

Minutes of the Fairhope Recreation Board

February 15, 2017

The Fairhope Recreation Board met Wednesday, February 15, 2017 at 5:15 p.m. in the Rec Center at 803 North Greeno Road.

Present were Sherry Sullivan, Mary Gammer, Charlie Langham, Bob Keyser, Tom Kuhl, Derek Thomas, Michelle Smith (left at 6:02 p.m.), Cathy Hudson, and Robert Brown. Absent: Vann Saltz and Jay Robinson. Gayle Fogarty took minutes at the meeting. Guests: Sherry-Lea Bloodworth Botop and Eleanora Mauritson

The meeting was called to order by Bob Keyser at 5:17 p.m. The minutes of the January 18, 2017 meeting minutes were considered and approved on a motion by Derek Thomas, seconded by Charlie Langham, none opposed.

Tennis: Eleanora Mauritson provided a fact sheet about tennis, see attached. Sherry Sullivan stated that she is working with the Point Clear Fairhope Rotary Club to offer a tennis clinic.

Flag Football Update: Bob Keyser asked about the board members, bi-laws and financials of the Flag Football League. Sherry Sullivan added that a delay in approving the league was not an issue because their season has not started yet. Bob thinks they can accommodate the league, and table the discussion until the next meeting, then the items needed to form a league can formally be submitted to the board for consideration.

Sherry-Lea Bloodworth Botop introduced herself to the group.

Recreation Update: Tom Kuhl informed the group that the Recreation Department is busy laying out fields, getting soccer complex ready to open, getting baseball fields ready, and rebuilt three softball fields. Tom also stated that Fairhope High School Baseball will host its 1st game this Monday night. Michelle Smith asked about the pool being closed, Sherry Sullivan added that that it will be closed for 2 weeks for updating, cleaning and repairs. She added that the tile on the outdoor pool is being replaced and some painting is being done. Also, the work on the outside of the building is being looked at by an engineer, so that a scope of work can be determined. Sherry reviewed the Master Plan of Volanta to the board members, there was general discussion among the members, she indicated that Joe Comer would attend the March meeting. Tom added that the opening day/ribbon cutting for the Soccer Complex is March 11, 2017 at 8:30 a.m., the Recreation League kids will have an opportunity to play on the fields for a play date on February 28, then a tournament will be held on March 3-4, 2017.

Announcements: Cathy Hudson stated that FAST will begin next month, she is working on getting coaches lined up. She also mentioned that the City Meet will be held here this year.

Michelle Smith mentioned that Master's went to Auburn University and placed 2nd in the team division.

Mary Gammer stated that the Fairhope Tennis Tournament will be held April 7-8, 2017 at the Mike Ford Tennis Center at Fairhope Stimpson Park.

Charlie Langham added that two students qualified for state wrestling on Friday in Huntsville. He added that it is going to be a great year for girl's softball, opening on March 11, 2017.

Bob Keyser informed the board members that the FHS wrestling program is off to a good start, the boys and girls soccer programs have been kicked-off, both programs are in the southern shootout this weekend, goal is to get it back over here.

Update on 5 Year Plan: Bob Keyser stated that he presented the 5 year plan for the Rec Board on February 13 at the City Council meeting, the council commented during the presentation that they will add lights for the tennis complex to the next council agenda for consideration. Bob added that the 5 Year plan states it is updated every other year, but lately we have been updating it annually.

Being no further business, the meeting was adjourned at 6:04 p.m.

Mike Ford Tennis Center at Fairhope Stimpson Park

FAQ's

How much money and number of memberships have been generated since charging for court time and memberships started on October 3, 2016?

The figures below are for the dates 10/3/16 – 2/14/17.

- Total TENNIS MEMBERSHIPS (current): 46
- Total TENNIS MEMBERSHIPS sold (Monthly, quarterly, yearly): 138
- Total Add-On to Recreation Center MEMBERSHIPS: 48
- Total DAY PASSES sold: 1,201
- Total REVENUE: \$20,949.00

100 plus players are using the soft courts on a regular basis

75 plus active players that play on the hard courts exclusively on weekly basis

150 players in Junior and Adult USTA tournaments

What are participation numbers in terms of programs, clinics, and tournaments?

