

CLUB NEWSLETTER

Winter 2025



Adams Park Tennis

"We will never know our full potential unless we push ourselves to find it."
--- Travis Rice - American Professional Snowboarder

EDITOR: MARLA HELMS

Hello to an Action Packed 2025

There is a lot of excitement, fight and heat on our courts this winter. Leagues are peppery hot! Yvette Reeve's two teams are proving their tensile strength as they compete in battle-ready competition. The USTA, 3.5 league is a one single and three doubles format. The team is close to finishing first if they can nail their rain makeup matches. Plus the North County Doubles six line team is on top right now! Again, we have a few rain makeup matches to go, stay tuned. Here is a link to the North County Doubles website. Let's go!

And Lilli Gibson's USTA, 4.0 team is hitting it smart, competing in yet another competitive flight ... they are positioned right in the middle of the pack. More makeup matches are pending.

Rebecca Fritz, a new club member to Valley Center, captained a ladies' 4.5 team playing on Wednesday's. This team was fantastic to watch -- they played 10 matches with 4 home games in VC. Congrats on the sweat equity earned this season and best of luck next time!

"At-a-boys", are in order for our newly formed men's 3.5 Sunday team. They played one singles line and 3 doubles lines. No they didn't win, however, I watched several of their matches and they did well. This is a newly formed team, captained by Mark Rivera. Mike Still and Richard Lavato played line one doubles and came very close to beating the number one, undefeated team, Kit Carson Park. This team had some very close matches with tie-breaks going to the opponents. With some additional experience playing together and fewer injuries this team can be a fighting force in the future. Congrats guys for going for it!

Coach Seth Leichtfuss, ran his first USTA sanctioned junior tournament (boys and girls, 10u, 12u, 14u) on February 2nd. This was a successful trial run ... and the next tournament is scheduled for March 22nd. Additionally, the junior USTA league players have begun their spring matches. They play on Sundays and Seth has a terrific group of players, there is a 14 and under team, and an 18 and under team ... yay! Note, schedules are posted on the tennis shack wall. If you have young children that want to attend Seth's kids Summer Camp, it's scheduled for the last week of June. For junior sign ups contact Seth at: seth.leichtfuss@gmail.com. Congratulations to Seth on his USTA Tournament Director, certification.

Our Saturday social mixer continues to be very popular! Since the beginning of 2025, we've had 4 to 5 courts of doubles- mixed, and paired with the goal of providing fun competitive doubles. Thanks all for respecting the weekly line ups, created by Tom Helms. Be sure to sign up with Lyn Scribner at: waltlyn@earthlink.net. Of note, if you can only play 2 sets please look for someone that will sub in for your third set. And please communicate this with Lyn Scribner. Thank you Lyn, for continuing to do a stellar job coordinating the sign ups and communicating to all of us every week.



Visit: <http://valleycentertennis.club>

VC Tennis Club Facility News

Some very good news! The County will replace the old metal halide light fixtures on courts 1 thru 4 with new LED lights this year. The plan is to upgrade courts 1 and 2 in May. And upgrade courts 3 and 4 in August. New nets have been installed by Van (this continues as needed). And weed abatement continues, spring will bring a fresh crop of greens! We will replace the old ball holders with new ones as some are looking "whacked". We asked Parks & Rec., to install additional straw waddle and clean out the drains before the rainy season hit us. They complied and so, we have had very little mud and dirt washing onto the courts. We are still trying to get Parks and Rec., to correct the water pressure so we can properly maintain the tennis courts.

When the courts need drying due to rain please pitch in and help your captain or organizers get this done to expedite the process. The outside tennis shack closet has plenty of rollers and brooms. Some of you have asked if we can install a WebCam, to help determine if the courts are too wet to play, this would help captains and league players. We will look into this again. To be determined.

Due to lack of funding and other budget priorities the County has decided not to demolish and upgrade courts 5 and 6. This is an expensive project as the County requirements include ADA access, new walk ways and a complete site analysis for grading, soil compaction, and drainage. We will continue to advocate for the rebuild and consider other sources to help with funding.

Our park is looking prettier with the addition of more trees and flowering drought tolerant plants. One of our new club members said, "VC is a sweet place to play." --- I agree!

A reminder about **ladies' doubles, social tennis played on Wednesdays**. Every Wednesday, a group of members get together to socialize and play tennis. This group is now managed by Madeline Gartner. If you are interested in joining the WED., group, contact Madeline at: mhgartner@gmail.com. Madeline will add you to her list of potential players. Each week, Madeline sends a **text message** asking for players. Once you respond via text she will send a confirmation text to all those playing on Wednesday. Members get priority to play, however, if someone wants to try it out to see if Wednesday is a good fit that's great. You can play two or three times before we ask you to join the club.

Additionally, similar guidelines apply to our **Saturday social, mixed group**. The contact for Saturday is Lyn Scribner. Email Lyn at: waltlyn@earthlink.net if you want to be added to Lyn's notification email list. She sends it out to all members interested. Be sure to reply to Lyn if you want to play on Saturday. Once Lyn sends the final confirmation email to you, check the start time. If something comes up and you can't play, notify Tom Helms and Lyn. Please respect the line up provided. There are reasons we pair players -- an example; someone has an injury and needs to take it easy in the third set, we put them with a strong partner --- thanks.



