

# PACIFIC NORTHWEST Adult League E-Newsletter

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



**Thank you from the Adult 55+ Sectional Crew!**

**We had a blast at our Adult 55 & Over Section Championship!**

The 2024 USTA PNW League Section Championship season got off to a great start in Yakima, Washington for the Adult 55 & Over championships. Teams from all over the Pacific Northwest converged upon the beautiful Yakima Tennis Club for three thrilling days of tennis!

Players battled through warm conditions, but kept their cool with incredible sportsmanship and some amazing tennis. Match tiebreaks seemed to be the standard for every match, and several flights came down to a few games here or there to decide the finalists.

The Sectional Crew of Mike, Chris, Jennifer, and Grace wanted to send out a special thank you to our hosts; Yakima Tennis Club, as well as to all of the teams, players, spectators(dogs included) who made this a special weekend for all of us.

Congratulations to all of the teams that earned a spot at the 2024 Adult 55+ National Championships. Good luck and have a great time at Nationals!

Your 2024 USTA PNW Adult 55+ Section Champions are:

6.0 Men: STC-Brem

6.0 Women: NTC-Burvill Holmes

7.0 Men: WRAC-Noyd

7.0 Women: WCCP-Hunt

8.0 Men: PTC-Gariety/Lux

8.0 Women: TCSP-Fiebig

9.0 Men: STC-Young

9.0 Women: WHRC-Cronk/Donato



## Fall League Registration!

### Time to sign up for USTA PNW Fall Leagues!

As we hit the peak of Summer League play here in the Pacific Northwest, it is time to begin making plans for Fall league tennis. All over the section, you can find adult leagues for all ages and abilities. Looking to play Singles, Doubles, Mixed? We've got you covered!

Our Adult 55 & Over and Mixed 18 & Over leagues will be in full swing, with play beginning in September. Fall Flex Singles(Southwest Washington and Northern Oregon), 18+ Combo(Alaska) and Mixed 40+(Alaska) round out some of our fun Fall leagues.

To find out more about our Fall leagues and to register your team, visit the USTA PNW Leagues website [HERE](#). You can find your local league information by searching the Local Area Schedules & Information.

As always, if you need help finding a league team to play on, please reach out to your Regional League Coordinator for assistance.

We look forward to seeing you out on the courts this Fall.

## Serving Up Scholarships Day!

### Join us on July 16!

Kids want to play tennis. But sometimes, things get in the way. The cost of lessons or tennis summer camp fees, or even equipment can be more than some can afford. This is why we fundraise!

At USTA PNW, we believe that every child should have the opportunity to play tennis and experience the health benefits that come with it. We offer scholarships to help young people get into and stay in the sport, ensuring that they have access to this sport we all love. Tennis continues to be an outlet for kids to get involved, make friends, and be active.

Join USTA PNW for our second annual **Serving Up Scholarships Day** on July 16 and help us raise \$2,500 that will fund need-based scholarships for youth tennis players through our RecTennis scholarship program.

Over the last 10 years, USTA PNW's RecTennis program has awarded scholarships to over **1,120 kids ages 5-17** to help cover expenses related to tennis and keep them playing. This year's goal of \$2,500 will continue to fund more youth scholarships and respond to the growing need among players and their families.

Pre-giving is open now and every gift received will be eligible for a dollar-for-dollar match up to \$2,500 through the generosity of The Robert and Marcia Oswald Family Foundation, doubling your impact.

"We fundraise so that more kids regardless of their financial means, can have the chance to get on court," said USTA PNW Director of Development, Monica Baker. "Fundraising supports need-based scholarships for kids at the local level so no one has to fall behind or have less time on the tennis court than someone else."

### **Join us on July 16th for Serving Up Scholarships Day!**

Participating in Serving Up Scholarships Day is a great way to begin leaving your impact on the PNW tennis community, but your journey doesn't have to stop there!

There are multiple opportunities to get involved and make a difference throughout the year if you're passionate about growing tennis in your area.

Questions? Contact Monica Baker, Director of Development & Fundraising, **[mbaker@pnw.usta.com](mailto:mbaker@pnw.usta.com)**

*USTA Pacific Northwest is a 501(c)(3) nonprofit organization that helps people and communities grow stronger, healthier, and more connected through tennis. [Learn about our impact throughout the PNW and how you can help bring tennis to more communities throughout the region.](#)*



## Beat the Heat!

### Tips to stay hydrated & cool on the court!

Summer tennis is here, and so are warm and often HOT temperatures on the court. Here are a few tips to help you stay hydrated and keep cool this Summer.

1. Don't wait to Hydrate - if you wait until you are thirsty to start drinking...you are too late! Begin to hydrate a couple of days before your match if possible.
2. Bring Plenty of Liquids to the Court - whatever your favorite liquid refreshment is...water, electrolyte drink, etc., be sure to bring plenty onto the court with you. Small bottles won't cut it on a hot summer day!
3. Avoid Alcohol, Sugary Drinks & Caffeine- stay away from these types of drinks before, during and immediately after your match.
4. Assign a Teammate or Family Member - leaving the court to refill your water bottle during your match may not be an option available to you. Have a teammate or family member ready to do that for you.
5. Bring a Team Cooler - assign one team member the task of bringing a cooler filled with ice to team matches on hot days. The cooler can be used to store extra water bottles.
6. Create Your Own Shade - bring a large golf umbrella onto the court with you. You can use this on change-overs to give yourself a bit of shade if there isn't any on the court.
7. Cooling Towels - bring a cooling towel or ice pack that you keep in a small cooler that you bring to court with you. Use these on change of ends.
8. Post Match Cool Down - start replenishing lost fluids immediately following your match. Begin the process of cooling down...you may have another match that same day or the following day!

## New SafeSport Courses!

### Find courses for parents, adult athletes and volunteers!

The USTA has worked with the U.S. Center for SafeSport to provide access to comprehensive SafeSport Courses available for all. These courses are tailored to meet the needs of parents, adult athletes, and volunteers. These courses provide valuable guidance on how to prevent, recognize, and respond to abuse. Our collective efforts will promote a safe and respectful sporting environment for everyone involved.

#### SafeSport Courses For All

1. Parents Guide to Misconduct in Sport (30 minute course)
2. Abuse Prevention for Adult Athletes (30 minute course)
3. Safe Sport for Volunteers (15-minute course)



## Columbia Employee Store Access!

### Visit the Columbia Employee Store from July 12-July 28!

USTA PNW Members get access to the Columbia Employee Store from July 12-July 28! Valid for you + 4 guests. Bring this invitation, photo ID and proof of participation (USTA Membership).

[Learn More](#)



## 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!

[May 2024 Newsletter](#)

[April 2024 Newsletter](#)

[March 2024 Newsletter](#)

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[November 2023 Newsletter!](#)

[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](#)