



# Nahant Tennis

Serving up Community and Competition since 1874

Message from the Nahant Tennis President

July 2026



## TENNIS SEASON IN FULL SWING!

Rebecca Flacke

Hello all,

It is great to see so many players out there on the courts! It's been busy, especially in the mornings and early evenings, and we already had two fun round robins/socials, with more to come!

### Updates:

**Kids Camp runs July 6–August 7.** Big thanks to Suzanne Lazzaro for organizing! Almost every week is booked — a great sign, and hopefully the start of some future tennis stars!

\*Court 4 will be reserved Monday–Thursday, 8am–1pm (July6-Aug7)

\*Courts 3 & 4 will be reserved Fridays from 10:30am–12pm (July10–Aug7)

**Weather is unpredictable.** Rain sometimes forces last-minute court closures, and we try to give at least an hour's notice before your reservation. When we close the courts, it's to protect them and keep them in the best shape possible — thank you for understanding.

Continued...



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**The online store** was a success and is now closed. *Elite Embroidery* is working on the ordered merchandise, and I hope it will be ready for delivery in mid-July. I will keep you posted.

This year's **Wimbledon** runs from **June 29 to July 12, 2026**. It's the only Grand Slam played on grass. And of course, the grass-court tradition has deep roots close to home: **lawn tennis in America started right in Nahant, three years before the first Wimbledon**. In August 1874, James Arthur Beebe brought a tennis set back from London and set it up on his father-in-law William Appleton's estate. Appleton's nephew, James Dwight, laid out a court on the front lawn and his match against Richard Dudley Sears is recognized as the first lawn tennis game ever played in the United States! Nahant Lawn tennis predates Wimbledon (1877) by three years!

## Reminders:

-Lessons available: Our tennis pro is Andy Muttiah. If you would like to arrange a lesson, please contact him at [andrewmuttiah@gmail.com](mailto:andrewmuttiah@gmail.com)

-Remember to make your reservations in Court Reserve even if last minute. It helps us schedule court maintenance.

*If you need to reach out to Rebecca personally for any club-related matters:*  
[nahanttennispresident@gmail.com](mailto:nahanttennispresident@gmail.com)

# Upcoming EVENTS

Keep your eye on  
**Court Reserve** for  
sign-ups and details!



## Wimbledon watch party at the Hut!

July 7<sup>th</sup> Tues evening, we will have a Wimbledon watch party!  
Watch for the invite on Court Reserve!



## Tennis social July 17<sup>th</sup> 6pm



## Women's Doubles/Men's Doubles Weekend

October 2026

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Saturday October 3: Mixed Doubles with  
consolation round.

All of October! Men's and Women's  
singles with finals Saturday October 31<sup>st</sup>!  
Players will schedule their matches! Fun!

## Member Guest tournament was held June 27th!

A popular event every year!

It was a beautiful day for tennis with a light breeze, and a great turnout. As usual, it was a memorable event with fierce yet friendly competition.

Winners:

Lorraine Kaplan / Elizabeth Kaplan

2nd: Lori Bergesen / Chris Bolsinger



Consolation round winners were:

Kat Karr / Allain Gaudet with Amy Imhoff subbing for Kat in the end!



## First aid items in the Hut

### **Ankle sprains**

Rest, cold pack (15-20 min on/off), compression wrap, elevation

### **Muscle strains/pulls (calf, hams, quad)**

Stop play  
Ice pack, gentle compression wrap

### **Bleeding**

We have some little packets that stop bleeding

### **Blisters**

Don't pop intact ones, they're a natural barrier. If it's already torn, clean it (saline spray), apply antibiotic ointment, cover with a dressing.

## **Kinesiology Tape for Tennis Elbow**

- Apply a strip with light-to-moderate stretch directly over the lateral epicondyle (the bony bump on the outside of your elbow), anchoring with no stretch at both ends. This is meant to lift the skin slightly and improve local circulation/reduce pain signaling.
- A second strip can run from just below the elbow down along the forearm extensor muscles (the ones that lift your wrist/fingers), applied with the wrist flexed and fingers curled to put the muscle on stretch, then taped with minimal tension as you release back to neutral.

