



**USTA/MIDWEST SECTION  
ADULT 55 & OVER USTA LEAGUE CHAMPIONSHIPS  
SEPTEMBER 19-21, 2014**

**OFFICIAL HOST HOTELS:  
HILTON GARDEN INN  
HOMEWOOD SUITES  
HAMPTON INN SOUTHWEST**

**HOST FACILITY:  
WILDWOOD RACQUET CLUB  
508 N. HADLEY RD  
FORT WAYNE, IN 46804  
(260) 432-0502**



**2014 USTA/MIDWEST SECTION  
ADULT 55 & OVER USTA LEAGUE CHAMPIONSHIP**

Congratulations on winning your Local, District or State USTA League Championship! Your team now qualifies to compete in the USTA/Midwest Section USTA League Adult 55 & Over Championships. Match play begins Friday, September 19, and concludes on Sunday, September 21, 2014 in Fort Wayne, IN.

**KEY WEBSITE:** USTA/Midwest Sectional Championship information is available on the USTA/Midwest Section website at <http://www.midwest.usta.com/midwestchampionships>.

***All team captains must register their teams one hour prior to their first match.***

**Site:** **Wildwood Racquet Club**  
508 N. Hadley  
Fort Wayne, IN 46804  
260-432-0502  
All play inside - eight of twelve courts are not air-conditioned  
12 hard courts

**Balls:** Penn regular court balls will be provided.

**Team Photographs:** Each team will be assigned a photo appointment time, and the times will be posted on the USTA/Midwest Section website and available at captain's registration. All teams are required to have their picture taken. Pictures will be made available on-line.

**Athletic Trainer:** Athletic Trainers will be onsite at Wildwood Racquet Club.

**Official Logo Merchandise:** NetKnack's USTA items will be available at **Wildwood Racquet Club** on September 19-21, throughout the tournament. Cash, Check, Visa, MasterCard/American Express  
Website: [www.tennisawards.com](http://www.tennisawards.com)

**Facebook:** This event has a Facebook page for participants to share their experience and share photos with others.  
Please visit [www.facebook.com/USTAMidwest](http://www.facebook.com/USTAMidwest)

**Twitter:** Join our Social Network at the USTA League Sectional Championships. When you use the hash tag **#RoadToNationals**, you can let everyone know how you and your team are doing!  
[www.twitter.com/USTAMidwest](http://www.twitter.com/USTAMidwest)

## **Hotel Information:**

- Hotel:** **Hilton Garden Inn**  
**8615 US 24 West**  
**Fort Wayne, IN 46804**  
**260-435-1777**  
**260-435-1778 (fax)**
- Room Rate:** \$89.00 King, \$89.00 Double Queen, \$109.00 Jr. Suite King,  
Complimentary hot breakfast buffet included.  
If you call to reserve a room, ask for the USTA/Midwest Adult 55 &  
Over block.  
Direct web link for room reservations:  
<http://hiltongardeninn.hilton.com/en/gi/groups/personalized/F/FWA/FEG-USTA5520140918/index.jhtml>  
**Group code: USTA55**  
**Deadline to reserve a room: September 16 at 5:00 p.m. EST.**
- Hotel:** **Hampton Inn Southwest**  
**8219 W. Jefferson Blvd.**  
**Fort Wayne, IN 46804**  
**260-459-1999**
- Room Rate:** \$86.00 King, \$86.00 Double. Complimentary hot breakfast buffet  
included.  
If you call to reserve a room, ask for the USTA/Midwest Adult 55 &  
Over block.  
Direct web link for room reservations:  
[https://secure3.hilton.com/en\\_US/hp/reservation/book.htm?execution=e2s1](https://secure3.hilton.com/en_US/hp/reservation/book.htm?execution=e2s1)  
**Group code: ADU**  
**Deadline to reserve a room: September 15 at 5:00 p.m. EST.**
- Hotel:** **Homewood Suites**  
**8621 US Hwy 24 West**  
**Fort Wayne, IN 46804**  
**260-432-5100**
- Room Rate:** \$94.00 Double (Queen Suite), \$94.00 Studio King Suite  
Complimentary hot breakfast buffet included.  
If you call to reserve a room, ask for the USTA/Midwest Adult 55 &  
Over block.  
Direct web link for room reservations:  
[http://homewoodsuites.hilton.com/en/hw/groups/personalized/F/F/WAINHW-U55-20140918/index.jhtml?WT.mc\\_id=POG](http://homewoodsuites.hilton.com/en/hw/groups/personalized/F/F/WAINHW-U55-20140918/index.jhtml?WT.mc_id=POG)  
**Group code: U55**  
**Deadline to reserve a room: September 15 at 5:00 p.m. EST.**

