

# ict news

**2010-11 Saturday  
Program Expansion**

**Hmong International Academy is  
New Kidspeed Outreach Partner**

**Summer 2010 Schedule**

**A Volunteer's Story  
A High School Senior's Story**

**Our programs inspire positive  
character development, strive to  
build a life-long love of fitness and  
teach good nutrition and healthy  
eating habits. We accomplish  
this through the vehicle of sport,  
specifically tennis.**

2010 ANNUAL NEWSLETTER



[www.innercitytennis.org](http://www.innercitytennis.org)

# Saturday Program Expansion

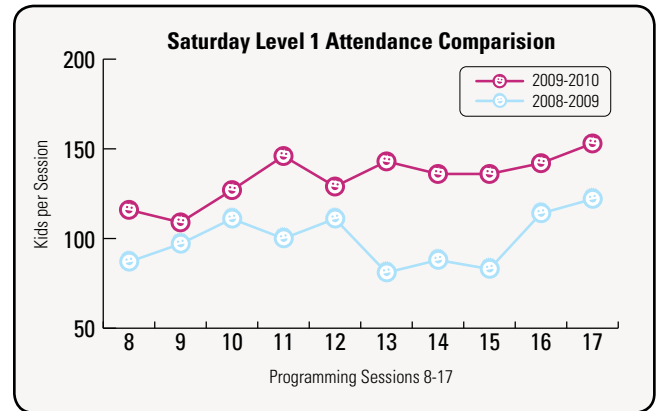
Two facts make ICT's Saturday Program direction clear and expansion urgent!

**#1** One in three Minnesota children are clinically over-weight or obese. They may become the first American generation with a shorter average lifespan than their parents.

Teaching kids about nutrition, exercise and health has been a part of ICT programs for several years. Beginning in September 2010 Healthy For Life will become a major component of our Saturday Program. With advice from our nutrition expert and guidance from the CDC our goal will be not to merely provide information but to help kids form the habits required to be Healthy For Life.

**#2** During the 2008-09 season ICT's Saturday programs exceeded their design capacity of 260 at several sessions. So far in 2009-10 that number has been surpassed every session. Level I has seen week to week growth of nearly 25% with Levels II, III, and IV close behind. On one particular Saturday combined attendance reached 394. Thanks to the skills and dedication of our staff and volunteers the program continues to earn positive feedback and reach most of our goals- but to

accomplish what we really hope to for our participants, expansion of our capacity is crucial.



**THE DECISION HAS BEEN MADE:** Beginning in September of 2010 and for the 2010-11 season the Saturday Program will expand its hours and courts to operate from 1:00 p.m. to 6:00 p.m. allowing Level I up to 22 stations instead of the current 10 and Level IV will expand to all 11 courts instead of its current limit of 5 courts. The big challenge will be to recruit and train a larger corps of volunteers.

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**Overall enrollment for all 4 levels of the Saturday Winter Program for 2009-10 is up over 25% from last season. With 2 sessions to go, we have 1,390 kids registered.**

## Level I - 715 Kids

This level helps preschoolers and early elementary kids (ages 3-8) build both physical skills (agility, balance, hand-eye coordination) and life skills (teamwork, taking turns, cleaning up together, etc). Skill development stations build kids' confidence through meaningful achievement -helping kids prepare for a future in any sport. This beginner level is our most popular and well attended.



## Level II - 412 Kids

This level is for elementary school kids (ages 8-11) that want to start learning the fundamentals of tennis. Kids use pressureless balls to speed learning for the forehand, backhand, volley, overhead and the serve.



## Level III - 111 Kids

Junior high kids continue to drill all their strokes. Our goal with this group is to have kids hit as many balls as possible so they

develop a consistent stroke. In addition, this level begins to focus on tennis match strategy.

## Level IV - 152 Kids

This is geared for high school kids. There is a considerable amount of time spent with this group on advanced tennis skills and techniques such as grips, court positioning and the mental approach to the game.



# WHAT GOES ON DURING A SATURDAY LEVEL I SESSION?



2

**All the skills of tennis are taught using colorful, fun materials.** Stations are updated with new components to keep things fresh and exciting for the children.

3

**Healthy snacks are given to children at the end of their workout.** Kids get their choice of an apple, orange, or a banana. Each child also gets a small bottle of water to drink.



4

**Competition is incorporated into teamwork.** Our focus is on individual and team IMPROVEMENT, not who gets the better score.

5

**Adult volunteers are enthusiastic and range from the teen years to seniors.** It takes approximately 75 volunteers in total to run the Saturday Program. Volunteers are the backbone of our organization. Without them we could not serve the large amount of kids that we do.



1

**Children learn to follow directions.** Friendly coaches & colorful props point the way.



6

**From a very early age kids become coordinated and capable.** The building blocks: running, shuffling, hopping, pushing, scooting, catching & throwing.

**Kids clean up after each station rotation, which lasts for exactly 7 minutes.** It is time enough

7



8

for kids to learn and improve, but quick enough for no one to lose interest.

