

UPCOMING EVENTS

February 2012

- 2nd Men's Quads Begin (rain delay)
4th 10 and Under Play Day
11th SWTA Chilly Chili Tourney
16-19th Pensacola Adult Clay Court Championship (designated)
20th Under The Hill League Begins
25th Tourney in a Day
25th Pink Ribbon Registration 1pm

March 2012

- 3rd (Sat.) Fun Tennis Mixer (6pm-9pm)
11th **Daylight Savings Time!!!**
Move clocks forward
16th(Fri) Fun Tennis Mixer(6pm-9pm)
24th Tourney in a Day
28-Apr 1 Pensacola Wheelchair Open Tennis Championship

** For detailed information, see flyers at RS & on www.tennispensacola.com/clubs/Roger-Scott-Tennis-Center.htm

RSTC Hours of Operation

Mon - Fri: 8:00 AM - 9:00 PM

Saturdays: 8:00 AM- 4:00 PM

Sundays: 12:00 PM - 5:00 PM

Mon-Thurs: 9:00 AM - 7:00 PM
Fridays: 9:00 AM- 1:00 PM
Saturdays: 9:00 AM- 1:00 PM
Phone: 438-0850
www.getagripproshop.com



DOUBLE FAULT

Concession hours are Monday-Friday 5:00-9:00pm. Currently they only serve beer and wine.

Bob will be changing the look of the concession soon and will begin serving food! Look for it!



Please do not bring alcoholic beverages into the facility.

February 2012



FLORIDA

USTA Florida

Pensacola Adult Clay Court Championships in February

Reported by USTA Florida

The Pensacola Adult Clay Court Championships Designated (previously held at Bluewater Bay) will be held on Feb. 16-19, 2012, on the clay courts of Roger Scott Tennis Center in Pensacola.

Age divisions will be men's and women's Open, 30, 40, 50, 60, 70 and 80 singles and doubles with a first-match consolation, and mixed Open, 35 and 45 with a first-match consolation. Play will begin on late Thursday afternoon for any of the 50-and-over divisions that have draws bigger than eight. All other divisions could begin on Friday morning, depending on the size of the draw.

Entry fees are \$43.50 per player for the first event and \$23 per player for the second event. Players may enter one singles and one doubles or mixed doubles. Or, they may enter a doubles and a mixed doubles but NOT two same-gender doubles or two mixed, i.e. Men's 40 and 50 doubles or Open and 35 mixed.

"We hope that this first adult USTA Florida sanctioned tourney in Pensacola will get a good reception from area players," said organizer and referee Scott Harrison. "We will lunch on Friday and Saturday, have t-shirts, and free coffee, hot chocolate, fruit and healthy snacks throughout the tournament."

Entry is online at http://tennislink.usta.com/TOURNAMENTS/TournamentHome_New/Tournament.aspx?T=113939.

Adult Quads Begin!

Men's, Ladies' and Advanced Ladies' Quads have begun! As a quads player, you are asked to find your own sub if you cannot make a certain night! This saves Maggie from frantically calling everyone she knows to come out and play and not leave 3 other people stranded on the court! Be courteous and find a sub! If you would like to be a sub, contact Maggie now to add you to the list! \$15 for RSTC members, \$50 for non-members. Questions? Contact Maggie at 380-8316, or better yet, email her at RS.quads@gmail.com .

SWTA 4th Annual Chilly/ Chili Tournament (hard court)

*The Weather May Be Chilly,
but the Chili will be hot!!!!*



Women's Doubles; Round Robin Format

Saturday February 11, 2012 9:00am Start

\$10 for SWTA members \$25 for non SWTA members

Fee includes Saturday lunch (Chili of course!), unlimited snacks and drinks. Prizes for bracket winners.

LIMITED TO 20 TEAMS

Sign up at Roger Scott... print off form from calendar on www.tennispensacola.com.

KIDS & JUNIORS

10 and Under Tennis using the QuickStart Tennis play format takes a new and better approach to introducing kids to the game. Balls are lower in compression; they bounce lower and don't move as fast so they are easier to hit. This allows kids time to get to the ball and helps them develop optimal swing patterns. Racquets are sized for small hands, and the courts are smaller and easier to cover. All that equals more fun and less frustration!



