

PACIFIC NORTHWEST Adult League E-Newsletter

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



Just Breathe

A team's trip to Adult 40 & Over Nationals

The Mercer Island Country Club team, captained by Una Lee, recently competed at the Adult 40 & over National Championships. Here is their story.

It was the Finals of the 2023 USTA League National Championship at Barnes Tennis Center in San Diego, California. Our 40 and over 3.0 Ladies team had played over 20 competitive team matches from January to October during the regular local league season, league playoffs, and the Sectionals tournament which earned us a spot in this moment. With gratitude for the opportunity to represent the Pacific Northwest and play tennis with women from all over the country, we practiced and played with an intensity and spirit that was invigorating and filled with laughter, friendship, snacks, and wine. My parents, sister, and best friend from medical training spent the weekend as superfans watching our team play. We were in Coach Jesse's "training mode" for the preceding two months in preparation for competing in this USTA Nationals tennis tournament as a group of moms and professional career women.

We were facing tough opponents from Texas. For the finals match, we strategically put our two regular singles players in the doubles lineup. We needed a singles player to compete in the final match. Stepping in to play singles was an unexpected challenge for me yet one that I had unknowingly prepared for through a lifetime of grit and tenaciousness. I knew I had the mental strength to accomplish anything I put my mind to. Even though my heart was racing from nervousness and excitement, a calmness came over me as I became laser focused on two things – focusing on my breath and watching the ball.

The first set my opponent started out strong. We would rally for a few balls then my opponent would hit a winner that I couldn't return. In the second set I turned it around by getting into a rhythm of being consistent and smart – getting the ball back and winning points by hitting to the open court. Once I was winning the second set, my teammates, teammates' spouses, family, and coach were surprised and in awe of this comeback. The swell of external support lifted and boosted me. With every breath and every point I started to believe that I could win this important match. As I would walk to serve or receive, I would take deep purposeful breaths and focus only on the rise and fall of my chest. Focusing on my breath kept my mind clear of wandering thoughts that would distract me from accomplishing this singular goal.

At one set apiece, it would come down to a deciding match tiebreak. At the beginning of the tiebreak, my consistency and determination (and a few grunts) helped me get ahead, but my opponent didn't give up and began to pull her way back into the tiebreak. Even when she started to come back and I lost a few points, I didn't let it get me down. I kept breathing and stayed positive. Everything outside that tennis court was a blur. When I won the third set tiebreaker 10-8, it was an unbelievably powerful feeling of triumph and joy. It meant much more than winning an important match – it meant that when you dig deep into your vulnerable inner self and harness that mental strength, truly anything is possible.

My teammates and I had all come so far. Playing tennis together represented the belief that we could overcome any personal struggles as individuals. Tennis represented the love and support of our spouses and families, the importance of meaningful personal connections, and the drive we had to achieve something greater than we could accomplish alone. Our journey to the National Championship made us all stronger tennis players, and more importantly it taught us about loving and believing in ourselves.

Una Lee was the captain of the Mercer Island Country Club team "Crush it" that represented the Pacific Northwest at the USTA 3.0 40+ National Championships in October of 2023. Their team were finalists and placed second. Una lives on Mercer Island with her husband, 3 sons, and dog Stella.



Coordinator's Corner

A League Coordinator Answers Your Questions!

Player: What is considered acceptable behavior for spectators at a USTA league match ?

Mike: One of the things I have enjoyed in my tennis career has been playing in leagues. The team feel and the camaraderie makes league tennis so much fun. It's great to be playing on the court and having your teammates support you and cheer you on. It's also fun to be watching your teammates and getting them charged up while they play.

As fun as it is to cheer on your teammates, there are some things we need to remember as a spectator.

1. Spectators can't get involved in a match for any reason. If players have any issues with scores or calls, it is up to them to work it out. It does not matter if you think you know the score, or you think you know if a ball is in or out, spectators cannot get involved.

2. We want you to be supportive of your teammates and cheer for them. But please keep in mind that you should be cheering for great shots and great points. You should not be cheering when players double fault or make easy mistakes.

3. When cheering, saying things such as "you've got this" and "you can do it" are fine. Saying things like "keep hitting deep" or "use that lob" are considered coaching and are not allowed at any time.

4. Please make sure that all cheers are supportive things for your teammates and avoid saying negative things about the opponent. We would like to keep things fun and positive for everyone involved.

Remember that we're all out here to have fun. Keep everything fun and friendly when you are a spectator!

Sportsmanship Expectations!