**Diversity is the reality.** Advanced tennis players and novices mix together to learn and have fun.

9

**Parents, children & staff work together.** It is truly a program for the community, delivered by the community.

10

**With an organization like this no wonder Minnesota kids are all good looking and above average!** We are proud of our kids:)



# Kidspeed Energy on the Northside

Hmong International Academy in the Jordan Neighborhood of North Minneapolis is the newest Kidspeed outreach partner.



The 1st and 2nd grade classes at the Hmong International Academy.

## Kids Learn About Teamwork

Energy, and lots of it, was present on a sunny afternoon as the ICT staff set up for activities, the gym was bursting with the energy of the 1st and 2nd graders. Kids were jumping up and down, excited to get moving.

This is a typical scene when ICT Staff come in to deliver Kidspeed programming. "It's crazy, these kids love to run and run and run," said Chris Babekuhl, ICT Program Delivery Specialist.

Each week, one of ICT's values is showcased. On this particular afternoon, Paul Vang explained to the kids the importance of working as a team. "Getting along with others is important, you need to encourage each other."

And the kids did just that. When a classmate had difficulty with a game, kids encouraged them by clapping and repeatedly shouting the child's name.

After an hour of running, throwing and cheering, each child was presented a keychain button to put on their school bag with "Teamwork" and the Kidspeed definition "I will put we before me," printed on it.

This partnership is the start of a lasting one on the Northside of Minneapolis with plans already in the works for summer programming.

"The kids like it alot, they really look forward to it," said HIA afterschool staff Som Vang. We are thrilled and appreciative of all that ICT is doing here for our kids and the community."



# New Board Chair Robert Oberrender



InnerCity Tennis welcomes Robert Oberrender. Bob succeeds Edwin "Skip" Gage, who has served as board chair since 2004, who will remain on the board.

Bob works with UnitedHealth Group as its Senior Vice President of Treasury and Balance Sheet Management, and

Treasurer. He is also a member of the Board of Directors of OptumHealthBank. Bob received his A.B. in Economics from Hamilton College and graduated from the University of Chicago's Booth Graduate School of Business' Executive MBA Program.

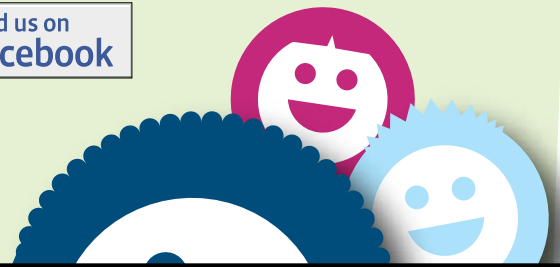
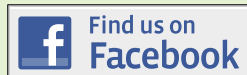
A life long tennis player and former tennis instructor, Bob joined the ICT Board in 2006.

# Save the Date October 9, 2010

## Committee Builds Upon Last Year's Event Success

Planning is underway for the 6th Annual Benefit for Kidspeed. Be sure to save the date, Saturday, October 9th, 2010.

The committee headed by Patti Clifton, DeDe Montgomery and Lynne O'Reilly are promising an outstanding event. Nick Bollettieri along with some fabulous Junior Tennis players from the IMG Bollettieri Tennis Academy will again be featured at clinics Saturday morning, and Belinda Jensen will emcee the evening gala. Watch our Facebook page for more information and surprises in the coming months leading up to the Event.



# Half-Way Through the Season Party

## Tennis Racquets Given Away

Our Holiday Party was a lot of fun! The usual programming time was cut in half to allow the "Holiday Store" to open.

Each level I Kidspeed participant "earned" a new tennis racquet by demonstrating Perseverance - one of the seven program values! And, two extra turns through the Holiday Store were awarded for showing Teamwork and Service. Coloring books, crayons, markers, dolls and matchbox cars were among the additional prizes given away. Levels II, III and IV participants also took home new tennis gear - tennis balls, bags and water bottles.



Coloring Contest winners, at left, sisters Kinzy & Heila, were recognized for their colorful interpretations of their favorite Kidspeed stations. Lillian is pictured at right with her brand new tennis racquet "earned" by demonstrating Perseverance. In total, over 100 tennis racquets were given away!






# Looking Forward to Summer in the Parks

Lessons will take place Monday-Friday from June 16th - July 16th at 16 Minneapolis parks. Registration Day is on Tuesday, June 15th. The cost for the summer program is \$60. Scholarships are available, just ask!

## 2010 SUMMER TENNIS PROGRAM


LESSONS MONDAY-FRIDAY, JUNE 16-JULY 16 | REGISTRATION TUESDAY, JUNE 15



### Parks & Program Times - (1 hour per child)

8:00 -10:00		8:00 -11:00		8:00 -12:00		10:30-12:30		11:30-12:30	
Locations		Locations		Locations		Locations		Locations	
Bryn Mawr, Lyndale Farmstead		Kenny, Powderhorn		Kenwood, Linden Hills, Lynnhurst, Matthews, Morgan, Nokomis, Pearl, Tower Hill		Armatage, Northeast		King, Phelps	
8:00-9:00	(6-11 yr olds)	8:00-9:00	(6-9 yr olds)	8:00-9:00	(6-8 yr olds)	10:30-11:30	(6-11 yr olds)	11:30-12:30	(6-17 yr olds)
9:00-10:00	(12 & up)	9:00-10:00	(10-13 yr olds)	9:00-10:00	(9-11 yr olds)	11:30-12:30	(12 & up)		
		10:00-11:00	(14 & up)	10:00-11:00	(12-14 yr olds)				
				11:00-12:00	(15 & up)				