## Team Captains:

**Tournament Entry Fees:** \$400.00 team fee for 7.0 W, 8.0 W, 8.0 M & 9.0 M - Adult 55 & Over  
\$350.00 team fee for 6.0 W & 7.0 M - Adult 55 & Over  
\$250.00 team fee for 6.0 M & 9.0 W - Adult 55 & Over  
Entry fees must be paid at captain's registration. Checks should be made out to the USTA/Midwest Section. Please check with your District Coordinator prior to the registration to determine if your District is paying your team entry fee.

**Captain Registration:** Captains/teams will pick their captain packets/registration at Wildwood Racquet Club **one hour prior to their first scheduled match.**

## Tournament Information:

**Format:** **Round Robin**  
Best of two tie-break sets with a Match Tie-break if required; no coaching allowed. The Match Tie-break shall be scored as 1 set and 1 game for tie-break procedures. Two minute set rest between the 1<sup>st</sup> and 2<sup>nd</sup> set and between the 2<sup>nd</sup> set and 3<sup>rd</sup> set match tie-break.  
Coman Tie-break Procedure for Set and Match Tie-breaks

**Eligibility:** A minimum of **six (6) players** who were on the final local roster must be available to compete at Sectionals. **A captain must request a waiver from the USTA/Midwest Section Adult 55 & Over USTA League Championship Committee prior to the championship to participate with fewer than six (6) players.**

A player is eligible to advance to Sectional Championship competition if that player has played on the same team in at least two (2) matches through the local league season. A maximum of one default shall count for advancing.

All individual team members must be from the appropriate level of play in accordance with the National Tennis Rating Program (NTRP) system.

USTA Rules and Regulations, USTA/Midwest Section Standing Orders pertaining to USTA Leagues, and Championship Rules and Regulations will be enforced during the championship.

**Procedures in the  
Event of a tie:**

**NEW:** The tie will be broken by the first of the following procedures (by TennisLink):

- Winner of the most individual matches in the entire competition
- Winner of the head-to-head match
- Loser of fewest number of sets
- Loser of fewest number of games
- A method to be determined by the Championship Committee

**National  
Championships:**

The 2014 National Mixed Doubles Championship information can be found at: [www.usta.com/leaguechampionships](http://www.usta.com/leaguechampionships)

**2014 USTA/MIDWEST SECTION  
STATE AND SECTIONAL CHAMPIONSHIP REGULATIONS  
ADULT, MIXED AND COMBO LEAGUES**

1. USTA Rules, 2014 USTA League Regulations, current USTA/Midwest Section Standing Orders and "The Code" will be observed. Matches are unofficiated. *Roving* officials will be present.
2. Good sportsmanship, good manners and generally accepted customs that constitute the social graces of court play are the expected behavior of players.
3. ***Team lineups for each match must be submitted by the captain to the tournament desk 30 minutes prior to the scheduled match. The captain must inform the tournament desk that the entire team is on site and available to play. The tournament desk has the authority to start matches when courts are available but no sooner than 30 minutes prior to the scheduled match time. If a team lineup is not submitted prior to match being called; an official will be called. The Point Penalty for Lateness as stated in the USTA Friend at Court will be used for each court where the player(s) for the court being called fails to appear. The penalties are as followed:***
  - ***5 minutes or less: Loss of toss plus 1 game***
  - ***5:01-10 minutes: Loss of toss plus 2 games***
  - ***10:01-15 minutes: Loss of toss plus 3 games***
  - ***More than 15 minutes: Default***
4. Players may be asked to submit a current photo ID and/or driver's license to verify their identity during check-in and at any time during the championship. Failure to provide positive identification (i.e., a current photo ID and/or driver's license) may result in an automatic default of any matches played in which the individual who cannot provide proper identification participated during the championship.
5. If a player is on two or more first place teams at the same NTRP level and Division, the player must choose ONLY ONE team on which to play at the District, State, or Sectional Championships. (Player Decision Form in the championship captain packet).
6. A round robin schedule will be being used. A warm-up of ten minutes is permitted beginning when the courts are assigned. Warm up time will be monitored by the roving umpires.
7. All courts for a team match must be on the same surface and scheduled at the same time.
8. The player should have their phone turned off unless it is specifically approved by the Tournament Referee for the player to have the phone on court in VIBRATE mode. Only medical professionals and certain Information Systems professional are eligible for this exemption.

