

# PACIFIC NORTHWEST Adult League E-Newsletter

November 17, 2023

**Read the latest news regarding Adult Competition in the Pacific Northwest!**



## **A Thanksgiving Message From Matthew Warren**

**USTA PNW CEO & Executive Director**

As we enter the season of Thanksgiving, we wanted to offer our thanks for your active participation in tennis!

A recent Tennis Industry Association survey cited that the Pacific Northwest was the fastest growing Section in the country with an average year-over-year participation growth rate of 14.9%. The national average is 6.2%. As a result, USTA Pacific Northwest now serves over 1.3 million tennis players in Oregon, Washington, Alaska and Idaho.

When it comes to our USTA League program and USTA sanctioned tournaments, we wanted to share that the 2023 Championship season set new participation records. For just the second time in the history of USTA PNW, we had close to 38,000 league participants. Additionally, our

Section leads the nation in an 80% league player retention rate. USTA sanctioned tournament participation in the Pacific Northwest is up 11% year-over-year and the number of tournaments offered increased 36% year-over-year. So thank you for playing!

These record breaking numbers are not only encouraging for the entire tennis industry but also for the health of communities and individuals. A [Mayo Clinic Study](#) found that playing tennis added nearly a decade to your life expectancy. Given these findings, we feel that it is incumbent on us all to provide more tennis play opportunities.

As you know, our biggest challenge to growing tennis participation in the Pacific Northwest is accessibility; specifically the cost to play and access to indoor courts. To address this, USTA PNW, a 501c3 tax exempt non-profit organization, is proud to have raised money and provided over 1,500 need-based scholarships to individuals and families to play tennis. These efforts played a significant role in our year-over-year tennis participation growth.

As we enter the season of Thanksgiving and look to 2024, our goal is to expand this level of support and make tennis more accessible to others. But we need your help; please consider visiting our [15-All Campaign](#), where you can make a tax deductible donation of just \$15 to provide more scholarships and make the game more accessible. Together, we can share the benefits of tennis and make our communities and neighbors healthier!

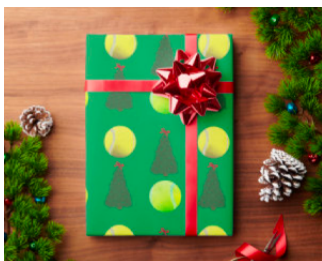
## 2024 League Player Resources

Are you wondering where Section Championships will be next year? What's the order for Wildcards? When are leagues starting? Need help with Rules and Regulations? Have questions about NTRP ratings?

Answers to these questions and many more can be found on the USTA PNW Leagues website. Visit the PNW Leagues website [HERE](#) for answers to your questions.

Make sure to bookmark the PNW Leagues website, it can provide you with answers to your questions during, before, and after your next league match. You can also find links to nominate players for good sportsmanship or if you want to catch up on previous issues of the PNW Newsletter, you can find it there.

Thank you for staying connected to the PNW leagues community and keeping up with the latest news and information through our leagues website!



## What kind of gift giver are you?

### Give the gift of tennis this year!

Gift giving. Just saying these words can be a trigger of stress for some, especially when you are searching for the perfect gift during the holidays. When it comes to ACE-ing the perfect gift, check out our thoughts on the type of gift givers out there and some ideas to go along with it so you can easily fulfill your gift giving needs this holiday season!

### Are you a ... **THINGS** gift giver?

Some of the best gifts are things that are long-lasting! If you like to give things and have a USTA League player, team Captain, and/or fellow tennis fanatic on your list, shop the **USTA PNW Store**.

Here's a twist on giving a thing: give something back and give to the sport you love, TENNIS! USTA PNW is a non-profit organization with charitable programs, grants and scholarships that increase access to tennis for kids and families throughout the PNW. This season, **you can make a donation in the name of someone close to you** such as a tennis teammate, tennis coach, family member, or friend! Donating to tennis is ever-lasting and will make an impact for generations to come.

## **Are you a ... TIME gift giver?**

They say quality time is one thing money can't buy. Giving the gift of time to someone to do something special together can be a meaningful gift. If you like giving your time, certainly you could plan to go to a special event with someone or simply meet up for coffee, but how about making time to give back to others together? **Volunteering with USTA PNW** is a different take on the gift of time. Not only are you dedicating and spending quality time with someone special, you are giving your time to help others which feels great. Volunteers are the heart of USTA PNW and make an impact well beyond the tennis court. **Sign up to volunteer together and find a volunteer opportunity that you'll both enjoy.**

## **Are you a ... TALENT gift giver?**

Take your love and talent for tennis and give yourself (and other tennis players) something to enjoy – the gift of playing more tennis! With more tennis players bringing their talents to the courts in the PNW, that means even better tennis experiences that everyone can enjoy. **There are many ways you can play including tournaments, leagues and more.**

For the experienced USTA League players you can give your talent by becoming a USTA League Captain! Captains help bring people together and lending your leadership talent as a team captain helps others experience the physical, social, and emotional benefits of tennis. You help forge friendships and team bonds, you help create community through tennis, and you help people have FUN! What a great gift to give to fellow tennis players!

