

Remember Summer 2017

Volume 2017 - 2018 Issue 2

Winter

LOOKING BACK OVER 50 YEARS OF WINDRIDGE

How it started and where it's headed. Written by Ted Hoehn

It's hard to point a finger at where I first got the notion to devote my life to helping young people develop a passion for sports, but learning a little bit about my upbringing might help you to understand how starting a children's sports camp was pretty much a reflection of my own childhood experiences.



I was born and raised in Hanover, N.H., where my father was for 25 years the tennis and squash coach at Dartmouth College. My Dad wasn't just the Dartmouth coach; he was my coach and mentor as well. And I'm not talking specifically just about the sport of tennis. Bear in mind that I was born in 1942, and that was perhaps 25-30 years before the birth of indoor tennis in New England. So youngsters in those days played a variety of sports depending on the seasons. My Dad had grown up in Rochester, N.Y., and was a very talented natural athlete. At the University of Rochester he was a standout football and basketball player, as well as a member of the track team. From the time I first started playing tennis, at age three, to the time I played in my first tennis tournament, at age seven, I never felt any pressure whatsoever to only pursue playing just tennis and nothing else. In fact, the opposite is what happened. Dad encouraged me to play as many sports as I desired. So growing up I skied, played basketball and hockey, played a little squash, played baseball and tennis in the summer, and loved to play football (mostly touch) in the fall. But my summers were mostly spent travelling around New England playing in tennis tournaments. That's because I loved to compete... not because Dad was pushing me. By the time I was 13 I was the top-ranked player in New England in my age category. By the time I reached 15 I was again #1 in New England in both the singles and doubles rankings (and #22 in the U.S.).

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You Have More Time Than You Think

Do you ever step out on the court and feel like you're rushed before every shot? Along with being rushed you then try to improvise your strokes and lose confidence!

Mistiming the ball and making contact with the ball too late are two common problems in tennis. As players, we often feel like we do not have enough time to hit a clean shot. This could be due to not reading the ball well, not being in the correct position, taking your racquet back late, or some other reason.

In this article we will share 5 tips that will allow you to feel ready before every shot.



1. Split step - Making a quick, short split step

when your opponent hits the ball will allow you to move quickly towards your next shot. This could also help you set the tone with your footwork and improve your rhythm and consistency.

2. Get your racquet back early -

The book "The Inner Game of Tennis" recommends to have these two questions in mind at all times; "Where is the ball?" and "Where is my racquet?". As the ball comes over the net you should have your racquet back or on the way back. The earlier you can start reading the ball, the better. Once you identify the amount of spin and bounce the ball has, you can start preparing to make contact with it.

3. Watch your opponent – After you have hit the ball, you should shift your focus from the ball to your opponent. By watching your opponent, you can anticipate what type of shot they will hit. If they are off balance, you can get ready to attack the short ball. If they are moving well, ensure you are in the right position to defend the next ball. Which leads us to the next point.

by Leon and Mau

4. Know where you are on the court - Be aware of your position on the court at all times. The best position is around 2 feet behind the center mark of the baseline. From here, you are ready to attack or defend depending on the nature of your opponent's shot. However, it is important to understand the situation to know where you want to be standing. For example, after you hit a drop shot, and the ball is below the height of the net, your opponent will have to hit the ball up... making it a great opportunity to move in for a volley!

5. Plan your next shot -

Having your next shot in mind allows you to move with determination rather than being hunted by your opponent's shots. This will especially help you with your serve returns.

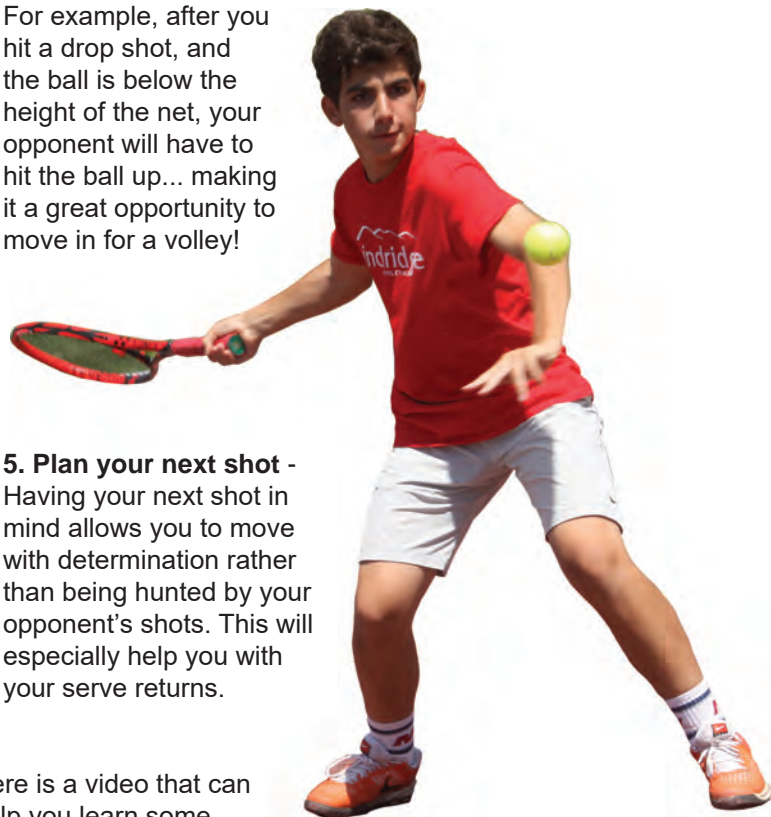
Here is a video that can help you learn some more about anticipation!

