoeck at frankus33@aol.com

Sunday, July 2nd - "4th of July"

Sunday, August 6th - "Fun in the Summer"

Monday, September 4th - "Labor Day"

Sunday, October 1st - "Welcome Fall"

Sunday, October 29th - "Trick-or-Treat"

Sunday, December 3rd - Holiday Party (not a Fun Day)

Sunday, December 10th - "Ho Ho Ho"



MRC Social Directors : Janice Carter and Ric Knowlton



Loud, excessive talking and or shouting that might distract other players is not allowed.

MRC Etiquette

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MRC NEWSLETTER

WE THANK YOU FOR MRC FUNDRAISER TO A DESERVING CAUSE

MRC is a club that works so smoothly and looks so nice because of our volunteers. We appreciate those individuals who donated to benefit the Alzheimer's Association. You're the most kind-hearted and generous people around. Thanks to your efforts, our MRC raised over \$7,000 to benefit the Alzheimer's Association – and we're still going! This result is exceptional; we set a goal of \$4,000, which you left in the

dust!

We had a crack kitchen crew, many donations of items for the raffle and silent auction, straight cash contributions, and of course, almost 50 members playing their hearts out. It was a day of fun, community, and heightened awareness of an issue touching all of us in some manner.

We're proud to have you on our side of the net! For

those of you that are unable to attend: You are still in time to make a donation to this deserving cause. Go to this link below and click to **DONATE**.

https://act.alz.org/site/Donation2?idb=2022756778&df_id=50699&FR_ID=16164&mfc_pref=T&PROXY_ID=22162730&50699.donation=form1&PROXY_TYPE=20

You will receive an acknowledgement of your gift for tax purposes. But most of all, you'll feel good about supporting those facing Alzheimer's disease. We extend our heartfelt thanks for your team spirit.

Happy Hitting!

MRC Longest Day Committee



When returning the ball to another court, the correct way is to return it on a bounce or two.

MRC Etiquette

SOME INTERESTING FACTS ABOUT WIMBLEDON TENNIS TOURNAMENT

COURTESY- JIM VAN NESS

Hello MRCers

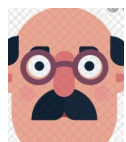
Wimbledon tennis balls are kept at 68 degrees Fahrenheit. The temperature of a tennis ball affects how it bounces. At warmer temperatures, the gas molecules inside the ball

expand, making the ball bounce higher. Lower temperatures cause the molecules to shrink and the ball to bounce lower. To make sure the best tennis balls are used, Wimbledon goes through more than 50,000 tennis balls each year.



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MRC NEWSLETTER



UNCLE SLEEPY UNSOLICITED ADVICE FOR NEW MEMBERS

How can I find someone at my level to play?

That's a piece of cake. Go to club website (millbraeracquetclub.net). Click on page called "Find a Player". It has a list of other members who are looking for someone to play with. Enter your data too. Don't be shy -- call or text them or ask them if they want to play.

Can I bring a guest to play?

Yes, pay the \$5 per guest fee, either by using Venmo or cash. Don't leave cash on the table. Fill out a provided guest fee envelope, put the cash in the envelope, and drop the envelope in the slot in the door between the two bathroom doors.

How do I schedule my court time?

Now you are talking. Go to MRC booking system

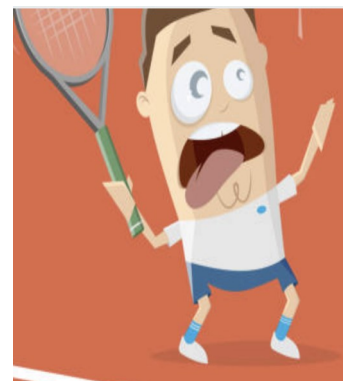
(mrccourts.skedda.com).

Login with your email and use your password and you can schedule.

I lost my club key what should I do?

No worries. Call or send a text or email to Claudia Edson (stedson1@aol.com) She will help you to get a duplicate. Also please make sure you lock the gates and main door if you are the last person to leave.

That's all folks for now. Have fun and it's time for me to sleep.



You should always give benefit of doubt on all close calls to the opposing team.

**MRC
Etiquette**

WELCOME TO THE CLUB- NEW MEMBERS

Charles Leung 3.0 Self

510-717-2882

Charles.s.leung@gmail.com

Amy An 3.0 Self

415-999-6376

anle716@gmail.com

Doug Solomon 3.0 Self

650-274-3075

Douglas.solomon@gmail.com

Dan Duran 4.5 USTA

415-519-4281

danduran1@gmail.com

Sidney Tan 3.0 Self

650-515-7665

sidskai@yahoo.com

Kai Tan 3.5 USTA

650-515-7668

kaiskai@yahoo.com

Mike Clay Beginner

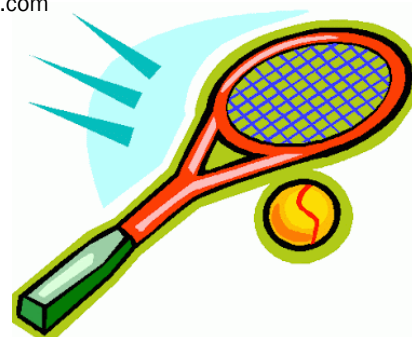
650-387-9574

mikedclay@gmail.com

Tina Madamba Intermediate

201-248-4168

madambac12@gmail.com



BETWEEN THE LINES

MRC NEWSLETTER

COACHING ADVICE TO PLAY HEALTHY

BY SHANNON RANDOLPH

Hey MRC Tennis-lovers! Don't we all just enjoy tennis so much?! Especially when it's pain-free, yes?