Know the Local SD Rules ...

Here are the links to Leah's League **Rules**, Tennis Competitors **Rules**, North County Invitational **Rules**, and the **USTA**. If you are playing in these leagues, be sure to review the rules. Most of these leagues refer to the USTA Code for standard rules. They have some differences in player line assignments, line scoring, and third set options.

USTA Rules [THE CODE LINK](#)

Player Performance TIPS -- MANAGING HEAT

Before we know it temperatures will climb and we will be slogging around the courts looking to our partner to run for that tough lob. It will just seem too hot to go for it. What to do? Prepare early --- get ready now. Here is a concise read on managing heat and hydration. I hope this helps! Click this link.

Heat and Hydration for Tennis

This is another nice read on **training and heat management**. Click the link, to learn how world class [Olympians](#) prepare.

Did you know there are perks when you join the USTA?

Yes, really! With a USTA membership you get discounts on special event tickets; plus, the following companies offer member discounts on merchandise. Athleta offers a 10 percent discount good for one year, your annual membership. Wilson and Head offer \$45.00 off and \$44.00 off a one time purchase of \$100.00 or more. Keep this in mind when you join the USTA. You will receive an email from the USTA with your discount codes. Happy shopping ...!



Special note, the men's social group plays on Monday and Wednesday afternoons. Times vary somewhat due to variations in high school program scheduling. Note, the high school JAG schedules are posted on the tennis shack wall. Tom Helms sends a text to the guys with start times. This is an open rotation of fast four games. If you want to play, you can email Tom at: thelms1@att.net and Tom will add you to his weekly text message notifications. Or, you can just show up, around 4 pm and rotate in.

League Spring Summer

spring leagues are forming now. Yvette Reeve will captain a USTA ladies 18 and over league. And Lilli Gibson will captain an 18 and over USTA, 4.0 league. I will be captaining the ladies 3.5 senior team this summer. Seth will run his **Kids Junior Camp** the last week of June. Other league opportunities will be forth coming. If you are super busy and still want to play league, consider the USTA Flex League option. This allows league players to schedule matches whenever it is convenient to play. Also, the USTA puts mixers together for young adults. This event is called Sip N' Serve, a social mixer with drinks and food. Learn more with this [LINK](#)

Captains and Co-Captains thank you for the work you do!

Just a reminder, as the winter league season ends all **non-member players should submit their final payments for home games**. If three or more home games are played then the club requires the player to join the tennis club. The annual membership fee for one adult is \$80.00. If you have a player that only plays away games they don't have to join the tennis club. If they do play one or two games at home, then players need to submit \$10.00 for each game played. Please support the tennis club. Your dues and fees help us in many ways; we purchase nets, chairs, make repairs, contribute to capital improvements, pay fees to P&R, and support our community tennis activities. For dues and membership email: ninahunt2015@gmail.com. Checks should be mailed to: VC Tennis Club, PO BOX 1214, VC 92082. Or, you can submit via Venmo: @VC-Tennis. Make sure you include the team captain's name along with the associated player's name with your payments. Thanks!

From the USTA: COMPETE LIKE A CHAMPION PODCAST

Get the latest information on how to improve your game the series covers all aspects of competition. Including mental, physical, and stroke production training. This is a valuable resource offered by the USTA, click this link, [PODCAST](#).



Looking back at 2024



Top photos are the Wednesday ladies' group celebrating the holidays with some fun tennis and a holiday potluck.

We had another fun October social, with tacos, prizes, and fabulous weather too! We've realized we need to upgrade our prizes, so, we will. We had 25 in attendance and Coach Seth, Tim Clark, and Mark Littrell ran us through some terrific drills.

Bottom pic is Andrea van Soest and Kelsey Cane winning their league match. This Leah's BB team, captained by Yvette Reeve won the Leah's BB championship. Plus, Ronda Smith's, Leah's A team also won the A team championship.

Special thanks to Yvette Reeve for hosting a wonderful captain's celebration for her winning Leah's team. We played, we ate, we received gifts --- oh, and did you notice the new sign? 2024 Champions!



Board and Contact Information

Annual Membership: November 1st thru October 31st

Mail to: VC Tennis Club, PO Box 1214, Valley Center, CA 92082

Adult: \$80.00 and Family \$95.00

Senior: \$60.00 (75 yrs. plus) and Junior: \$30.00 (under 25)

Note: Our Venmo account is: @VC-Tennis.

Contact Nina Hunt, for Dues & Membership

You Could Save a Life

**Parks & Rec., installed an Automated External Defibrillator,
(AED) device -- it's mounted on the tennis shack wall.**

If someone suffers a cardiac arrest or falls and isn't breathing call 911; start CPR, and if needed, open the door to the AED unit and follow the emergency verbal instructions. See this [LINK](#) to read more about the device.



Valley Center Tennis Club Board

Van Lynch, President: michelleandvan@hotmail.com

Marla Helms, Vice President: marlajohelms@att.net

Nina Hunt, Treasurer : ninahunt2015@gmail.com

Barbara Rohrer, Secretary: tennis42@juno.com

Lyn Scribner, Director: waltlyn@earthlink.net

Club membership is at 150. Bank deposit at \$19,000.00.

We are saving for major facility improvements.

Like us on Facebook at [valleycentertennisclub](https://www.facebook.com/valleycentertennisclub)