If a cell phone rings (or vibration is heard) between points or during a changeover, the offending player is given a Time Violation. If it rings during a point, the other player/team may claim the point on a hindrance. In either case the player must turn the phone off at that point. If the player does have an exemption and the phone rings, the player loses the point. If it vibrates, the opposing team or player may claim a let

A player may bring to the court written notes that were prepared before the start of the match and may read these notes during the match. A player MAY NOT use electronic devices such as cell phones, digital messaging systems, radios, MP3 players, DC and DVD players, I pads/tablets and cassette players. Hearing aids and watches not capable of receiving messages are permitted. A player desiring to use any other electronic device should first ask the **referee** whether the device may be used.

9. One team point will be awarded to the team winning the majority of the individual matches:
  - Adult 18 & Over 3.0—4.5 NTRP levels, Five individual matches
  - Adult 18 & Over 2.5 & 5.0+ NTRP levels, Three individual matches
  - Adult 40 & Over 3.0-4.5+ NTRP levels, Five individual matches
  - Mixed 18 & Over 2.5, 6.0-10.0 NTRP Combined levels, Three individual matches
  - Mixed 40 & Over , 6.0-8.0 NTRP Combined Levels, Three individual matches
  - Adult 55 & Over , 6.0-9.0 NTRP Combined Levels, Three individual matches
  - Combo, 5.5-8.5 NTRP Combined Levels, Three individual matches
10. If teams are tied, the tie will be broken according to 2014 USTA League Regulations 2.03H-2.03H5 and then USTA /Midwest Section USTA League Standing Order 2.03H(5).

USTA League Regulations :

2.03H Procedures in the Event of a Tie. In the event of a tie, whether in round robin or single elimination competition, the tie shall be broken by the first of the following procedures that does so:

2.03H(1) Individual Matches. Winner of the most individual matches in the entire competition.

2.03H(2) Head-to-Head. Winner of head-to-head match

2.03H(3) Sets. Loser of the fewest number of sets.

2.03H(4) Games. Loser of the fewest number of games.

2.03H(5) A Method to be Determined by the Championships Committee. Procedure to be announced prior to commencement of championship competition.

USTA/Midwest Section Standing Orders

2.03H(5) The tie shall be broken first by the fewest number of sets lost in the Head-to-Head Match, the second determination would be the fewest number of games lost in the Head-to-Head Match, and the third is by a coin toss by the head referee or his or her designee

11. If a team needs to default a position, defaults will be according to 2014 USTA League Regulations. The defaulted point goes to the opponent as stated in the 2014 USTA League Regulations 2.03K.
12. First place trophies will be awarded to the winning team:
 

Adult 18 & Over 3.0-4.5:	Ten (10) trophies
Adult 18 & Over 2.5 & 5.0+:	Six (6) trophies
Adult 40 & Over 3.0-4.5+:	Ten (10) trophies
Mixed 18 & Over, Mixed 40 & Over, Adult 55 & Over and Combos:	Eight (8) trophies

**Extra trophies may be ordered at the team's expense.**
13. There will be no accommodation for players at the state or sectional match schedules who play in both Adult 18 & Over / Adult 40 & Over and Mixed 18 & Over / Mixed 40 & Over /Adult 55 & Over.
14. If a team cannot participate in either State or Sectional Championship, the captain must immediately notify the District USTA League Coordinator. The District USTA League Coordinator (DLC) or State Tournament Director must contact the second place team and offer them an opportunity to compete. The DLC will obtain all necessary paper work. The DLC will then notify the State Championship Director or Sectional Championship Director that a new team will be coming.
15. If a team does not participate in the State or Sectional Championship and there is no team to replace that team, then the defaulting team's district will be held responsible for the Championship entry fee. Entry fees are not reduced for defaulting teams. Any additional action against the team is at the District's discretion.