Sessions

Session 2 February 6 — March 15 (6 weeks)

Session 2 may change!

Session 3 March 26 — May 3 (6 weeks)

Quickstart Clinics Ages 8 & under

Monday, Tuesday, Thursday 3:30-4:30pm \$15/day
\$ 60 per session/1 day/week - \$100 /2 day/week
\$125 UNLIMITED days (18 clinics)

Futures Clinics Ages 12 & under

Monday, Tuesday, Thursday 4:30-6:00pm \$20/day
\$ 90 per session/1 day/week - \$150 /2 day/week
\$180 UNLIMITED days (18 clinics)



Junior Academy

Tournament and High School

*Players must get approval from Michael Edge)

Monday 7:00-9:00pm

Wednesday 4:00-6:00pm

Saturday's 9am-noon

February 4th

March 3rd

May 12th



Sign up on Junior Board.
\$10

Contact Michael Edge, Junior Tennis Director, for more information on junior programs.
912-4103 or medge5@hotmail.com or www.tennispensacola.com/clubs/Roger-Scott-Tennis-Center.htm

ROGER SCOTT CONTACT INFO

2130 Summit Boulevard
Building 3
Pensacola FL 32503
850-912-4103

<http://tennispensacola.com/clubs/Roger-Scott-Tennis-Center.htm>

<http://www.facebook.com/RogerScottTennisCenter>

rogerscotttennis@gmail.com
RS.quads@gmail.com (Quads)

Information

Do we have your current address, email and cell number on file? (and carrier- there will be opportunities to send text messages to our members!) Newsletters will now be distributed by email to save some trees! Make sure we are up to date next time you are in!



Sacred Heart Sports Care

Shoulder Concerns for the Tennis Player

The shoulder enables us to do everything from hitting a tennis ball to sweeping the floor. The shoulder, according to the American Physical Therapy Association (APTA), is the most flexible joint in the human body. Unfortunately, this flexibility can cause shoulder instability, and in turn, several painful shoulder problems. About 4 million people each year need medical attention for shoulder problems, according to the American Academy of Orthopedic Surgeons.

Torn Rotator Cuff

The rotator cuff is a group of muscles and tendons that surround the shoulder joint. The American Academy of Family Physicians (AAFP) says a torn rotator cuff is a common cause of shoulder pain. It often starts when a tendon of the rotator cuff becomes inflamed. The pain is usually felt when you try to lift something or raise your arm, such as a tennis serve. You may also notice it at night while you try to sleep.

Initial symptoms of a rotator cuff injury can include:

- pain when lifting or lowering the arm
- weakness in the arm
- a cracking sensation

Speaking from personal experience (two shoulder surgeries); I felt numbness in my right arm that would escalate during periods of stressful activity on my shoulder.

Over time, the pain may increase until it is present even when the arm is not being used. A rotator cuff injury is diagnosed with imaging studies, including x-rays, MRI and

ultrasound. If the pain is not too severe, treatment options can include rest, ice and medications to relieve the pain and inflammation. Steroid injections may be used as well. If the pain is severe, surgery may be needed to fix the problem.

Treatments and Rehabilitation

Treatments for a shoulder problem will, of course, depend on the exact nature of the injury. A doctor could recommend some or all of the following:

- Apply heat or cold to the sore area
- Take medicine to relieve pain and inflammation
- Electrical stimulation of muscles and nerves
- Ultrasound
- A cortisone injection near the inflamed area

Whether your treatment involves medication, surgery or exercise, APTA says a physical therapist will likely be involved in all phases of your shoulder's rehabilitation. The goal of therapy is to increase your strength, and regain motion. In the past several years, APTA says there has been a shift in the approach to rehabilitation. Today, physical therapists make it a top priority to get you moving again. Keeping the shoulder immobilized, according to APTA, can cause weakness and atrophy. Always consult your doctor before taking part in a rehabilitation regimen.

