

# Adult League E-Newsletter

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



## League Section Championship Season is Here!

The USTA PNW Section Championship season begins this month. See you out there!

- ADULT 55 & OVER - JUNE 21-23, 2024 YAKIMA, WA
- MIXED 18 & OVER - JULY 12-14, 2024 BEAVERTON, OR
- ADULT 18 & OVER - AUGUST 9-11, 2024 PORTLAND, OR
- ADULT 40 & OVER - AUGUST 23-25, 2024 PORTLAND, OR
- ADULT 65 & OVER - SEPTEMBER 12-14, 2024 VANCOUVER, WA
- ONE DOUBLES - SEPTEMBER 13-15, 2024 TACOMA, WA
- MIXED 40 & OVER - SEPTEMBER 20-22, 2024 TRI CITIES, WA
- MIXED 55 & OVER - SEPTEMBER 21-23, 2024 TRI CITIES, WA

You can find more details [HERE](#)



## PNW Player Spotlight!

### Carolann Castell

From time to time, we love to shine the spotlight on some of the remarkable tennis players in the Pacific Northwest. This time, we highlight the amazing on and off-court achievements of the incredible Carolann Castell from Kirkland, Washington.

Carolann –a native New Yorker– came to the Pacific Northwest as a University of Washington graduate student to study atmospheric sciences and physical oceanography. During her graduate studies, tennis and skiing became her passions until an accident at the age of 24 left her with a broken leg. Undeterred, she shifted her focus to tennis coaching, teaching high school and college tennis students the game she loved. She started running the juniors JET League in 1978 and continues her work to this day.

At the age of 50, Carolann embarked on a new chapter of her tennis journey. She joined the USTA PNW leagues and excelled in doubles play. However, it was not until she reached the age of 66 that she ventured into the world of singles competition –a decision that would shape the course of her tennis career.

In 2010, she clinched her first National Championship and the coveted gold ball in Mixed 60 & Over alongside her partner Jim Upton. And in 2012, Carolann played singles and doubles for the Pacific Northwest Intersectional 65s team that won the National Championship, beating strong teams from across the country.

Her achievements only grew from there. By 2019, she rose to the pinnacle of the sport, holding the coveted title of #1 ranked player in the United States in both 75 singles and doubles.

Carolann represented the United States as part of the USA Team World Championships starting in 2019. In 2022 she and her partner Sue Kimball won the World Doubles Championship, officially becoming a World Champion! In 2023, she narrowly missed the top spot, securing the runner-up position in doubles and mixed 75s. But in 2024, she emerged triumphant, capturing the individual World Championship title in 80s doubles and mixed, becoming a World Champion again!

Recently, Carolann once again proved her mettle claiming the singles championship at a prestigious level 1 tournament in La Jolla and claiming the runner-up position in doubles, further enriching her collection of nearly 50 gold/silver/bronze balls (Level 1 tournament trophies are gold, silver and bronze balls for the champion, runner-up and 3rd position).

With over five decades of tennis under her belt, Carolann's passion for tennis is as strong as ever. Through her dedication and her disciplined tennis, fitness and strength training, she continues to inspire and uplift all of us around her. We are proud of Carolann's representing the Pacific Northwest in the national and international tennis scenes.

Keep blazing trails Carolann, you inspire and motivate all of us to play this beautiful sport!

Thank you to Ana Tessadro for submitting this feature on her friend, Carolann Castell. If you would like to share your tennis story or write something about one of our players that inspires you, we'd love to hear from you. You can submit stories, just like Ana did, by emailing Chris Merrill at [chris.merrill@pnw.usta.com](mailto:chris.merrill@pnw.usta.com).

## USTA National Intersectionals!

### Register to Represent the PNW

Apply now for the possibility of representing the PNW at the 2024 USTA National Women's and Men's Intersectional Team Championships. Players who are selected to play on the various age group teams will compete for National titles against other Section's teams in November. Age divisions include: 35, 45, 55, 60, 65, 70, 75, 80, & 85 and over.

The deadline to apply is June 23rd, 2024

Teams will be announced on July 3rd, 2024.

To find out more about the Intersectional Team Championships, or to submit your application, please visit the websites listed below.

Women's Intersectional Team Application [HERE](#).

Men's Intersectional Team Application [HERE](#).

If you have any questions or need assistance with your application, please contact Maggie Fiocchi at [mfiocchi@pnw.usta.com](mailto:mfiocchi@pnw.usta.com)

## Roger Federer's Speech

### Dartmouth Class of 2024 Commencement

Earlier this month, Roger Federer, arguably the greatest tennis player or all time, gave the commencement speech to the Dartmouth College Class of 2024. Drawing from his experience as a professional athlete, philanthropist, family man, and recent graduate from the world of professional tennis, Federer's speech was both inspirational and heartwarming.



In his speech, Roger offered a few bits of advice in what he called "Tennis Lessons." The three primary parts of these lessons were:

*Effortless is a myth*

*It's only a point*

*Life is bigger than the tennis court'*

In his parting words to the graduates, he challenged them to:

*Go for your shots and have fun out there!*

You can view the video of Roger's speech [HERE](#).



## Get Your USTA PNW Gear

### New Items Available In Our Storefront!

It's time to update your on-court and off-court wardrobes in preparation for the Summer season. Visit the USTA PNW storefront [HERE](#), and grab your new gear. There are several new items and a selection of our best sellers to choose from that will look great and allow you to show off your love for tennis in the PNW.

Happy shopping!

## USTA PNW RecTennis!

### Summer Tennis Camps for Juniors and Adults!

Join USTA PNW RecTennis for a Summer Tennis Camp at your local park or school. Whether your kids are new to tennis or have some experience, they'll have fun learning the sport of tennis from skilled instructors, group instruction that boosts confidence, improves coordination, and promotes a healthy lifestyle. Everyone is welcome and all equipment is provided. It's affordable, fun, and scholarships are available. Register today!



## Fred Meyer Rewards Program

### Supporting Tennis in the PNW

Did you know that you can support tennis in the Pacific Northwest through the Fred Meyer Community Rewards program? Here's how:

### Fred Meyer Rewards Program

You can support the USTA Pacific Northwest Section when you shop with your Fred Meyer Rewards Card. Supporting tennis in the Pacific Northwest is as simple as updating the Fred Meyer Community Rewards selection on your digital account

Link your Rewards Card is as easy as 1-2-3:

1. Sign into your Fred Meyer digital account and visit the Community Awards page found [here](#)
2. Search for "USTA Pacific Northwest Section" or enter code: QP973
3. Click Enroll.

Every time you shop, a portion of your purchase will be donated to USTA PNW and help support the growth of tennis in the Pacific Northwest all without disrupting your fuel points.

Learn more at [fredmeyer.com/community-rewards](https://fredmeyer.com/community-rewards)

Archive:

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

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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! - [NTRP National Championships](#), [Sportsmanship Shines in the PNW](#), [Summer and Fall Tournaments](#), [John McEnroe Speech](#), [Coordinator's Corner](#), [Junior Pathway](#), [Vote Facility and Captain of the Year!](#)

March 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](#), [F7 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](#)

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