## Member Connect

New members Sarah (3.5) and Paul Vaivoda (3.5) are looking to play mixed, men's or women's Doubles! They have availability days and evenings so send them a text! Paul 315-382-5915 Sarah 315-382-1141

Theresa Weir (3.0) is a new member looking to play with other new members or anyone willing to play. She is happy to meet as many people as possible to get out on the courts. She's in the directory, send her a text!

## It's time for Wimbledon

### All England Lawn Tennis and Croquet Club since 1877

This year's Wimbledon (2026) runs from **June 29 to July 12, 2026** — so it starts in just a few days. Defending champions Jannik Sinner and Iga Swiatek will be defending their titles, and there's a fun storyline this year too: Serena Williams is entering as a wild card in both singles and doubles (alongside sister Venus).

### Why White?

The all-white dress code traces back to Victorian England, when tennis was a genteel, upper-class pastime. White hides sweat better. Today the rule is officially called the "almost entirely white" policy, and it's enforced strictly, no off-white, no large logos, and since 2023, even undergarments must be white!

### Logos, no way!

Wimbledon keeps visible branding to a minimum — mostly its own dark green and purple colors, plus the Wimbledon logo itself. Official sponsors (like Rolex, Slazenger, IBM, Ralph Lauren, Lavazza, etc.) get acknowledgment, but it's typically subtle — small signage, official supplier credits, or scoreboard placements rather than giant banners plastered across the court. Wimbledon trades on tradition and exclusivity. Heavy advertising would clash with that "garden party" aesthetic.

### The balls

Wimbledon uses **Slazenger** tennis balls — specifically the Slazenger Wimbledon Ultra Vis ball in recent years. Slazenger has supplied the official balls since **1902**, making it the longest-running sponsorship in sports. The balls feature a fluorescent yellow-green color (introduced in 1986) for better TV visibility. Before that, tournaments traditionally used white balls. New balls come out after the first 7 games, then every 9 games for the rest of the match to maintain consistent bounce and feel as the fuzz wears down from grass-court play. Wimbledon's balls are specifically calibrated for grass courts, which play faster and lower than hard courts or clay.