### Answers to Frequently Asked Questions

- Registration Day will be held on Tuesday, June 15 from 9:00-11:00 at each of the tennis courts listed above.
- Kids ages 6 - 17 are welcome. There is a \$60 dollar fee per player. Scholarships are available.
- Participants will be grouped according to age AND skill level and then assigned to an appropriate group.
- Participants may bring their own tennis racquet or may use one provided by the InnerCity Tennis organization.
- An end-of-season tournament will take place July 17-18 at the Reed-Sweatt Family Tennis Center. Times TBA.
- NO pre-registration is available and we DO NOT accept online payment for the summer program.** However, you can download ([www.innercitytennis.org](http://www.innercitytennis.org)), print, and complete the registration form and bring it to your park on Tuesday, June 15th (Registration Day).

InnerCity Tennis • 4005 Nicollet Avenue South • Minneapolis, Minnesota • 612-824-6099 • [www.innercitytennis.org](http://www.innercitytennis.org) • [info@innercitytennis.org](mailto:info@innercitytennis.org)

## Kids Learn about the Rules

### International Tennis Federation Official Visits InnerCity Tennis

Whose call is it when a ball lands close to the line?  
 What if you and your opponent disagree on the score?  
 What if you disagree on a line call? What do you do when your opponent foot faults?

Tim Kurtt, a professional tennis referee who has umpired Wimbledon, the Australian Open and the US Open, provided the answers to ICT's level III & IV kids. He conducted live situations where rules

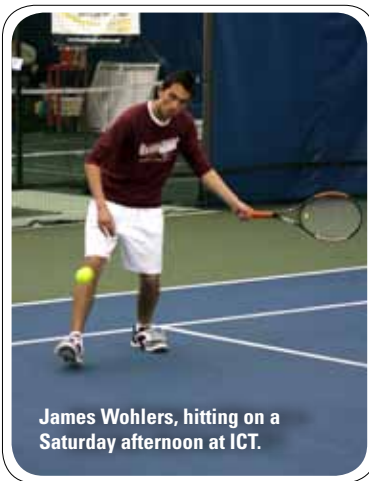
and tennis etiquette questions typically come into play and explained to the kids how to work through them in a professional manner.

Tim is pictured at left with an ICT level III participant, clad in a Wimbledon official's jacket & hat.

An on-court demo was part of Kurtt's presentation.

# A High School Senior Shares his Story

## James Wohlers Tennis Career Began at ICT at age 7



James Wohlers, hitting on a Saturday afternoon at ICT.

I have participated in the InnerCity Tennis program since the age of 7. I am now 18 and in my last year of the program. I can certainly say that the past 11 years I have spent with the program has enriched not only my tennis game, but my overall life as well.

As a young kid, volunteer coaches at the

program taught me life skills like respect, sportsmanship, and responsibility and as a result I have grown into a mature teenager.

During the winter, I have to pay to play tennis indoors. My family is not able to afford this throughout the entire winter. Because of ICT I am able to play

tennis on a weekly basis for free, which has kept my game at a high level during the winter and helped me prepare for the high school season.

Thanks in part to ICT, I was on the Varsity tennis team from 7th-11th grade, achieved all-conference for each of those years, and have consistently ranked 20 or above in the USTA Northern section at the championship level.

I have also volunteered the past couple years, helping coach the younger kids who are just beginning to play tennis. It is great to see the program attracting and giving the opportunity to play tennis to so many kids of all different ages.

Overall my experience with ICT has been extremely fulfilling and rewarding. I have developed a stronger tennis game and grown as an individual because of it. I am proud to say that I have participated in the program for so many years and I am surely going to miss being a part of it all as I head to college.

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## Giving Goes 2 Ways

### What I know is that I'm Helping Kids and They're Helping Me...

I started volunteering on a whim, and now I can't stop. Yes, I know I personally am making a difference. But, I would be lying if I say it's just for the kids that I do this. I love it. The visual aspect, the controlled chaos is a trip. A trip you couldn't stop me from taking with a brick-wall. There are hundreds of colors, little people running around, and things flying through the air, and every few minutes, it all gets put back in place, only to be flying, rolling, and laying all over the place again in a few more minutes.

I can also relate it to what goes on in a photo-booth. In a span of just a couple hours, hundreds of faces pass through. How does that booth get them to act in a happy or silly way? The booth captures that image. I'm that booth. I've stored images of faces of determination, exaltation, and yes, even crying. Those faces are etched into my memory, allowing me to recall them during my trials in life, how someone much smaller than me accomplished a goal set before them.

Some people say volunteering makes me a better person. I don't know about that. What I do know is, that I'm helping kids, and they're helping me....



Jack Nelson Volunteering at the Level I Saturday Program



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