

## MILLBRAE RACQUET CLUB

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# BETWEEN THE MRC NEWSLETTER

## PRESIDENT'S MESSAGE

**President:** Missy Chiesa  
**Secretary:** Jim Van Ness  
**Treasurer:** Humberto Melara  
**Membership:** Claudia Edson  
**Communications:** Helen Brosnan  
**Operations:** Bob Lopez  
**Tournaments:** Ken Hoeck  
**Newsletter:** Ramesh Dronamraju  
**Scheduler:** Kari Roberts  
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### Editor in chief

**Ramesh Dronamraju**

### Copy Editor

**Jim Van Ness**

### Photographer

**Janice Carter**

Hello MRC members

Happy autumn/fall.

I'd like to say welcome to new members that have joined this hidden gem of a club. Happy to have you.

Recently we had sent out a vote asking for the approval to raise the limit that the board can spend without getting an approval vote from the full membership. I'd like to thank you for your participation.

We as the board have been looking at future projects beyond the screens and wanted give you an idea of what is to come. The cement deck/patio and entrance to the club is in need of repair.

## USTA TEAM UPDATE

Hello Members,  
Fall has been a busy time for USTA Teams at MRC. On any given weekend, you're likely to see players from the Combo 7.5 Men's team, the Combo 6.5 Women's team, or the Mixed 55+ 7.0 team gracing the courts. Please cheer them on when you can! The Combo 6.5 women are also battling in week day day-time matches, a new USTA adventure for our players.

Registration has started or opens soon for the next round of USTA teams. Please note the dates below and get your teammates together if you're interested. Lauren Rosen can offer help with the USTA registration, rat-

The roof of the club house is getting older.

Our club furniture inside and out is lowest on the list, but needs replacing.

We have posted the minutes of the monthly board meetings on our website. In them there is an accounting of how much money we have been saving for these and any other necessary projects.

We are always saving for the time when the courts will need to be resurfaced. This is always this biggest ticket item. Back in 2017 we had to do a big over haul of the courts and the expense was over \$137,000. Happy to note that we

do not see that expense happening any time soon. I just wanted to note that there is reason that we do strive to keep a healthy balance in the accounts - keeping us prepared for future expenses.

Giving kudos and props to our outstanding Board who is always behind the scenes working hard to keep the club running smoothly and keeping our members best interests in mind.

I hope to see you all on the courts soon. Enjoy!

**Missy**

ing, and scheduling if you're new to the system. Contact her at laurenrosen@gmail.com

### 2025 USTA Leagues

#### Adult 40 & Over

Team Registration: November 4 - December 2 (2024)

League Season: January 6 - March 16

#### Adult 40 & Over Daytime

Team Registration: November 4 - December 2 (2024)

League Season: January 6 - March 14

#### Mixed 18 & Over

Team Registration: November 4 - December 2 (2024)

League Season: January 6 - March 16



# BETWEEN THE LINES

## MRC NEWSLETTER

### ON THE LINE- EDITORIAL NOTE



I enjoyed the US OPEN tennis 2024. I was expecting to see Djokovic again in the finals as it became a routine for him to appear in grand slam finals. But as a fresh air in tennis world new generation of players Sinner and Alcaraz are stealing the show from the big two (Djokovic and Nadal) in the last couple of years . Eight months ago in Melbourne, Sinner tasted Grand Slam glory for the first time by reeling in Daniil Medvedev from a two-set deficit, now in USOPEN he established his dominance over Taylor Fritz. .

Two hard court Grand Slams this year, both have been collected by the man who's nicknamed 'The Fox.' Sinner has more than cemented his

status as the top man in tennis for the rest of 2024, Looking ahead to 2025, his opponents need to figure out the formula to sink Sinner in major tournaments.

By winning these tournaments Sinner will be joining Jimmy Connors (1974) and Guillermo Vilas (1977), Sinner is the third man in Open Era to win his first two Grand Slam titles in the same season.

Sinner and Alcaraz divided the four Grand Slams tournaments of the season between themselves, winning two each.

Besides, they have remained dominant on almost every surface they played on, showcasing great skills throughout. The two have also given some tough challenges to Serb despite Novak Djokovic leading the head-to-head tally 4-3 against both players,

However, this is not the first time when Djokovic has admitted the dominance of the young players.

Jannik Sinner's ascent in the world of tennis began in 2019 when he reached the top 100. In June 2024, he became the first Italian to reach number one of the world rankings.

Jannik Sinner and Carlos Alcaraz's rise has begun to inspire the Next Gen stars.

Brazil's Joao Fonseca believes he is ready to follow in the duo's footsteps and is aiming for the new generation of BIG 3.

Sinner and Alcaraz, who between them swept the season's Grand Slam titles and Fonseca has yet to prove himself to deserve such a glory, said " watching the two compete at the highest level not only inspires him to work even harder in his pursuits but also to expand his ambitions."

While we try to celebrate the success of the new generation players let us not ignore Novak Djokovic's brilliance on the tennis courts never ceases to amaze! Despite injury setbacks and the natural challenges that come with age, the Serbian maestro continues to rule the tennis world. He knows that staying on top isn't easy at his age especially when facing the new generation of tennis stars like Carlos Alcaraz and Jannik Sinner. He has experienced major heartbreaks at the Australian Open semi-finals against Sinner and the Wimbledon finals against Alcaraz this season.

