



# LINE CALLS

## *In Dan's Court*

### **A Bright Future for KVTA**

The club is one year older, and we as tennis and pickleball players are one year younger, all due to the fact that we have this great club here for us to use year round. With our members' and non-members' support, we will be here for many years to come. I personally would like to thank the great staff of pros I work with, who help this club move in the right direction. They are Sherry Norton, Lanell Beckles, and Wilbur Shardlow (who also supports the club as a Board member). Also, I would like to thank our junior pros Ellie Hodgkin, Lauren Bourque, and Jed Malinowski. I would be remiss if I did not thank our club volunteers Dale Demers, Ed Hinkley and Dan Bence for their hard work with our juniors. Since our return as a Club five years ago, tennis in Central Maine has grown in numbers. Just look at our activity in Junior programs, as well as our growth in our Adult Programs. I would like to thank each junior and adult personally by adding their names to my article, however, I cannot make my article that large! Here's to the future and what 2018-2019 brings us. Thank you!

—Dan Veilleux, Head Tennis Pro

### **The Gift of Tennis** *by Christopher Lockwood*

Tennis was, and is, my favorite sport. I use the word "was" because there was a time when I thought I would never play tennis again. On January 2, 1989 I was struck by a car and my left leg was 90% severed. I was flown by helicopter from Maine to Mass General in Boston the day of the accident. I underwent a battery of surgeries, and it was over a year before we knew whether my leg could be saved with a reasonable level of function. But still I did not think I would be able to play tennis.

Among my various injuries I have what's known as "foot drop." I can push my foot down, but I can't pull it up. I wear a brace that fits in my footwear which enables me to walk with a more normal stride, but I have a number of ongoing issues as a result of the brace and the various surgeries. I can walk without a cane, but it would be difficult for me to walk long distances. Everyday activities such as walking from a parking lot to and from a store or walking through a store would cause a lot of "wear and tear."

I was fortunate to connect with a rehab doctor who provided me with incredibly practical advice that enabled me to make deci-

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**facebook.com/kvtatennis**

## *Terry's Corner*

### **Fabulous Years at KVTA**

The game of tennis has been part of my life for over three decades. In 1985, Danny Veilleux was the head pro and I was the membership director at a local recreation facility. Danny was offering a children's tennis program, now referred to as Red Ball. I played tennis recreationally and fell in love with the game and wanted to introduce my daughter to the sport. Once my five-year-old stepped onto the court and held a racquet for the first time with guidance from Coach Dan, tennis was it! My child looked forward to her lessons with an eagerness to accomplish the goals set each week by coach. As a parent, I was pleased that my child was participating in a fun game that lasts a lifetime. Little did I know it would become a lifelong sport for both of us.

The benefits of youth tennis offer not only personal discipline and life skills, but physical benefits: bone strength, flexibility, hand eye coordination, agility, and balance. The physical and emotional benefits acquired from the game extends to all age groups. Tennis is a "life time sport."

I have always appreciated my tennis lessons with Danny and the time he spent teaching my daughter. As life moved on, we took different career paths in the industry. Who knew 31 years later I would be working once again with the "icon of tennis" in Central Maine? Dan Veilleux has dedicated his life and taught skills to three generations of tennis enthusiasts.

Let's share some history of tennis over the years:

- 1881 - National Lawn Tennis Association formed
- 1900 - International Lawn Tennis (Davis Cup) formed
- 1920 - The USNLTA drops the "N" from its name and becomes the USLTA.

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KVTA members and Board members at the Annual Meeting on August 29.

## The Gift of Tennis *continued from page 1*

sions to get as much mileage out of my body over the long term, with a view toward lessening the wear and tear needed for routine everyday activities in order to be able to pursue those things that meant the most to me.

One of the strategies he offered was to continue to use a cane for everyday activities. This helps out immensely, but raised a question for me when I considered the possibility of trying to get back to playing tennis. My rehab doctor told me he wasn't worried about me reinjuring my leg, as opposed to trying to downhill ski where my leg would be locked into a binding. He explained that the worst thing that might happen would be that I would trip and fall and scrape myself up. I would need to decide if it was too frustrating if I could not cover enough court.

But I had a question. What would people think? Why am I using a cane if I can play tennis? My doctor looked me right in the eyes and said, "It doesn't matter what other people think. You need to make decisions that are right for you."

I started playing tennis about three years after the accident. It's a wonderful gift. I am so thankful for the various people with whom I play and for the facilities at A-Copi (thanks to KVTA!). It's truly a joy and a blessing to be on the court.