16. At all USTA/Midwest Sectional and State Championships, a minimum number of team members as shown in the table below, who were on the final roster of their local league team at the conclusion of local league play, must be available and eligible to compete or to combine and compete, as appropriate. The Championship Committees at events below the State level, by majority vote, can reduce that number to not less than the minimum noted in the table below:

<b>MINIMUM NUMBER of TEAM MEMBERS REQUIRED AT CHAMPIONSHIPS</b>		
<b>DIVISION</b>	<b>MINIMUM NUMBER AT MIDWEST STATE/ SECTIONAL CHAMPIONSHIP</b>	<b>MINIMUM NUMBER WITH APPROVED WAIVER AT DISTRICT CHAMPIONSHIP</b>
<b>Adult 18 &amp; Over 3.0, 3.5, 4.0, 4.5</b>	<b>8</b>	<b>4</b>
<b>Adult 2.5 &amp; 5.0+</b>	<b>5</b>	<b>3</b>
<b>Adult 40 &amp; Over 3.0, 3.5, 4.0, 4.5+</b>	<b>8</b>	<b>4</b>
<b>Mixed 18 &amp; Over</b>	<b>3 women 3 men</b>	<b>2 women 2 men</b>
<b>Mixed 40 &amp; Over</b>	<b>3 women 3 men</b>	<b>2 women 2 men</b>
<b>Adult 55 &amp; Over</b>	<b>6</b>	<b>4</b>
<b>Combo</b>	<b>6</b>	<b>4</b>

17. If a team has not requested a waiver ***Championship Tournament Committee*** and is not represented by a full complement of courts at the initial check in at the USTA League State and/or Sectional Championship, they may be subject to penalties as determined by the Championship Tournament Committee and their District will be fined \$100. Any additional action against the team is at the District's discretion.
18. In all other situations where teams do not have a complete compliment of courts due to unusual circumstances the ***Championship Tournament Committee*** reserves the right to handle on a case by case basis.
19. A complaint against a player or team alleging a violation during championship league competition shall be filed with the Grievance Committee in accordance with rule 3.03C(1), in the 2014 USTA League Regulation Book. The complaints must be written on specific forms obtained from the tournament desk and returned to the duly appointed site director or designee prior to whichever occurs first: (a) within 30 minutes of the completion of the involved team's match or (b) the commencement of the involved team's next match, whether or not the involved player participates except for Eligibility Grievances.
- A non-refundable filing fee of \$50.00 is due upon submission of grievance. If the decision of Grievance Committee is appealed; a non-refundable filing fee of \$50.00 is due upon submission.
- A filing fee of \$100.00 is due upon submission of a NTRP Grievance. If approved, it is refunded. If the decision of NTRP Grievance Committee is appealed; a filing fee of \$100.00 is due upon submission. If approved, it is refunded.
20. During District, State and Sectional Championship play, players declared ineligible by the USTA/Midwest Section USTA League NTRP Grievance Committee will not be allowed to advance with their team, but their match results will stand as played. USTA/Midwest Section Standing Order 2.04E(1).



21. Matches will be the best of 2 tiebreak sets with, a match tiebreak in lieu of third set with the two minute set break with no coaching allowed.
- Adult 18 & Over Team (3.0-4.5) matches consist of 1, 2, singles and 1, 2 & 3 doubles.
  - Adult 18 & Over Team (2.5, and 5.0+) matches consist of 1 single and 1 & 2 doubles.
  - Adult 40 & Over Team (3.0-4.5+) matches consist of 1, 2, singles and 1, 2 & 3 doubles.
  - Mixed 18 & Over (2.5, 6.0-10.0) matches consist of 1, 2 & 3 doubles
  - Mixed 40 & Over Doubles (6.0-8.0) matches consist of 1, 2 & 3 doubles
  - Adult 55 & Over (6.0-9.0) matches consist of 1, 2 & 3 doubles
  - Combo , (5.5-8.5) matches consist of 1, 2 & 3 doubles
- a) Regular scoring will be used.
  - b) Set tie-break (***Coman Tiebreak Procedure***) at 6 all in each set
  - c) Third set *match tie-break* (***Coman Tiebreak Porcedure***) shall be played in lieu of third set in event of split sets.
  - d) Alternate scoring (no-ad or pro sets) may be used in case of rain or unforeseen circumstances.
22. After the match, players are to return the used balls and report the scores to the site director. Scores should be verified by all those who competed. Captains must sign the completed scorecard within 15 minutes after the team match is over.