Through this busy time of the year, we hope this gives you a couple of new and fresh ideas for gifts to give! Remember that no matter what the gift is, the best things are the ones that are meaningful.

**To stay up to date on all things tennis in the Pacific Northwest make sure to follow USTA PNW on Facebook, Instagram, and Twitter.**

USTA PNW is a 501(c)3 nonprofit committed to making the game of tennis and its physical, social and emotional health benefits accessible for all people and communities throughout Oregon, Washington, Alaska and Northern Idaho. **Learn about our impact in the Section and how you can support USTA PNW's vision of "Tennis for All"**

## **Coordinator's Corner**

**In this reoccurring feature, you ask a question about how to navigate certain situations in**

**USTA League play, and one of our Regional League Coordinators answers it.**

For this installment of Coordinator's Corner, Jill Borgida, Regional League Coordinator for Northwest Washington answers a questions about what to do if your year end rating is bumped up or down.

**Player: How do I appeal my rating up or down?**

**Jill:** To appeal your 2023 Year-End Computer rating, please follow these instructions:

- Go to the USTA Tennislink homepage- [CLICK HERE](#) and Sign in with your email and password
- To the right of where it says "Welcome, XXXXX XXXXXXXX!" you will see your current NTRP level. Right below that you will see a link that reads "Appeal Rating Level." Click on that link to appeal your rating.
- Select Up or Down and click "Submit"
- The computer will then tell you if the appeal is Approved or Denied, along with a reason.

Once you select UP or DOWN and click SUBMIT at the bottom of the appeal page your request is final and you cannot go back. If approved, your new rating type will show as Appeal (A).

**Player: My rating was bumped up, what do I do now?**

**Jill:** You can try the auto appeal to see if you meet the National criteria to move down. Please note, that once you do this, it does happen automatically. Same applies if you wish to appeal your rating up.

**Player: I submitted an auto appeal, but I changed my mind? Can it be reversed?**

**Jill:** When players auto-appeal their year-end computer ratings, that decision cannot be reversed. Please see the information on the [Appeal League NTRP Rating](#) page.

Auto-appeals of Year-End Computer ratings:

- Once submitted you will receive an instant decision based on the National criteria and guidelines. If your rating meets the criteria it will be granted; if it doesn't it will be denied
- Granted appeals cannot be reversed. Do not submit an appeal unless you are sure you want to appeal

- If your auto appeal is denied, there is no further appeal that exists. Medical appeals cannot be filed to move UP. If your appeal DOWN is denied the only other possible appeal is to submit a medical appeal if you have a permanently disabling injury that occurred after your league play was complete

**Player: Why did I not receive a 2023 Year End Rating?**

**Jill:** In order to receive a computer Year End Rating, a player needs a minimum of three Valid Matches in qualifying USTA Leagues, or NTRP tournaments opted-in by the player's section, are needed to generate a year-end rating.

For more information regarding USTA Ratings see the [USTA NTRP Ratings Q&A](#)

**Player: If I am a computer appealed rated player, how many matches would I need in order to be eligible to attend Nationals?**

**Jill:** For the national leagues, any computer appeal player (down only) would need 4 matches played (no defaults received).

**Player: My rating went up and my team is heading to the Mixed 18 playoffs - can I still play at my rating that I had when I signed up for the team?**

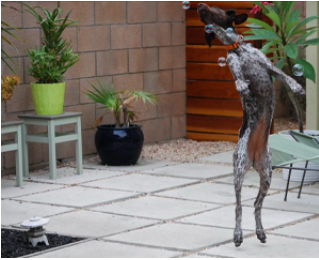
**Jill:** Yes, you can still play at the rating you signed up for the team throughout local playoffs (Unless, you receive a "Clearly Above Level" email from us). You do not need to adjust to your new 2023 YER until you attend sectionals.

**Player: My rating went down and my team is heading to Adult 55 playoffs - can I play at my lower rating?**

**Jill:** Yes, you will need to contact your Regional League Coordinator to have them adjust your rating on your roster.

If you have other questions about your Year End Rating, please contact your Regional League Coordinator. They would be happy to answer them for you.

See you all on the courts soon!



## Shadow of a Butterfly

### Life lessons learned through tennis

Like many of you, tennis is more than just something I do. Tennis is part of who I am. A big part. I've learned a lot about myself through tennis.

Tennis has taught me how to relate with people, to handle conflict, to compete, to problem solve. Tennis has given me the confidence in myself to do things I never thought possible, even when faced with the most challenging situations in life. Tennis has given me the courage to always believe that *I've got this!*

Tennis has provided me with a great career. Most of my friends are those I met through tennis. My doubles partner introduced me to my wife. My father, mother and older brother played tennis. Holidays always included time on the tennis court as a family.