I'm in the final stages of completing a book about "the accident" and my rehab, particularly getting back on the tennis court. It's entitled *Why the Cane?* and will be released in January 2019, the 30-year anniversary of the accident.

## Facility Improvements

Due to the popularity of pickleball and to reduce the time it takes to prepare courts for the sport, Court 2 now has specially painted lines! And we are hoping to acquire a ball machine for players to use for practice!



Maine Senior Pickleball Games June 2018

## Fabulous Years at KVTA *continued from page 1*

1968 - Bob Kelleher and Alastair Martin go to Paris, and following strong British actions negotiate with the International Lawn Tennis Federation to allow Open tennis. Thus, the US Championships became the US Open.

1973 - USTA incorporates as a not-for-profit sports association, and, with the National Educational Foundation, is permitted to receive tax deductible contributions.

1978 - The US Open moves to its new location, under President Slew Hester's leadership, at Flushing Meadows in Queens, NY.

2018 - Kennebec Valley Tennis Association is honored at Flushing Meadows in Queens, NY. I had the honor of accepting the prestigious award, "Best Small Facility of the Year." Awards were also given to Danny Veilleux, Sherry Norton, Lanell Beckles, and Wilbur Shardlow for their hard work and dedication to the sport of tennis.

None of this would have been possible without the committed and dedicated individuals that founded our non-profit organization and the support of our members. I am looking forward to many more fabulous years to come!

—Terry Witham, Director of Facility Operations

**Get that spark back into your tennis with a tennis tune-up!** Stop by or call and set up a private or semi-private lesson with one of our tennis pros. Not willing to commit to a private lesson? Get your favorite tennis buds together and schedule a group lesson! As many as four students can share a lesson. You can learn how to prevent injuries, improve fundamentals, and improve your game!

### A-COPI TENNIS & SPORTS CENTER STAFF

Dan Veilleux - PTR Certified Head Pro  
Sherry Norton - PTR Certified Pro  
Lanell Beckles - USPTA Certified Pro  
Wilbur Shardlow - USPTA Certified Pro  
Terry Witham - Dir. of Facility Operations  
Dayna - Front Desk Associate  
Ellie - Front Desk Associate  
Emily - Front Desk Associate

### KVTA BOARD OF DIRECTORS

Carol Ladd, President  
Wilbur Shardlow, Vice President  
Melissa Romac, Secretary  
Hilary Holm, Treasurer  
Don Gasink, Immed. Past President  
Dick Bachelder  
Dan Bence  
Doug Boyink  
Marc Cyr  
Marcia Duval  
Art Lavoie

**Want to become more active at KVTA?** Join us on one of our committees! Fundraising, Maintenance, PR, Social Events, Personnel, Nominations, Finance, or just give us your ideas! Fill out a comment form or speak to our Director of Facility Operations or any Board member!

## Exciting New Programs This Fall!

**Women's USTA Tennis Level and League Evaluation Clinic** Want to find out your USTA level and/or want to be on our USTA women's team and play matches against women from other clubs? Currently, our club has a USTA 4.0 women's team, and we are looking for women players to form 3.0 and 3.5 teams. If Hilary Holm, the women's 4.0 team captain, feels you are ready for the 4.0 team, she will contact you. You are allowed to play for two teams; e.g. a 3.5 player is allowed to play at the 4.0 level. If USTA league competition interests you, please sign up for the Evaluation Clinic on Sunday, September 23, 9:00 am-12 noon. We will be doing skills and match play to determine at what level you can most help out your club team. Cost: \$40 per person. At the end of the clinic, our club's USTA spokesperson Hilary Holm will be available for questions and will help you if you choose to be a team captain. Space is limited, so sign up now by calling KVTA head pro Dan Veilleux (207) 213-6286.

**Monday Night Advanced Scrambles is coming!** This new program is open to men and women who currently play or have played on USTA 4.0 teams in the past and begins Monday, October 1, 7:00-9:00 pm. If you have not played at the 4.0 level before, you must be evaluated by head pro Dan Veilleux and reexamined after two weeks. We will take a total of 12 men or women players each week, and players will be chosen from those who respond first each week. Cost: A one-time league fee of \$12 per player to be paid the first night of play, and the weekly cost is \$20/Nonmember, \$12/Silver members, and \$6/Gold members. You may sign up through the club in person, by phone (207) 213-6286, or by email kvtatennis@gmail.com. The weekly sign-up deadline is by Friday 5:00 pm before the scheduled Monday night.