To that end, I am recommending an app and site to help eliminate pain, heal ; prevent injuries and improve mobility for longevity.

I recently came across an outstanding trainer and orthopedic surgeon at a USPTA webinar.

The app is called ROM Coach (Range of Motion). It's free (with premium option, of course). It starts with an assessment, then recommends

different programs you can access based on your issues. It also has a Daily Movement Tune-up which I especially like – just taking a couple minutes a day! Each short video explains an exercise for major joints and muscles, walking you through everything easily. For instance, today my tuneup includes Standing Glute Contraction,

Neck Rotation Retraction and Extended Elbow Wrist Fan.

Even better, the site is called Precision Movement , founded by Kinesiologist Eric Wong aka Coach E and joined by Dr. Erin Boyton aka Dr. B, an orthopedic surgeon and Canadian tennis

champ as well. You'll find articles, a free newsletter, specific courses for healing.

Their YouTube channel produces excellent therapies, rehabs, stretches and strengthening routines for whatever pain ails you – back, neck, knees, elbows, shoulders, hips, bone-on-bone arthritis and much more – all without the surgeon's knife. Dr. B has found 70% of her patients don't need surgery after doing such work. This is not only a generous rich resource, the quality is superior, far beyond the average PT in knowledge and creative solutions.

I hope this inspired you to not only check it out but to incorporate something useful for your body, so you can keep playing the happy sport of tennis!

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USTA UPDATE

Since March, the courts have been alive on weekends with USTA matches. With four teams playing during the spring season, you could often find our MRC teams hosting visiting clubs and serving up their best. Our 18/over Women's 3.5 team even made it to the playoffs!

The summer USTA season is underway, with only one MRC team participating ; a 40+ Mixed 7.0 team captained by Robert Falls and

co-captained by Humberto Melara. Wish them well when you see them on the courts.

Registration for the final USTA leagues of the year begins on July 3 and runs through July 31. The playing season will run from August 28 through the first week in November.

In this timeframe, USTA offers:

70+ Daytime

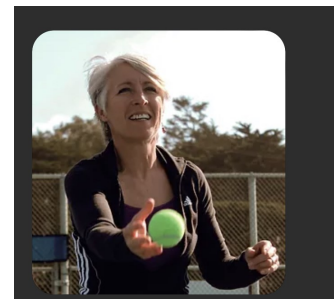
Mixed 55/over

Combo doubles

These leagues have been popular in the past. If you are interested in playing and especially if you are interested in captaining, please contact MRC USTA Coordinator Lauren Rosen at

laurensrosen@gmail.com

Lauren Rosen



When a serve is hit out, do not hit the ball back over the net. Call it out, either grab it and put it in your pocket or lightly hit to the net.

MRC Etiquette



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MRC NEWSLETTER

ORGANIZED TENNIS CALENDAR

Men's Doubles

Thursday 8.30–10.30 AM

Contact:

Ken Hoeck

frankus33@aol.com

Women's Doubles

Tuesday 9.00 –11.00

Contact :

Rita Armstrong

ritaarmstrong300@gmail.com

WE NEED YOUR HELP WITH LOCKING THE GATES & COURT RESERVATIONS

Hello everyone..

I would like to ask you all to be a little more cognizant and respectful when it comes to making sure the gates and club house are locked when you leave.

If you are the last person to leave the club, please make sure you have checked and locked the gates to the courts and lock the sliding doors to the club house. We do have unhoused persons and young rascally youth around the neighborhood that like to seek shelter and get into mischief. It helps to keep them away if we lock everything up.

On a separate note, if you have a court reserved and you are not

going to use it for whatever reason, PLEASE go in to the Skedda Court Reserve system and cancel your reservations. It helps others who might want to use the court to have it updated. In the past several weeks with the rain keeping us away from playing tennis, the courts have become heavily in demand on clear days and weekends.

We have had several times during the last couple weeks where the courts were reserved and no one has shown up. In addition, if you have a reservation and you know you are going to be late, lets say a half hour, please adjust the time there too. I only had an hour and a half reserva-

tion because someone was coming at 10:00. So I finished and got off the court and the person after me did not show up until 10:30 - well heck I could have played for another half hour.

(this was an example given to me by a member)

Thank you everyone for doing you part in helping the club run

smoother. It takes a village. And we have an awesome Village.

Missy C

Always observe all the court rules, insist the others do the same.

MRC Etiquette



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MRC NEWSLETTER

GALLERY OF MEMBERS IN ACTION AND FUN



Our MRC friends, Bing & Gordon Hattori, went to French Open last month and sent us these photos. MRC presenting our own friends and members at Roland Garros for French open hiding under hats and wigs.



Congratulations to MRC Women's 18/Over 3.5 teammates relaxing after a match sweep to finish the regular season.

Say KUDOS to our volunteers who worked hard to clean our club on May 7, 2023