I've written and published a tennis-themed thriller novel. Really? Yep, really!

Tennis was the main reason I chose the university I went to, and tennis helped pay for my education...the quality of which can be judged by the random ramblings that I often write for the USTA PNW Newsletter!

Tennis has taught me that things aren't always black and white, but sometimes optic yellow. I look at things through the eyeglasses of a tennis player.

By now you're probably wondering, *this is great, but what does it really have to do with anything?*

That's a great question. Here is my answer.

When our dog Lily was about six months old, she began to obsess over shadows on the ground that were cast by butterflies in our yard. She would chase these shadows all day until sunset, when those dreadful shadows would mysteriously disappear, only to return the following day.

At first we were worried about this odd behavior. We consulted our breeder and an animal behavior specialist. Apparently her shadow-chasing wasn't harmful, "it was simply who she was," according to the professionals.

Friends would marvel at Lily when they came to visit. "Why doesn't she just look upon and see the butterfly? It's right there!"

We really didn't have a great answer, other than, "that is who she is."

Years later, it was tennis that provided me with the answer. After competing off and on for a few years on the senior national tennis circuit, trying to win a National Championship and the coveted Gold Ball, I realized that my current tennis life was exactly like Lily's butterfly story.

For years, Lily had chased butterflies. She was so close, but would never catch them. Didn't she realize that? Why didn't she just quit?

For years, I chased Gold Balls. I was so close(six points away!), but had never won one. Why didn't I just quit?


Tennis has taught me that the joy I get from playing isn't based upon winning that final point. It isn't based upon the Gold Ball sitting on the bookcase. Tennis has taught me that it is the journey to winning a National title that is most important to me. The planning, the preparation,



the act of doing something I love to do is what is most important. It's what get's me back out there. Would I be over-the-moon with joy if I were to win a Gold Ball? Absolutely, but I sort of like that I still have that goal to achieve.

Lily is almost thirteen years old now, and still happily chasing shadows. She must now realize that she won't ever catch one? With her tail wagging at a hundred miles and hour, she really isn't too concerned about that. She is happy to chase those shadows, because it's what she loves to do.

So here's to Lily and to everyone out there with a goal. Remember to enjoy the journey, accept your losses and treat them as opportunities to learn from them, refocus and keep trying. It is the effort we put towards reaching our goals that makes us happy, even if we don't ever reach them.

Keep chasing your tennis dreams 

Archive:

Read more about what's going on in the PNW!

[October 2023 Newsletter!](#)

September 2023 Newsletter! - [What type of Doubles Partner are you?](#), [Thank You Coco!](#), [Coordinator's Corner](#), [Walk Up Song](#), [What Is Flex Singles?](#), [Do You Know The Rules?](#)

August 2023 Newsletter! - [Register Fall Leagues](#), [Sportsmanship Shines in the PNW](#), [Summer and Fall Tournaments](#), [John McEnroe Speech](#), [Coordinator's Corner](#), [Junior Pathway](#), [Vote Facility and Captain of the Year!](#)

June 2023 Newsletter! - [Father's Day Tribute](#), [2023 US Open Giveaway](#), [Become an Official](#), [Help Wanted!](#), [Summer Season](#), [Roving Eye](#), [Coordinator's Corner](#)

May 2023 Newsletter! - [NTRP Doubles Championships](#), [Mother's Day](#), [T-Shirt Design Winner](#), [Award Nominations](#)

April 2023 Newsletter! - [NTRP National Championships](#), [Summer Leagues](#), [EZ Guide](#), [Ring Culture](#)

March 2023 Newsletter! - [Part 2: National Champions](#), [Tennis News](#), [Roving Clinic](#), [Tournament Season](#), [Defenders](#)

February 2023 Newsletter! - [Shine a Light On Sportsmanship!](#), [Tennis Growth: Live Long & Prosper](#), [T-Shirt Design Contest](#), [Part 1: National Champions](#), [The Roving Eye: Foot Fault](#)

January 2023 Newsletter! - [National Champions](#), [Captain of the Year Female](#), [Captain of the Year Male](#), [Sportsmanship Award](#), [Facility of the Year](#), [2023 Tournament Calendar!](#)

December 2022 Newsletter! - [Captain Marvel](#), [T-Shirt Design Contest](#), [Coach Developer Workshop](#), [USTA PNW #1](#), [Store Front Reminder](#), [SWW Mixed 18 Playoff Recap](#)

November 2022 Newsletter! - [My Tennis Journey](#), [Summer Flex Singles Recap](#), [2023 League Registration](#), [USTA Member Benefits](#), [The Roving Eye](#)

October 2022 Newsletter! - [Bananas](#), [Around the League](#), [Nominations](#), [Event Spotlight](#), [Ball Hopper](#)