**USTA Challenge Night for Women Starting in October** Join us for match play practice! We are looking for two 4.0 pairs and two 3.5 pairs for one week, and two 3.5 pairs and two 3.0 pairs for the following week. Let's get our teams "match tough" for the season! Who: Women players on a USTA team or those players selected by Dan V. When: Wednesdays 7:00-9:00 pm starting October 3. Cost: \$18/Nonmember; \$12/Silver; no charge/Gold. Sign-ups will be weekly, and you must sign up as a pair. Depending on what we are looking for each week, we will take the first two pairs in levels 4.0, 3.5, or 3.0 who sign up. Sign up at KVTA or email us at kvtatennis@gmail.com. The deadlines are Mondays at 5:00 pm before the scheduled Wednesday Challenge Night. Challenge Night is another reason to sign up for the September 23 clinic and get on a team so that you can participate in match play.

**Gentlemen, want to find out your USTA playing level and/or be on a USTA men's team and play matches against men from other clubs?** Currently, our club has no USTA men's team, and we are looking to see if there is interest from members or non members to form teams for men playing at levels 4.0, 3.5, or 3.0 in age groups 18 years old and up, 40 and up, or 55 and up. Each age group plays at a different time of year. You are allowed to play for two teams but not on the same day. If this interests you, sign up for Sunday, October 7 from 9:00 am-12 noon. At this event, you will be doing quite a bit of match play (round robins) to determine your USTA level. Cost: \$20 per person. At the end of the event, our club's USTA spokesperson Hilary Holm will be available to answer any questions you may have about the seasons of play. The event will be run by Wilbur Shardlow and Dan Veilleux. There is limited space, so sign up now through Dan at (207) 213-6286!

**WOULD YOU LIKE A PERMANENT COURT TIME SCHEDULED FOR YOUR GROUP for the year?** Court time is still available. For more information, contact Terry acopitennis@gmail.com.

**IN-HOUSE ACCOUNT** Did you know that KVTA offers a convenient in-house personal account for all your club expenses? This account saves you from standing in line at the desk and saves the club fees charged by credit and debit cards as well. Here's how it works:

1. Ask the Front Desk staff to start an account in your name.
2. Deposit funds into your account (we suggest loading a deposit to cover at least a month's expenses).
3. Come in and use the courts, take a lesson, buy a pro-shop item.
4. Tell the Front Desk staff to put it on your account.
5. Ask for a receipt for the balance so you know when to add more funds. You can load funds with any amount at any time. Sign up for your in-house account today. No membership is required!

### *Hours of Operation as of October 15*

<b>Monday–Thursday</b>	<b>8:00 a.m.–9:00 p.m.</b>
<b>Friday</b>	<b>8:00 a.m.–8:00 p.m.</b>
<b>Saturday</b>	<b>8:00 a.m.–4:00 p.m.</b>
<b>Sunday</b>	<b>9:00 a.m.–4:00 p.m.</b>

**Get 1/2 off Non Member court fees on the second and fourth weekend of every month!**

**Get 20% off court time during Non-Prime Time Monday–Friday 12:00–3:00 p.m.!**

**Make your life easier! Stop schlepping your stuff! Lockers are available to rent at \$69 for nine months, \$90 for 12 months. Forget a towel? We have them for only \$4. Ask at the front desk.**

# PROGRAM SCHEDULE

Fall 2018



KENNEBEC VALLEY  
Tennis Association

Sign-ups are preferred for all programs, though drop ins are accepted. We prefer payment by cash or checks but also accept credit cards.

## 10 & UNDER TENNIS (\$12 DROP IN/\$55 5-WEEK SESSION)

**Wednesday**

**Red Ball** (Ages 4-7) 3:30-4:30 pm

**Orange Ball** (Ages 8-11) 4:30-5:30 pm

Additional programming is available for kids on the weekends during our Fall/Winter/Spring seasons. Private lessons are available during all seasons. Call (207) 213-6286 to sign up.