USTA PNW Publishes NEW Document

The USTA PNW recently published a new document titled, *Sportsmanship Expectations*. This new document can be found on the USTA PNW Leagues website and serves as a reminder to all of our league and tournament players about the importance of good sportsmanship.

In accordance with the values of USTA Sportsmanship and Fair Play, it is a core objective within the USTA Pacific Northwest Section to ensure that all sanctioned and sponsored activities (events and programs) exemplify the principles of good sportsmanship. This expectation extends to every participant in USTA activities, which encompass and include all competitors, spectators, parents, coaches, and all individuals involved in these events. USTA Pacific Northwest requires dedication from all involved to cultivate a safe, inclusive, and enjoyable environment at every USTA activity, both on and off the tennis court. Acknowledging that tennis places the responsibility for fair play on each participant, we stress the importance of abiding by the rules of the game. This includes giving the benefit of the doubt to opponents and making no call to end a point unless being entitled under the rules to do so and being absolutely sure of the correctness of the call. Participants are encouraged to engage in competition with the genuine spirit of sportsmanship, recognizing that their conduct on the court is a direct reflection of their character. Whether matches conclude in victory or defeat, there must be a commitment to conduct oneself in a manner that honors opponents, supporters, and the game of tennis.



2023 USTA PNW Captain of the Year Award

Our incredible USTA Leagues in the PNW would not happen without the efforts of our team captains. These unsung heroes repeatedly go the extra mile to build teams that become tennis families. Your efforts are recognized and the outpouring of nominations for our prestigious Captain of the Year award is proof of that.

Congratulations to all nominees and winners, you are making a huge difference in people's lives.

2023 Captain of the Year Award Winners

Alaska: Joaquita Martin

Eastern Washington: Scott Dawson

Northern Oregon: Kristi Tompkins

Northwest Washington: Ozzy English

Southern Oregon: Travis Anderson

Southwest Washington: James Wonneberg

This month, we shine the spotlight on Kristi Tompkins from the Northern Oregon region.

Kristi wrote:

I'm very honored that my teammates nominated me for this award and even more honored to be chosen. I've been a captain for a number of years and this means a lot to me after all this time. This really was one of the most enjoyable seasons for me because, as you can see, this is a wonderful group of women. My thanks again to them and to you and the USTA.

Congratulations Kristi and all of our award winners!

To nominate a player for their exceptional on and off court commitment to sportsmanship, you can find the link [HERE](#).



2023 USTA PNW Sportsmanship Award

Your votes for the 2023 USTA PNW Sportsmanship Awards have been counted, and we have winners for each region. Exceptional sportsmanship is a critical element for maintaining fun and fair league play, so it is with great pride that we announce our exceptional sportsmen and sportswomen from the 2023 season.

Congratulations to all nominees and winners, you are making a huge difference in people's lives by being role models to us all.

2023 Sportsmanship Award Winners

Alaska: Joe Buckwalter

Eastern Washington: Brian Cunnington

Northern Oregon: Nikki Nadig

Northwest Washington: Jeff Borgida-Frog & Volley Team

Southern Oregon: Marianne Bradshaw

Southwest Washington: Wendy Clarke

This month, we honor Nikki Nadig from the Northern Oregon region.

Nikki wrote:

I am truly honored to receive this sportsmanship award. I love playing league tennis. It's something I have done for about twenty years, and I have learned I have the most fun and have my best results when I make accurate line calls, compliment my opponents when they make a good shot, and try my best to enjoy our time playing. For example, I have found it's not worth it to allow a bad call to stand if I think the ball may have been in because I'll spend the next several games distracted and wishing I had overruled my partner. It never pays off in the long run! A

competitive match is so much fun, and winning fairly makes it that much sweeter. I think the majority of Northern Oregon league players will agree, and that's what makes it such a great league.

Here's what players said about Nikki:

Nikki demonstrated such a high level of sportsmanship and fairness during our match. During the second set tiebreaker there was one particularly important point her partner was at net and didn't have a clear view of the ball as it hit behind her, but thought the ball was out. Nikki called the ball fairly in as it was on the line, even though it would have been to their advantage to take the point as it was so close, and a crucial point

Way to go Nikki and all of our award winners!

To nominate a player for their exceptional on and off court commitment to sportsmanship, you can find the link [HERE](#).

More News from USTA Pacific Northwest!

Our New Development Newsletter!

Our quarterly e-newsletter from USTA PNW's Development Office will showcase stories of the many ways your generosity makes an impact on the PNW tennis community!

Sign up to Subscribe!





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

Archive:

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

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[January 2024 Newsletter](#)

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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! - 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](#)