



NEWS



Bryn Mawr Delaware Valley Tennis
www.dvta.com info@DVTA.com 610-527-4969

Welcome from DVTA

By Greg Ranieri

Welcome to Bryn Mawr Delaware Valley Tennis' bi-monthly newsletter designed and written by one our own, Kristopher Shumway. The club and the academy, DVTA, are dedicated to offering the best facility and tennis programs in the Philadelphia area.

As you have noticed, we had been working on our lounge and exterior in the parking area and front walk. With a few additions, we managed to advance the aesthetics of the lounge by purchasing attractive dividers and rearranging the furniture. We do have a quiet space that many members find comfortable.

We sincerely apologize that the parking lot was in disarray for a period of time as we were waiting for the weather to cooperate so Barone Paving could complete the job.

The capital improvement is designed to retain rain water and melting snow to prevent less water from flooding the surrounding community and to protect our customers from dangerous ice build-up during the winter months. The new pipes under the asphalt are perforated to help distribute the moisture into the five foot bed of rocks below the lot. We also improved the front walk with enhanced landscaping, a new iron railing and walkway.

WE want you to experience the best of our tennis teaching program at a great rate. Please enjoy the good read and maybe it will make Oprah's list! As always, we look forward to servicing you, our members, and our guests who frequent the club. Happy Thanksgiving!!!

HOLIDAY

Gift Certificates Available

Are you looking for the perfect gift for that special someone, please contact the front desk for more information.

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Upcoming Events @ Bryn Mawr

November 25th

Turkey Bowl Round Robin [All Levels] (12-2pm)

November 26th, 2011

Ladder Matches [ATT *ATH] (5:30-6:30);(6:30-7:30)

December 3rd, 2011

Jr Match vs. Merion Cricket Club

December 10th, 2011

60' Matchplay

December 17th, 2011

36ft Match Play [JDP1] (5:30-6:30)

December 28-30

Tennis Camp [All Ages] 10am-2pm

Upcoming Events: Radnor Racket Club

November 26th, 2011

Ladder Matches [JDP4, AT3, ATMS] (4:30-5:30);
(5:30-6:30)

November 27th, 2011

Ladder Matches [ATT and ATH] (12:30-1:30); (1:30-2:30); (2:30-3:30);
(3:30-4:30); (4:30-5:30)

December 3rd, 2011

Ladder Matches [JDP4 and Up] (4:30-5:30); (5:30-6:30)

December 4th, 2011

Ladder matches [ATT & ATH] (12:30-1:30); (1:30-2:30); (2:30-3:30);
(3:30-4:30); (4:30-5:30)

DVTA would like to congratulate...

Gavin Studner for his recent commitment to Lafayette University for next fall 2012. Gavin is currently training down at IMG Bolletieri Academy and will return to train with DVTA in January.

Nick Ruth for his first ever match win in the USTA Boy's 14's

Gracyn Smith for winning her first USTA match ever in the girls 10's this past October.

Holden Smith for his recent runner up performance at the Granite Run Fall Classic II Boy's 12's.

William McDevitt for his recent wins at Granite Run DR-7; Granite Run Fall Classic II boy's 14's.

Brittany Lovett for her win at Cynwyd October Harvest Junior Open DR-7.

Adam Pearlstein for his runner up performance at the Granite Run Fall Classic II Boy's 14's.

DVTA's Mixed Doubles 9.0 Team for making it out to Tucson, Arizona this past month for the national championships

When the ball is above the net it offers more options depending on the depth of your opponents shot.

If the Green tape is down on the court now for our 60 foot match play one of the easiest ways to determine if you should try to change the direction of the ball is whether or not you are making contact with the ball in front of this

"One of the easiest ways to remember what type of shot to hit is by the height of the ball."

green tape. If you are not in front of the tape then look to go back cross court with the ball.

So remember to play the percentages for long lasting results.



Tennis Tip of Month

How to choose the right shot from the baseline

By Kristopher Shumway

Choosing the right shot in tennis doesn't have to be a challenging decision. If we learn to play the percentage shot during a rally this decision becomes very easy.

We will look at one scenario when you are playing from the baseline against an opponent. One of the easiest ways to remember what type of shot to hit is by the height of the ball.

If the ball you are about to hit is below the net then look to go back cross court.

Holiday Hours of Operation

Date:	Bryn Mawr	Radnor
November 24 th (Thanksgiving)	Closed	6am-4pm
December 24 th (Christmas Eve)	Closed	6am-2pm
(December 25 th (Christmas))	Closed	Closed
December 31 st (New Year's Eve)	Closed	6am-10pm
January 1 st (New Year's Day)	Closed	6am-10pm

Winter Adult Programming

Enjoy our tennis programs for adults. We have programs available for all ages and abilities. See the schedule below.