<b><i>Team Default Rule for SECTION Championships</i></b>
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23. After the championship has begun, any team defaulting an entire team match (5 individual matches for Adult 18 & Over 3.0-4.5 and Adult 40 & Over 3.0-4.5+, 3 individual matches for Adult 18 & Over 2.5 and 5.0+, Mixed 18 & Over, Mixed 18 & Over, Adult 55 & Over and Combo) at the Sectional may be barred from competition in their local and/or district competition in the 2014 season. All individual matches won (by the defaulting team before the default of the entire team match) will be reversed and awarded to the opposing team.
24. Disqualification of any individual and/or team and/or default of matches are within authority of the Championship Committee and/or Championship Director when it is determined those eligibility requirements and/or rules have not been followed.
25. Interpretation of the USTA 2014 Regulations of the USTA League Program is within the authority of the USTA/Midwest Section USTA League Coordinator.

## DISQUALIFICATION & REVIEW PROCEDURES

The following guidelines and procedures will be used during this championship. Please review carefully.

**GRIEVANCE** (*Written formal complaint regarding an alleged violation of a regulation or procedure.*)

**3.03C(1)** Any grievance alleging a violation during championships competition shall be in writing and delivered to the duly appointed site director or designee **prior to whichever occurs first: (a) within 30 minutes of the completion of the involved team's match, or (b) the commencement of the involved team's next match, whether or not the involved player participates except for the Eligibility Grievance.**

**3.03E(1)a NTRP Grievance.** Any self-rated player who is playing at an NTRP Level lower than his/her actual skill level is subject to an NTRP Grievance. If an NTRP Grievance Committee determines that the self-rated player has an inaccurate or inappropriate self-rating, the player shall be disqualified and have his/her NTRP level adjusted by the NTRP Grievance Committee. Scoring of matches played by the disqualified player, per Reg. 3.03E(6) shall be administered in accordance with 3.03C(4)b. NTRP Grievance Committee may additionally impose other penalties against a player who has inappropriately self-rated, including suspension. Also, a captain or others who have assisted, condoned or approved inappropriate self-rating will be subject to such penalties as the NTRP Grievance Committee may decide, including suspension.

Please take the time to review the balance of **3.03C** (Championship Procedures) to familiarize yourself with the process.

**Forms may be obtained from the site director or the Section League Coordinator.**

**GRIEVANCE APPEAL** (*Request for reconsideration of a previous decision determination or finding.*)

Any party to the complaint may file an appeal.

**3.04A(2)** The party(ies) appealing shall file a written notice of appeal with the appropriate coordinator or designee, who shall send it to the Chair of the appropriate Grievance Appeal Committee; Chair of the Grievance Committee whose decision is being appealed; Local, District or Section League Coordinator, and to the other party(ies) involved in the complaint.

**Forms may be obtained from the site director or the Section League Coordinator.**

### NTRP DISQUALIFICATION

**2.04B(2) Championship NTRP Disqualification: There will be no NTRP Dynamic Disqualification at National Championships. Players who are NTRP dynamically disqualified at any championship below Nationals will be notified by the Sectional League Coordinator or designee and have the right to a review in accordance with procedures in Reg. 2.04C.** The section shall choose one of the following options for NTRP Dynamic Disqualifications at each Section Championship and below:

**USTA/Midwest Section USTA League Option is:**

2.04B(2)a Run dynamic calculations and produce ratings throughout the championship. Through the conclusion of the championship event notify and disqualify any player that meet the criteria for NTRP disqualification and reverse appropriate matches played.