- 70 players in junior tennis programs
- Approximately 80 adults in Clinics (Apprentice/beginner classes, Intermediate level classes, Cardio Tennis, group clinics, etc.)

How many USTA (United States Tennis Association) teams men/women are playing out of the facility?

Spring USTA league:

6 women's teams (morning play)

1 men's team (evening play) forming now

Are people having to wait for time on the new soft courts and how is this affecting membership growth?

All 6 soft courts are booked up for 2 – 3 hours in the morning Monday – Saturday

Is the lack of lighting on the soft courts affecting membership?

People are not joining until the lights are in place. A men's group of 20 players said they would join if the soft courts were lighted.

Is play limited because of lack of lighting?

- Afternoon play is limited until 5:00 p.m. without lights.
- Working people that cannot play until after 5:00 p.m.
- As the days get warmer more people will want to play in the evening hours.
- Hard courts stay booked-up for most of the weeknights (Monday – Thursday) and players are leaving because there was no court available for play. Many players prefer the soft courts.

What programs are being affected by the lack of lighting on the new soft courts?

Junior Team Tennis/Junior Team Tennis League will have to wait until lights are installed or until after the time change.

USTA Junior Team Tennis *USTA Junior Team Tennis* brings kids together in teams to play singles, doubles and mixed doubles against other teams. It promotes social skills and important values by fostering a spirit of cooperation and unity, as well as individual self-growth. Also, it's a fun environment for kids in which they learn that succeeding is really more about how they play the game – win or lose. The program lasts for six to eight weeks and consists of weekly team practices and match play. Players are grouped based on age and ability level. Participants are given the opportunity to advance through local league play to their State Championship. The top teams from each state then move on to the Southern Sectional Championship and then possibly the National Championships, where all 17 USTA Sections are represented.

High School matches are not affected, but regular play is since the High School practice and matches take all six hard courts. With no lights on the soft courts no courts are available between 5:00 p.m. – 5:30 p.m. and for matches between 4:30 p.m. – 7:00 p.m. or later.

What are the reasons for needing another part-time or full-time employee?

At least one part-time or full-time employee is needed to cover all the tennis shop and court opening hours. With high school matches coming up and the time change an extra 20 plus hours a week needs to be covered.

Right now 70 hours of coverage is needed and only have employees to cover 46 of these hours. Not only do these employees work in the pro shop, but they help with court maintenance and clean the bathrooms.

What are the reasons wind screens, benches, and canopies are important and needed now?

Wind screens are needed for blocking the wind and as a solid background for better ball visibility.

As of now there is only one bench per court. Each bench accommodates 2 players. With most players playing doubles and USTA leagues an extra bench is needed for each court for 4 players.

Canopies or umbrellas are especially needed for the hot months of May – September.

Why Tennis is important to Fairhope

- It is a sport of a lifetime and can be played at any age.
- Tennis can be played 365 days a year! There is no “season” as in other sports.
- Tennis is a family sport.
- Only one other person is needed to play tennis – no team required.
- Tennis is a great sport for kids – great cross-training for other sports. No head injuries.
- Tennis is Fun!!

Thank you for your time!

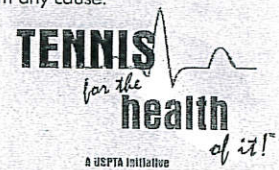
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TENNIS - FOR THE HEALTH OF IT!™



Tennis can improve your overall health, including your mental and physical fitness, according to world-renowned scientists from a variety of disciplines. Here are the facts:

- People who play tennis three hours per week at a moderately vigorous intensity cut in half their risk of death from any cause.
- Tennis players scored higher in vigor, optimism and self-esteem while scoring lower in depression, anger, confusion, anxiety and tension than other athletes and nonathletes.
- Since tennis requires alertness and tactical thinking, it may generate new connections between nerves in the brain and promote a lifetime of continuing brain development.
- Tennis outperforms golf and most other sports in developing positive personality characteristics.
- Competitive tennis burns more calories than aerobics or cycling.