As Djokovic held the torch of his generation as long as he could , it is a matter of time before we see these new generation of players ready take the glory of the tennis to the next level.

My folks, Tennis is a great game. I am glad I am part of it. Thanks for the opportunity to serve.

Ramesh

**Do not criticize your partner while you play doubles. Instead offer encouragement. Always display good sportsmanship- compliment your opponent on good shots.**

**MRC Etiquette**



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## MRC NEWSLETTER

### MRC FUN DAYS-HOLIDAY EXTRAVAGANZA

Come and join us at re-  
maining 2024 Fun Days.

If you have never experi-  
enced a Fun Day, it's a  
morning full of social dou-  
bles, in-person conversa-  
tions, 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 re-  
ceive the email an-  
nouncement, using  
the link in the email or  
at the MRC website  
under Events/Funday  
registration. If you  
can't get either meth-  
od to work, contact  
Ken Hoeck at  
frankus33@aol.com

**Sunday, October 27th**

**"Halloween"**

**Sunday, December 1st**

**"Year End"**

**Sunday, December 8th**

**"Holiday Party"**



### WELCOME TO THE CLUB- NEW MEMBERS

**Calvin LY** Beginner

209-914-6768

Simbacal.20@gmail.com

**Annie Klshiyama** 3.0 Self

415-517-4684

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**Derick Wong** 3,5 USTA

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**Julia Fung** 3.0 USTA

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**Derek Fung** 4.5 Self

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**Tricia Ares** Beginner

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**Tony Ares** Intermediate

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Elad.kaufman@gmail.com

**Akram Boukai** Intermediate

310-780-5851

akramboukai@gmail.com

**Massimo Sarubbi** 3.5 Self

650-455-6557

Massimosarubbi@yahoo.com

**Kostaras Panayota** Beginner

650-483-5111

pennykostaras@gmail.com

**Andrew Dao** 3.5 Self

951-852-7823

andrewvudao@gmail.com

Talk quietly when  
standing near the  
courts that are in use.

**MRC Etiquette**



# BETWEEN THE LINES

## 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?

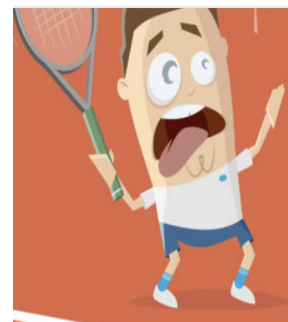
Now you are talking. Go to MRC booking system

(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.

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



### SPECIAL NOTE FROM THE MRC BOARD (FIRST AID KIT AVAILABILITY)

We would like everyone to be aware that in the clubhouse on top of the table by the kitchen, there is a first aid kit .

Inside the first aid kit, besides the usual Band-Aids, antiseptic wipes and antiseptic ointment, we now have one time use / disposable ice packs.

Wishing everyone a safe time

on the court. But it is always good to be prepared in case of a fall or injury.

Also located right above the first aid kit and attached to the wall by the kitchen is an AED/defibrillator which would be used in case of cardiac arrest. If such an incident occurs, have someone call 911 immediately, and proceed

to open up the AED/defibrillator. Once open it does give you step-by-step instructions on how to use it and administer help.

We always hope that we would never have to use such a device, but it is best to be prepared.

Be safe out there and enjoy

**Never walk behind the court when a point is in play. Wait until the point is over and then cross as fast as possible.**

#### MRC Etiquette

### MRC TENNIS COURT RESERVATION INFORMATION 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 reser-

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

MRC board



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### 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

rita.armstrong300@gmail.com

### TENNIS INCREASES LIFE EXPECTANCY ARTICLE COLLECTED BY JIM VANNESS

Tennis increases life expectancy

It's official. Tennis really is the healthiest, life-adding sport you can play.

According to two recent studies, tennis tops the list of sports scientifically proven to increase life expectancy. Badminton and soccer come in 2nd and 3rd. The first, published in the British Journal of Sports Medicine in 2016, found that in more than 80,000 British adults, participation in racquet sports of tennis, badminton, or squash was associated with a 47% reduced risk of dying during the study period for any reason and a 56% reduced risk of cardiovascular-related death.

Another study done by Copenhagen City Heart Study (CCHS) and published in Mayo Clinic Proceedings in 2018

followed close to 9,000 people over 25 years and found that playing tennis added 9.7 years to their lives.

There was a clear correlation between social interaction (connecting with others and maintaining strong relationships) and longevity. Also, the physical demands and challenges of playing tennis (and most racquet sports) along with balance and mental strategy requirements of the sport, contrib-

uted to positive life-enhancing factors as well.

The takeaway? If you haven't picked up a racquet or found your way to a tennis court, it's not too late - and you'll get years back on your life! And get your kids and grandkids out on the court. For youth who play tennis, a study showed:

- 48% get better grades
- 73% are better behaved
- 81% say they will attend college
- 82% are more community-minded and well-rounded.

From <https://www.tennisct.com/increased-life-expectancy> , <https://time.com/7018385/tennis-healthiest-sport-us-open/> , and <https://www.ustaflorida.com/tennis-is-the-healthiest-sport/>



While playing tennis make calls on your own lines and let your opponent hear the call. If the ball is good say nothing and play on.

Thanks

MRC ETIQUETTE

# BETWEEN THE LINES

## MRC NEWSLETTER

2024 TOP TEN USTA WOMEN CURRENT RANK



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