If you have any questions or concerns regarding your shoulder, please feel free to contact RSTC's concierge Will Condon of Sacred Heart Sports Care @ 850-416-2100.

Volunteer day



...was a success! Hope you have noticed the new paint job! (Don't look to closely... we were all volunteers!) Thanks to the 6 City staff that came from downtown on Friday, the military who sent out 12 members on Saturday, and the 8 PYP (Young Business Professionals) that joined us. We had only about 6 RSTC members that helped- which included our staple 2 people that always finish our paint jobs - (you know who you are!) And several RSTC staff members that pitched in. A special thanks to three RSTC members: **Tommi Stockamp**, for volunteering her services before and after the painting weekend- still on going- we ALL appreciate that! And **Greg and Lynn Schweigert** from **The Paint Mart** who donated the paint and supplies for all our painting needs. **THANKS!**



FLORIDA

Next up for the USTA is SENIOR LEAGUE January-March; then ADULT LEAGUE March-June. If you are interested in playing on a team and can't find one, contact the following:

Senior League Rep Ric Pounders,
pounDawg23@aol.com;

Ladies Adult League Rep Diana Waters,
diana.waters@navy.mil;

Men's Adult League Rep Terry Thrash,
tthrash1960@yahoo.com.

Find out detailed info about any RSTC event at Roger Scott Tennis Center or on OUR website:

www.tennispensacola.com/clubs/Roger-Scott-Tennis-Center.htm



2012 Tennis Tournaments, Mixers and Events at RSTC

Feb 02, 2012	Men's QUADS at RSTC begin (late start- rain)
Feb 04, 2012	10 and Under PLAY DAY
Feb 11, 2012	4th Annual SWTA Chilly/Chili Tournament (ladies)
Feb 16 - 19, 2012	Pensacola Adult Clay Court Championships (Designated)
Feb 25, 2012	Tennis Tourney-In-A-Day
Feb 25, 2012	Pink Ribbon Tennis Tournament Registration
Mar 03, 2012	10 and Under PLAY DAY
Mar 03, 2012	Fun Tennis Mixer (Mixer dates may change)
Mar 16, 2012	Fun Tennis Mixer (Mixer dates may change)
Mar 24, 2012	Tennis Tourney-In-A-Day
Mar 28 - 01, 2012	Pensacola Wheelchair Open Tennis Championship
Apr 12, 2012	Calcutta for a Cure Pro-Am
Apr 13 - 14, 2012	Pink Ribbon Tennis Tournament
Apr 20, 2012	Fun Tennis Mixer (Mixer dates may change)
Apr 28, 2012	6th Annual Puzzle Piece Tennis Tournament
May 11, 2012	Fun Tennis Mixer (Mixer dates may change)
May 12, 2012	10 and Under PLAY DAY
May 26, 2012	Tennis Tourney-In-A-Day
Jun 02, 2012	4th Annual Larry Caton Memorial Tennis Tournament
Jun 15, 2012	Fun Tennis Mixer (Mixer dates may change)
Jun 16 - 17, 2012	Sloan Claypit Juniors
Jun 23, 2012	Tennis Tourney-In-A-Day
Jul 13, 2012	Fun Tennis Mixer (Mixer dates may change)
Jul 21, 2012	Tennis Tourney-In-A-Day
Aug 17, 2012	Fun Tennis Mixer (Mixer dates may change)
Aug 25, 2012	Tennis Tourney-In-A-Day
Sep 07 - 08, 2012	The 8th Annual Bud Light ARC Gateway Benefit
Sep 14, 2012	Fun Tennis Mixer (Mixer dates may change)
Sep 22 - 24, 2012	PJTA Invitational
Oct 13, 2012	3rd Annual Tucking Kids In Safe & Sound Tournament
Oct 20, 2012	Tennis Tourney-In-A-Day
Oct 26, 2012	Fun Tennis Mixer (Mixer dates may change)
Nov 09, 2012	Fun Tennis Mixer (Mixer dates may change)
Nov 23 - 25, 2012	USTA National Open 18s
Dec 07, 2012	Fun Tennis Mixer (Mixer dates may change)
Dec 15, 2012	Tennis Tourney-In-A-Day

New!