*** With these facts in mind, review the 34 specific reasons why you should consider playing regularly!**

Health, fitness, fun make sport excellent choice

Physical reasons to play tennis – Tennis enhances your:

1. **aerobic fitness** by burning fat and improving your cardiovascular fitness and maintaining higher energy levels.
2. **anaerobic fitness** by offering short, intense bursts of activity during a point followed by rest, which helps muscles use oxygen efficiently.
3. **ability to accelerate** by providing practice in sprinting, jumping and lunging quickly.
4. **powerful first step** by requiring anticipation, quick reaction time and explosion into action.
5. **speed** through a series of side-to-side and up and back sprints to chase the ball.
6. **leg strength** through hundreds of starts and stops that build stronger leg muscles.
7. **general body coordination** since you have to move into position and then adjust your upper body to hit the ball successfully.
8. **gross motor control** through movement and ball-striking skills that require control of your large muscle groups.
9. **fine motor control** by use of touch shots like angled volleys, drop shots and lobs.
10. **agility** by forcing you to change direction as many as five times in 10 seconds during a typical point.
11. **dynamic balance** through hundreds of starts, stops, changes of direction and hitting on the run.
12. **cross-training** through a physically demanding sport that's fun for athletes who specialize in other sports.
13. **bone strength and density** by strengthening bones of young players and helping prevent osteoporosis in older ones.
14. **immune system** through its conditioning effects, which promotes overall health, fitness and resistance to disease.
15. **nutritional habits** by eating appropriately before competition to enhance energy production and after competition to practice proper recovery methods.
16. **hand-eye coordination** because you constantly judge the timing between the oncoming ball and the proper contact point.
17. **flexibility** due to the constant stretching and maneuvering to return the ball to your opponent.

Psychological reasons to play tennis – Tennis helps you:

18. **develop a work ethic** because improvement through lessons or practice reinforces the value of hard work.
19. **develop discipline** since you learn to work on your skills in practice and control the pace of play in competition.
20. **manage mistakes** by learning to play within your abilities, and realizing that managing and minimizing mistakes in tennis or life is critical.
21. **learn to compete one-on-one** because the ability to do battle on court trains you in the ups and downs of a competitive world.
22. **accept responsibility** by practicing skills and checking your equipment before a match, and by making accurate line calls during a match.
23. **manage adversity** by learning to adjust to the elements (e.g. wind, sun) and still be able to compete tenaciously.
24. **control stress effectively** because the physical, mental and emotional stress of tennis will force you to increase your capacity for dealing with stress.
25. **learn how to recover** by adapting to the stress of a point and the recovery period between points, which is similar to the stress and recovery cycles in life.
26. **plan and implement strategies** since you naturally learn how to anticipate your opponent's moves and plan your countermoves.
27. **learn to solve problems** since tennis is a sport based on angles, geometry and physics.
28. **develop performance rituals** before serving or returning to control your rhythm of play and deal with pressure. These skills can transfer to taking exams, conducting a meeting or making an important sales presentation.
29. **learn sportsmanship** since tennis teaches you to compete fairly with opponents.
30. **learn to win graciously and lose with honor.** Gloating after a win or making excuses after a loss doesn't work in tennis or in life.
31. **learn teamwork** since successful doubles play depends on the ability of you and your partner to communicate and play as a cohesive unit.
32. **develop social skills** through interaction and communication before a match, while changing sides on the court and after play.
33. **have fun** – because the healthy feelings of enjoyment, competitiveness and physical challenge are inherent in the sport.

Summary and reason No. 34

Is it any wonder that scientists and physicians around the world view tennis as the most healthful activity in which you can participate? While other sports can provide health benefits and some can promote mental and emotional growth, none can compete with tennis in delivering overall physical, mental and emotional gains to those who play.

All these benefits make tennis the ideal sport for kids to learn early in life. And, it's never too late for adults of all ages to take up the game. The human system can be trained and improved at any stage of life. The key is to start playing now to get the most out of these benefits throughout your lifetime.

And, that brings us to reason No. 34: Tennis is truly the sport for a lifetime! The proof is in the playing.

*The 34 points above were authored and owned by Jack Groppel, Ph.D., and were first printed in the "USTA Sports Science For Tennis" newsletter in 1997.

**To start playing the game, call
800-USPTA-4U or visit www.usptafindapro.com**