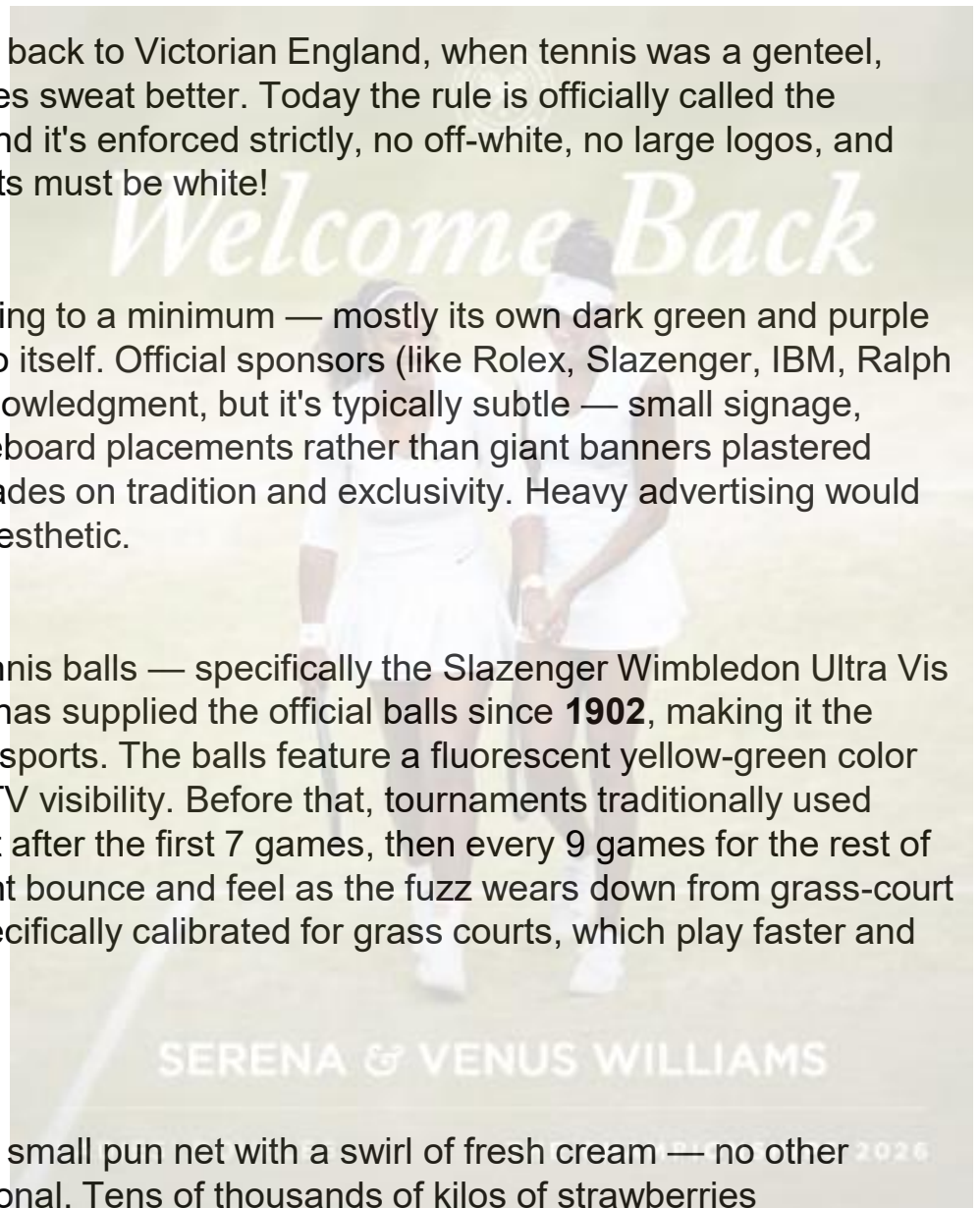
### Food and Drink

#### Strawberries and Cream

The signature dish. Served in a small pun net with a swirl of fresh cream — no other toppings, just simple and traditional. Tens of thousands of kilos of strawberries (specifically Kent-grown ones in recent years) are consumed over the two weeks.

#### Pimm's

The classic Wimbledon cocktail — Pimm's No. 1 mixed with lemonade, fruit (cucumber, strawberries, mint, orange), and ice. It's practically the unofficial drink of British summer, and Wimbledon sells huge quantities of it every year.



## Our Current Board of Directors

Rebecca Flacke (President), Andrea Gogolos (Vice President), Maureen DeCenzo (Secretary), Pam Motely (Treasurer), Thomas Imhoff, Len Frisoli, Karen Falat, Jeff Musman, Mark Reenstierna, Susanne Meninger, Chris Riegle and Kathy McSweeney.

Meetings are always open to members for observation. Comments may be made at the end during the Open Forum.

Next board meeting : July 13 or 14<sup>th</sup> @7pm  
Nahant Country Club

## Stay Connected

- **Website:** [www.nahanttennis.org](http://www.nahanttennis.org)

Click "Book a court" to access Court Reserve

Note: Guest fees can be paid via Court Reserve

- **General question email:** [Info@NahantTennis.org](mailto:Info@NahantTennis.org)

- **President email** (Rebecca Flacke): [NahantTennisPresident@gmail.com](mailto:NahantTennisPresident@gmail.com)

- For Court Reserve/Membership (Maureen Decenzo): [MDecenzo36@gmail.com](mailto:MDecenzo36@gmail.com)

- Newsletter ideas, photos or stories to share (Susanne Meninger): [Susanneme@gmail.com](mailto:Susanneme@gmail.com)

- Instagram: @NahantTennisClub