## MIDDLE SCHOOL LEVEL TENNIS (\$13 DROP IN/\$80 5-WEEK SESSION)

**Tuesday**

**Middle School Clinic** 4-5 pm; skill improvement

**Thursday**

**Middle School Clinic** 4:30-5:30 pm; skill improvement

## HIGH SCHOOL LEVEL TENNIS (\$13 DROP-IN/\$80 5-WEEK SESSION)

**Tuesday**

**High School Clinic** 3-4 pm; skill improvement

**Thursday**

**High School Clinic** 3:30-4:30 pm; skill improvement

## ADULT TENNIS

**Monday**

**USTA Level 3.0 Drill** 10-11:30 am (\$22 Non Mbr/\$19 Mbr)

**Big Hitter's Levels 4.0-4.5** 7-9 pm (\$20 Non Mbr/\$12 Silver/\$6 Gold)

**Tuesday**

**Stroke of the Day** 11 am-12 pm (\$18 Non Mbr/\$15 Mbr)

**Adult Advanced Beginner** 5-6 pm (\$18 Non Mbr/\$15 Mbr/\$65 5-wks)

**Wednesday**

**Mixed Doubles 3.5-4.0** 5:30-7 pm (\$18 Non Mbr/\$12 Silver/\$0 Gold)

**Boot Camp** 6-7 pm (\$12 Non Mbr/\$10 Mbr)

**Thursday**

**Adult Beginner** 9-10 am (\$18 Non Mbr/\$15 Mbr/\$65 5-wks)

**Stroke of the Day** 1-2 pm (\$18 Non Mbr/\$15 Mbr)

**Friday**

**USTA Level 3.5 Drill** 10-11:30 am (\$22 Non Mbr/\$19 Mbr) Differences between 3.0 and 3.5 are the speed at which the ball is hit and the number of times a player can return the ball or serve without a mistake.

**Friday Night Mixer** 5:30-7:30 pm No sign up required (\$15 Non Mbr/\$10 Silver/\$5 Gold)

**Saturday**

**Adult Advanced Beginner** 8-9 am (\$18 Non Mbr/\$15 Mbr/\$65 5-wks)

**Cardio Tennis 9-10 am** (\$12 Non Mbr/\$10 Mbr)

**Private Lessons** 11:00 am-12 pm

**PICKLEBALL** Rates per 1.5 hrs: \$5 Non Mbr/\$3 Silver/\$1 Gold. For pickleball lessons, contact Dan (207) 213-6286 (\$20/half hr)

**Monday** 12-1:30 pm (\$5 Non Mbr/\$3 Silver/\$1 Gold)

**Tuesday** Tournament Level Players 5:30-7 pm (\$7 Non Mbr/\$5 Silver/\$2 Gold)

**Wednesday** 12-1:30 pm (\$5 Non Mbr/\$3 Silver/\$1 Gold)

**Friday** 12-1:30 pm (\$5 Non Mbr/\$3 Silver/\$1 Gold)

**Saturday** 8:30-10 am (\$5 Non Mbr/\$3 Silver/\$1 Gold)

**SUPPORT KVTA!** We are a non-profit 501(c)3 organization. Please consider a gift to offset annual and unexpected costs and support financial aid for youth.

**THANK YOU!**

## From the Board

The Annual Meeting of the KVTA was held at A-Copi Tennis and Sports Center on August 29. The Social Committee headed by Lisa Lowrey provided refreshments. At the meeting, members voted for incoming board members Wilbur Shardlow, Art Lavoie and Melissa Romac. Dick Bachelder and Marc Cyr were elected to serve another term. Retiring board members Elaine Bridge and Suzanne Young were thanked for their service. President Don Gasink presided over the meeting and Treasurer Hilary Holm gave a financial report. Head Tennis Pro Dan Veilleux talked about areas where the club is growing and the potential for the coming year. Dan mentioned our first social event will be on October 20 from 4-7 pm, which will feature tennis, pickleball, triples, and pop tennis, and homemade soups and pies will be served. The fee is \$20.

Following the Annual Meeting, the Board of Directors convened for their monthly meeting and elected the following officers: Carol Ladd, President; Wilbur Shardlow, Vice-President; Melissa Romac, Secretary, and Hilary Holm, Treasurer. Outgoing officers Don Gasink and Doug Boyink were thanked for their service. Don will continue on the board as Immediate Past President and Doug as a Board member and Chair of the Human Resources Committee. The board anticipates a productive and successful fiscal year 2019 and welcomes input and participation from its members and fellow racquet sport players.



Many thanks to the Social Committee, which provided refreshments for the Annual Meeting.

*Space is available for birthday parties and other rentals! Call for reservations!*

## SAVE WITH A MEMBERSHIP!

Membership rates and online information request form are on the website [www.kvtatennis.org](http://www.kvtatennis.org).