Tourney-In-A-Day
2012 Competition Circuit Series
The Race to December 15th

RSTC is offering a competition circuit series in 2012. The series will consist of **Eight 1-day events**. Players will receive points for each match. Those with the most points at the end of the final event (December 15, 2012) will receive a trophy and the title of *Circuit Champions* in each division.

You don't have to be participating in the Competition Circuit Series to play at any of the Tourney-In-A-Day events. Everyone is invited to play in any of the events: to compete for circuit points, to get match-play experience or just to have fun.

Event Dates:

Feb 25

July 21

Mar. 24

Aug. 25

May 26

Oct. 20

June 23

Dec. 15

All matches will be played on **Saturdays** between **2:30pm and 6:00pm**.

In the event of bad weather, matches will be played on Sunday.

Surface:

Both hard and soft courts will be available. Surface preferences will be honored when possible.

Signup:

Deadline to register for a day is 5 days before the event (i.e. Monday before the Saturday)

Adults only. (18 years old or older)

Signup sheets will be available at the RSTC front desk and online from each event day in the TP calendar.

Cost: \$20/person/day

Payment due at check-in

No additional non-member or surface fees

Each day will include at least 3 matches and Food & Drink ... Each player will get a t-shirt on their first event

Circuits:

Men's Singles

Men's Doubles

Ladies' Singles

Ladies' Doubles

Mixed Doubles

Each circuit will have **2 Divisions:**

- **Beginner/Intermediate:** 3.0 and below
- **Advanced:** 3.5 and above

Format:

Each match will be 11 games total - no-ad scoring - 5 minute warm-up

At least 3 matches per day

Winner of each match gets 5 points - loser gets 1 point

You may signup for more than one circuit; however, on a given day, you can only play in one circuit.

On Dec. 15th, there will be a party, with trophies will be presented to the winners of each circuit division, following the final matches .

If anyone is tied at the end of the last day, they will play a 7-point tie-breaker (first to 7 not by 2) to decide the Champion.

More info contact **Steven Allison**. 228-547-9449 or RSTC 912-4103.

www.tennispensacola.com/clubs/Roger-Scott-Tennis-Center.htm

Tennis Tournament in a Day

The Race to December 15th

Dates: Feb. 25 July 21 *all are Saturday dates
Mar 24 Aug 25
May 26 Oct 20 *if bad weather, event will be held Sunday
June 23 Dec 15

Time: 2:30pm – 6:00pm

Cost: \$20 RSTC member/\$25 non-member (Food & Drink, Shirt for your 1st event)
SAVE by paying for all 8 now! Pay for 7- get one free!
\$140 member/\$175 non-member Make checks to: Steven Allison

Divisions: Men's Singles Circuit *Beginner / Intermediate (up to 3.0 level)
Men's Doubles Circuit
Women's Singles Circuit *Advanced (3.5 level and above)
Women's Doubles Circuit
Mixed Doubles Circuit *Format: 11 games total (no AD)

Name: _____
Address: _____
Cell phone: _____
Email: _____ (will be sending updates by email)

Put an (x) in only one:

Men's Singles Circuit _____
Men's Doubles Circuit _____
Women's Singles Circuit _____
Women's Doubles Circuit _____
Mixed Doubles Circuit _____

Put an (x) in only one:

Beg/Int _____ Adv _____
Beg/Int _____ Adv _____
Beg/Int _____ Adv _____
Beg/Int _____ Adv _____
Beg/Int _____ Adv _____

These events through the year are for circuit points. The winning total of points at the end of the last event will determine our Circuit Champions in each event/division.

List the event date you would like to play: _____

If you are playing doubles, list your partner: _____

If this is your first event, circle your shirt size: **Small Medium Large XL XXL**

Deadline for sign-up is 5 days before the event (Monday of the Saturday week)

***These events are for everybody and anybody who wants to come out for an afternoon of fun competition. You can be for just the points race, match play experience or just for fun!**



If you have any questions please contact: Steven Allison at RSTC (850)912-4103 or cell (228)547-9449