### NTRP DISQUALIFICATION REVIEW PROCEDURES

**2.04C** Reviews are considered based solely on missing or incorrect data.

**2.04C(2) Championship.** If the team captain or the player disqualified during or after the conclusion of championship competition desires a review of the disqualification, a written request must be submitted to the Tournament Director, Section League Coordinator or designee, asking for a review before the NTRP Dynamic Disqualification Review Committee of the nearest available jurisdiction within the deadline set by the Chair of the Championships Committee. The written request for a review shall be delivered by the recipient to the Chair of the NTRP Dynamic Disqualification Review Committee. A review shall be held as soon as reasonable.

**Forms may be obtained from the site director or the Section League Coordinator.**

For more information or questions:

Contact your District Coordinator below

**2014 USTA/Midwest Section  
District USTA League Coordinators**

<b>District/State</b>	<b>Name</b>	<b>Telephone and E-Mail</b>
<b>Chicago Illinois Tennis Association</b>	<b>Nancy Williford</b>	<b>630-778-7131</b> <a href="mailto:ustachicago@comcast.net">ustachicago@comcast.net</a>
<b>Middle Illinois Tennis Association</b>	<b>Joann Blair</b>	<b>309-267- 4000</b> <a href="mailto:Joann@midsouthillinois.com">Joann@midsouthillinois.com</a>
<b>Northern Illinois Tennis Association</b>	<b>Viki Congleton</b>	<b>630-443-6074</b> <a href="mailto:viki@northernillinoistennis.com">viki@northernillinoistennis.com</a>
<b>Central Indiana Tennis Association</b>	<b>Toby Gaynor</b>	<b>317-844-6105</b> <a href="mailto:toby@centralindianatennis.com">toby@centralindianatennis.com</a>
<b>Northern Indiana Tennis Association</b>	<b>Jan Orban</b>	<b>574-551-0121</b> <a href="mailto:Jan.orban@comcast.net">Jan.orban@comcast.net</a>
<b>Northeast Michigan Tennis Association</b>	<b>Nancy Berger</b>	<b>810-714-5582</b> <a href="mailto:nancy@bergerweb.net">nancy@bergerweb.net</a>
<b>Northern Michigan Tennis Association</b>	<b>Ruth Smith</b>	<b>231-331-6810</b> <a href="mailto:rasmithtennis@charter.net">rasmithtennis@charter.net</a>
<b>Southeastern Michigan Tennis Association</b>	<b>Deb Thallman</b>	<b>734-421-6404</b> <a href="mailto:deb@semich-usta.com">deb@semich-usta.com</a>
<b>Western Michigan Tennis Association</b>	<b>Paula Stephanic</b>	<b>616-558-9696</b> <a href="mailto:wmitennis@comcast.net">wmitennis@comcast.net</a>
<b>Northeastern Ohio Tennis Association</b>	<b>Dale Hartwig</b>	<b>330-677-5219</b> <a href="mailto:djhNEOATL@gmail.com">djhNEOATL@gmail.com</a>
<b>Northwestern Ohio Tennis Association</b>	<b>Amy Beaverson</b>	<b>419-472-1095</b> <a href="mailto:nwotaleagues@att.net">nwotaleagues@att.net</a>
<b>Ohio Valley Tennis Association</b>	<b>Joyce Engle</b>	<b>937-399-5064</b> <a href="mailto:ovta@woh.rr.com">ovta@woh.rr.com</a>
<b>Wisconsin Tennis Association</b>	<b>Pam Hammond</b>	<b>920-602-0341</b> <a href="mailto:Pamhammond62@gmail.com">Pamhammond62@gmail.com</a>



## SAFETY PRECAUTIONS FOR PLAYING IN WARM WEATHER IF APPLICABLE

You may be playing your matches in conditions to which you are not accustomed. The temperature and/or humidity can get quite high. If you follow the suggestions below, there is no reason why you cannot have good matches and a good time.

You will lose fluid from your body through perspiration. Along with water you lose sodium, potassium and other electrolytes. It is necessary to replenish your body with BOTH water and these electrolytes.

