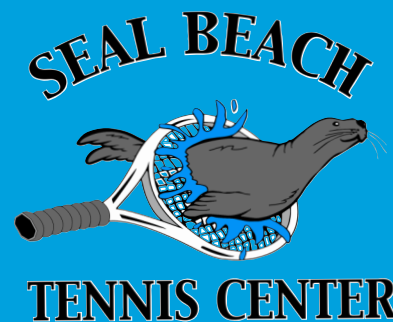


WINTER 2016-17



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WELCOME!

New Tennis Members

Fred Kayale
Christine Menth
Nicholas Triff
Coggins Family:
Bruce, Lori, Zoe,
Ava & Drew

New Gym Members

Eric Broersma
Scott McGrath



HELLO MEMBERS!

As I look back on 2016 at the Seal Beach Tennis Center, I reflect on the improvements we've seen throughout the center, as well as the positive results in both new and existing activities.

We have continued with our quarterly Club Round Robins and Sanctioned Junior Tournaments. We are solid with our 6 PacSun teams, Senior Sirs, Hill and Canyon, and WTT leagues. We had Michael Chang visit, enjoyed the Palm Springs Getaway, CIF High School Championships, and the annual Christmas Party. Many thanks to all the team captains and SBTC members that made these events successful.

Over the year, we awarded four scholarships to the SBTC Junior Tennis Academy through our non-profit, Friends of the SBTC; all four

of the young players are doing great in the academy, and appreciate the opportunity they have been given. In 2016, we also hosted our first Oktoberfest fundraiser to help pay for canopies on the tennis courts. These projects are successful due to the support from our SBTC Members and friends.

The Seal Beach Tennis Center is looking better all the time. Due to the support of the City of Seal Beach, the biggest project was the gym being moved in to the locker room atrium. This move is one step forward in maximizing the space at the SBTC. The next scheduled project is to repair the old fitness center and turn that building in to a recreation center that will offer recreational classes. This is a positive project in that it

will bring new people to the center and offer classes that many members will enjoy.

The Seal Beach Tennis Center is starting 2017 with a calendar filled with activities and events scheduled for the first quarter. These include a Pickleball Round Robin, Club Tennis Round Robin, and our Super Bowl Party. These are all open to our Members and their friends and we would love for you to participate.

I continue to hope that you are as excited as I am about all the improvements being completed at the Seal Beach Tennis Center. I hope you have noticed that your comments to me do not go unheard. We are making the SBTC better, together!

-Brenda

Tennis is one of the best sports for a longer life!

Regularly playing tennis or squash could help stave off death the longest, according to a new study published in the British Journal of Sports Medicine.

Scientists have narrowed down the sports and types of exercise that are linked to significantly lower the odds of dying before those who do not do those activities.

Those who partake in swimming, aerobics and racquet sports such as squash, badminton and tennis, also have a lower risk of dying from cardiovascular diseases such as strokes.

The study examined information on more than 80,000 adults across England and Scotland who took part in national health surveys between 1994 and 2008. To read more of this article google "British Journal of Sports Medicine tennis and death".

Fitness Center Open!

The New Year has just started so many of you may be adding weight lifting and/or cardio exercise to your routine. If you haven't seen it yet, the atrium in the Seal Beach Tennis Center locker rooms, has been transformed in to our new Fitness Center. Aside from all the needed equipment for a good workout, it also includes 2 new large screen tv's, ceiling fans and air conditioning to make your work out most enjoyable. If you want a fitness trainer, contact the pro shop desk to get our in house trainer, Lori Isaacs, contact information.

Pickleball Exhibition



National and US Open Pickleball Champions Ron Chang and Christine McGrath were at the Seal Beach Tennis Center on November 8th, sharing tips on the game. An exhibition game was played by top players showing strategy and the excitement of playing Pickleball. The SBTC has 4 pickleball courts with lights. Contact us for

organized play times! We are also hosting a Pickleball Round Robin on Saturday, January 28th at 11:00 a.m. Contact the SBTC for details!

Palm Springs Getaway

Over 60 members and their friends joined in the fun at the annual Palm Springs Getaway weekend November 10-12, 2016. Staying at the Shadow Mountain Resort, the weekend started early on Thursday for the golfers that played a round at the Oasis Country Club.

Tennis and Pickleball was available for play on Friday along with another round of golf played Friday afternoon on the

Shadow Mountain golf course. Socializing continued in to Friday night with a party hosted by the Passeros at their condo.

The tennis competitions were held on Saturday and Sunday morning. Congratulations to Heidi Wils and Joe Dodds for coming in first place. Vicki Mingus and Erica Sabin were 2nd and 3rd place for the ladies, while Alex Garcia and Marty Eisenberg came in 2nd and 3rd

place for the men. Winners received gift certificates and logo hats for the SBTC pro shop.

Saturday evening was the traditional pot luck dinner and the Trivial Pursuit Annual Challenge with guys verses gals. The men won this year, but lets not forget that the woman won last year!

Mark your calendars now for next years trip, November 8-11, 2017!

We Made a Difference

On September 18th, over 140 kids from inner city high schools participated in a free day of tennis drills, college information, and lunch (donated by the Lions Club). SBTC player Hector Huffington organized this annual event with the help of SBTC Teaching

Pros and Academy kids that volunteered to run the tennis drills. SBTC members and their friends donated over 100 tennis racquets, 50 cases of tennis balls, shoes and clothing for the attendees. By the smiles on faces you could see that the kids truly appreciated this yearly event!



New Instructor: Sheldon Hseih

Sheldon started playing tennis at 7 years old, and began working with Mickey Yelverton at the age of 10. He was a 3-time MVP varsity player at Long Beach Poly High School, playing in both CIF and the Ojai Tournament. At Cerritos College Sheldon played both singles and doubles, reaching #12 in the ITA rankings for Junior College. Sheldon has just transferred to Cal State Long Beach to finish his college education.

Sheldon has been teaching in the SBTC Junior Academy for the last year, and is now teaching privates, drop in drills, and coaches one of our Junior Tennis teams. Sheldon has a wonderful, friendly personality that he brings out to the court every day that he is at the SBTC. Many of you have seen this in the numerous Club Round Robins he has participated in. I believe he has already shown that he is and will continue to be a great addition to the Seal Beach Tennis Center.



SBTC EVENTS



Pickleball Round Robin
Saturday, January 28

Super Bowl Party
Sunday, February 5

**Junior Novice
Tournament**
Saturday, February 18

Club Round Robin
Saturday, March 4