Mondays:

10:30–12pm– Doubles Clinic 4/ct
 12:30–2pm– Team Sub Practice
 8–9:30pm– Mixed Doubles Match Play [4.0+]

Tuesdays:

10–11pm– Ladder Matches [2.5–3.5]
 11–12pm– Ladder Matches [2.5–3.5]
 12–1pm– Fusion (blend of fitness and tennis) 5–6/ct

Wednesdays:

6:30–7:30am– High Intensity Cardio 4/ct
 10:30–12pm– Recession buster 6/ct [3.0–4.0]
 12:30–2pm– Team Practice

Thursdays:

10–11:30am– Singles Clinic [4.0+]

Fridays:

6:30–7:30am– High Intensity Cardio 4/ct
 9:30–10:30am– DVTA 101 5/ct [2.0–2.5]

Session Dates:

Session 2: October 24th to December 11th

Session 3: December 12th to January 29th
 (no clinics Dec. 24–Jan. 1st)

Session 4: January 31st to March 20th

Session 5: March 21st to May 8th

Session 6: May 9th to June 19th (Villanova West Campus)

To sign up now please contact the front desk for more information regarding availability at:

610–527–2387 or email us at info@dvta.com

Winter Junior Programming

Mondays:

4–5pm–QS/Beginner to Lower Intermediate
 5–6:30pm– Intermediate to Advanced
 6:30–8pm– AT Tournament [14+]

Tuesdays:

4–5pm–QS/Beginner to Lower Intermediate
 5–7pm–Intermediate to Advanced

Wednesdays:

4–5pm–QS/Beginner to Lower Intermediate
 5–7pm– Intermediate to Advanced
 7–9pm– Advanced Training High School

Thursdays:

4:30–5:30pm–QS/Beginner to Lower Intermediate
 5:30–7pm– AT Tournament [U14]
 7–9pm– Advanced Training High School

Fridays:

3:30–4:30– Quickstart [4–5yrs]
 3:30–4:30– Beginner to Advanced Beginner
 4:30–6pm– Beginner [12+] to Lower Intermediate
 4:30–6:30pm– Lower Intermediate to Intermediate

Saturdays:

11–12pm– Beginner to Advanced Beginner
 12–2pm– Tournament [U14]
 2–3:30pm– Intermediate, Advanced Training High School
 3:30–5:30pm– Tournament [14+]

Sundays:

10:30–11:30 Beginner [12+]
 12–1pm– Beginner to Advanced Beginner
 1–3pm– AT Middle School & High School, Tournament [U14]
 3–4:30pm– Advanced Beginner to Lower Intermediate

*** Radnor Racket Club has Match Play***
 2:00–5:30pm

Ladder Race Standings

Del-Tri Standings

3.5 Standings		
Position	NAME	Points
1	Al Vasys	32
2	Jordan Wiener	27
3	Robin Leto	23
4	Ginny Roberts	19
5	Judy Busch-Warner	17

Division 1		
Position	Team Name	Points
1	Great Valley	29
2	Springton	25
3	Brandywine	24
5	Radnor Racquet	22
9	Bryn Mawr	19

3.0 Standings		
Position	NAME	Points
1	Marion Schuenamann	15
2	Kate Beechel	10
3	Theresa Rodack	7
4	Randi Lipkin	7
5	Andrea Straub	6

Division 2		
Position	Team Name	Points
1	Tennis Addiction 1	27
1	Upper Main Line Y 1	27
3	St. Albans 1	24
4	Radnor Racquet 2	22
5	Brandywine 2	21

2.5 Standings		
Position	NAME	Points
1	Claire Bunting	20
2	Lori Spadaro	16
3	Chris Rizzo	14
4	Renata Casey	10
5	Candice Balch	9

Division 4		
Position	Team Name	Points
1	Pen Oaks 3	28
2	Pen Oaks 4	27
3	Riverside 2	26
4	Healthplex 2	23
8	Bryn Mawr 2	12

I would like to thank the participants for making the Ladder Races as successful as they have been each and every week. We have had a total of 24 different participants so far over the last 3 weeks of play. Play will continue throughout the remainder of the indoor season!! Keep up to date with the standing in our bi-monthly newsletters!!!

If you are interested in playing in the ladder please contact us at 610-527-2387 or email me at Kristopher@dvta.com thanks!!!