All athletes should drink plenty of fluids (water, sport drinks, juice, milk, etc.) throughout the day. If you wait until you are thirsty, you have waited too long. Note: your body can lose a lot of fluid, via evaporation, while you are flying since the air in the passenger compartment is very dry. You should drink 1 cup of non-caffeine or non-alcoholic drink per hour.

Drink another cup of fluid just prior to play. In fact, also drinking 16 to 20 ounces of water, juices, or sports drink 60-90 minutes before your match can further help in avoiding heat disorders.

Bring a large thermos with you on court and drink frequently (i.e., at every changeover). Water and/or sport drinks are effective.

After your match drink plenty of fluids. It could be water, Gatorade, lemonade, juice, etc. If you prefer, dilute any of these to your own taste. Water by itself does not replace necessary electrolytes. Don't forget to eat! Fresh fruit and fruit juices are an excellent source of some electrolytes and carbohydrates, but you may have to make a special effort to replace some salt as well.

Wearing white really can help in hot weather. Use cotton/polyester blends rather than 100% cotton or tightly woven nylon. Have an extra dry shirt available for change. Perspiration can block ventilation when the shirt is soaked and on humid days, the cooling of evaporation is of little significance.

Use sunscreen. Use waterproof/sweatproof sunscreen that blocks both UVA and UVB rays. Have an SPF of at least 15, but an SPF 30 or above is preferred. Wear a wide-brimmed hat that is well ventilated and shades the neck as well.

Remember, you are allowed 20 seconds between points and 90 seconds at the changeover. Use this time to recover. Take advantage of shade during changeover as much as possible. Change the shirt frequently (and shorts if necessary), and use a cool towel on the face and upper back.

### **SIGNS AND SYMPTOMS OF HEAT DISORDER**

1. **Heat cramps:** muscle spasms, usually due to extensive and repeated sweat losses, fatigue, and normal body temperature.
2. **Heat exhaustion:** extreme weakness, exhaustion, headache, dizziness, nausea, profuse sweating, chills and cool skin, normal body temperature, rapid pulse, sometimes unconscious.
3. **Heat stroke:** hot, dry skin, headache, nausea, confusion, staggering gait, extremely high body temperature, collapse, unconsciousness, sometimes death.

### **IF ANY OF THESE CONDITIONS (#2 OR #3) SHOULD OCCUR:**

1. Call a doctor or emergency vehicle. (Keep applying ice water continuously and generously until medical assistance arrives).
2. Loosen the player's clothing at once.
3. Place player in a prone position in the shade.
4. Apply ice to head and body (or whatever means are available to providing cooling).

For more comprehensive information on dehydration and over-hydrating please go to:

[http://www.active.com/nutrition/Articles/Fluid\\_Facts\\_for\\_Athletes.htm](http://www.active.com/nutrition/Articles/Fluid_Facts_for_Athletes.htm)



## Directions

<b>Hilton Garden Inn</b>	<b>8615 US Hwy 24 West</b>	<b>260-435-1777</b>
<b>Homewood Suites</b>	<b>8621 US Hwy 24 West</b>	<b>260-432-5100</b>
<b>Hampton Inn Southwest</b>	<b>8219 W. Jefferson Blvd.</b>	<b>260-459-1999</b>
<b>Wildwood Racquet Club</b>	<b>508 N. Hadley Rd.</b>	<b>260-432-0502</b>

### **From Hilton Garden Inn/Homewood Suites:**

**To: Wildwood RC: Turn right onto US-24 E. Merge onto I-69N/US-33 S. Merge onto Illinois Rd. /IN-14 W via exit 305 B toward South Whitley. Turn right onto S. Hadley Rd. End at 508 N. Hadley 5.06 miles (7 minutes)**

**From Hampton Inn Southwest: 8219 W. Jefferson Blvd. 260-459-1999**

**To: Wildwood RC: Start out going NE on Old Canal PI/W Jefferson Blvd toward W. Jefferson Blvd (Hwy 24). Turn left on W. Jefferson Blvd. Merge onto I-69 N/US-33 S. Merge onto Illinois Rd./In-14 W via exit 305 B toward South Whitley. Turn Right onto S. Hadley Rd. End at 508 N. Hadley Rd. 5.35 miles (Approximately 8 minutes)**