- Kristopher Shumway

Division 5		
Position	Team Name	Points
1	Upper Main Line Y 2	39
2	Brandywine 5	31
3	Brandywine 6	26
3	Radnor Racquet 3	26
6	Bryn Mawr 3	17

Division 6		
Position	Team Name	Points
1	Upper Main Line Y 4	34
2	Upper Main Line Y 3	31
3	Riverside 4	27
4	Granite Run 3	25
6	Radnor Racquet 4	18

Junior Ladder Races

60 Foot Div. I

As of 11-15-2011		
Position	Name	Points
1	Zach Calhoone	35
2	Gracyn Smith	33
2	Kanon Ciarrochi	33
4	Elizabeth Eardley	30
4	Tyler Zimmer	30

As of 11-15-2011		
Position	Name	Points
1	Tyler Triolo	
2	Nathan Kidambi	
3	Naryan Rustgi	
4	Connor Gunderson	
5	Rohan Rajagopalan	

With the exception of the 78 foot match play all other rankings are subject to the players performance (win/loss) completed. We would like to thank all participants who have made our Junior Ladder so successful this year! If you are interested in playing in the ladder please contact us at 610-527-2387 or email us at david@dvta.com .

Div. II Div. III

As of 11-15-2011		
Position	Name	Points
1	Thomas Chang	
2	Dimantha Andrehenaddy	
3	Holden Smith	
4	Aantorik Ganguly	
5	Max Guo	

As of 11-15-2011		
Position	Name	Points
1	Charlie Sutherby	
2	Andrew Chi	
3	Sofia Reh	
4	Alex Weis	
5	Matt Paolino	



ELITE's Fitness Tip of the Month:

How to Warm-Up Before You Play

Elite Training LLC, uses an Active Dynamic Warm-up for our clients before each and every training session. From runners to rugby players or swimmers to skiers or baseball players to boot camp, it properly prepares our athletes/clients for the activity ahead. An Active Dynamic Warm-up, or one that incorporates similar principles, engages all the major muscle groups in a progressive manner. It is important that wherever you choose to train, your coach/ trainer is using a technique that always starts your warm-up slowly and moves you methodically and gradually into your activity. Remember, the point of a warm-up is to prepare your muscles for the work-out, the non-typical behavior ahead. If you were constantly in a state of preparedness to play a competitive game of tennis, there would be no need to warm-up. So always treat your body right, give it the warm-up you need and your tennis game will reflect that you are prepared to play. The pre-game prep is important just like lessons are necessary to improve your backhand.

FUSION TENNIS

Fusion Tennis is currently offered by Elite Training LLC., in conjunction with DVTA to bring a great workout to the members with specific core and quick stop activities in order to focus on the needs of the tennis community. Every great tennis player must have fundamental strength and conditioning training/ experience to maximize your full potential. This fun class is not only an amazing workout the builds your strength in the key areas essential for every great tennis player, but it keeps it fun. After all tennis is a game and it is meant to be a good time for the players.

As the official and exclusive strength and conditioning trainer for DVTA, Elite Training LLC., is conveniently located in house. We are committed to helping the DVTA tennis family grow and develop as players. It is our responsibility to help our players become as strong as possible while increasing their endurance at the same time. This will give everyone the best opportunity to play their best game of tennis each and every time a player walks onto the court.

*******SPECIAL OFFER*******

As a special offer for those new to Elite Training, we would like to offer 15% OFF any Personal Training Package.

Please check out our website:
www.elitetrainingsports.com

THE NEW RULES FOR 10 and Under Tennis

Formerly known as Quick Start Tennis; 10 and Under Tennis is now the new way to start children in tennis. The idea behind 10 and Under Tennis is to begin with a short of courts (36ft and 60ft) and larger more visible balls that slow the game down for children. This new system that we're adopting at DVTA has been proven around the world and supported by most of our top world pros not to mention the United States Tennis Association. Please come out and see what the future of tennis holds at DVTA!!

Jason Marler



If you are looking for that special gift for your husband or son, Athletic DNA is offering a holiday special for those who are interested.

Athletic DNA is re-launching its product line of clothing for both juniors and adults this coming March of 2012. Something new to look forward to this year is the female's line of clothing!

Be sure to stay up to date with the new apparel in 2012 by visiting www.adna.com

Athletic DNA also sponsors junior tournament players as well. For more information regarding eligibility and about holiday specials please contact:

Kristopher Shumway at Kristopher@dvta.com for more information about this opportunity

GREEN TAPE ... HAVE YOU SEEN IT?

As you may have noticed there has been a strip of Green Tape down on most of the courts. We have this tape down for our ten and under junior tennis programs. The USTA has mandated that children under the age of ten play with a slower softer ball than a regular tennis ball and play on a shortened court.

Eventually we will be moving in the direction of permanent yet less detectable lines in the future. I know that it can take some getting used to when playing but we greatly appreciate your understanding during this transition period. As you become more used to the new markings you will be able to use the lines as a reference as to what type of shots you should be hitting in quite a few situations. If you read the Tennis Tip this month you will see how the green tape can help you in your shot selection.

Thanks again!!!
DVTA