<https://www.youtube.com/watch?v=apSnDiX4w3s>

Using these tips, get out on the court, enjoy timing the ball well and have fun.

Good luck,

Leon van Voorthuizen and Mauricio Gonzlaez



Session Dates for 2018

Session	Dates	Days	Cost	Riding
Session 1	Saturday, June 16 - Thursday, July 5	20	\$4,500	\$850
Session 2	Saturday, July 7 - Thursday, July 26	20	\$4,500	\$850
Session 3	Saturday, July 28 - Saturday, August 11	15	\$3,375	\$640
Two Sessions	Stay any two sessions and receive a \$500 discount			
S1 Rookie Camp	Saturday, June 16 - Monday, June 25 (ages 7-10)	10	\$2,250	\$425
S2 Rookie Camp	Saturday, July 7 - Monday, July 16 (ages 7-10)	10	\$2,250	\$425
S3 Rookie Camp	Saturday, July 28 - Monday, August 6 (ages 7-10)	10	\$2,250	\$425

Dribbling Tips

Most soccer teams in the off season train off the field, working on strength and conditioning. We are going to take a break from lifting weights and running miles without the ball. Let's introduce some of the key points to mastering dribbling with the ball.

Dribble only when needed

Firstly, we have to consider the purpose and need to dribble the ball. Dribbling is a great tool when trying to get past defenders and therefore outnumber the opponents. However, especially in a game, a shot or pass should always be on our mind first! Often we get caught in too much dribbling, when there is a more effective solution available.

Use the outside of your foot

As a point of contact, you should be using the outsides of your feet or laces. This will allow you to dribble with more speed, as you can plant your foot in the natural running position. If you use the inside of your foot, you will have to take more time adjusting after each step and end up dragging your feet behind the ball.



by Frantisek Zurek

Keep the ball close

In order to prevent losing possession of the ball, it is important to keep it as close to your feet as possible.

The best way to ensure this is to make sure every step is a touch of the ball. Take smaller touches moving the ball with gentle contacts, instead of chasing the ball after kicking it hard.

Keep your head up

Staring down at the ball is a very common mistake. Practice keeping your head up and therefore being aware of your opponents, as well as your teammates. This will allow you to assess the situations on the field and make effective plays.

Change pace

An ability to accelerate or decelerate strategically is a great way to stay unpredictable and allows you to beat your opponents even without fancy moves. Train yourself to change pace frequently. This will give you an idea of when to slow the game down or speed up and explode past your defender.



CIT Program - Looking For Tomorrows Leaders

We are so excited for this year's group of CITs (Counselors-In-Training) who have already shown great dedication and enthusiasm in the application process for this highly selective program. These former campers are all set to hone their leadership skills and develop their teaching skills this summer. They will arrive full of Windridge spirit and traditions and an ability to make our youngest campers feel at home just like they did for so many years. We are so grateful for all they bring to Windridge and are looking forward to watching them grow over the summer.

The following past campers have started the CIT application process and we hope to work with them all this summer: Catherine Bennet, Simon Erhag, Clara Ekholm, Thibault Fauchon de Villeplee, Pia Facchini Pujol, Alex Olsson, Pia Savino, Joseph de Clemont-Tonnerre, Gigi Gelgor, Caroline Logush, Molly

Stapleton, Abby Krahmer, Pari Palandjar, Nico Deichman, Artus de Vivie and Charlotte Mckenzie.



(Continued from page 1.)

Still no indication from Dad that it was time to stop playing the other sports. So when I entered Hanover High School I went out for the football, hockey and baseball teams. Hanover High didn't have a tennis team at the time. By my senior year, I was the captain of all three teams and made the All-State teams in football and hockey. Although I received quite a few offers from colleges for my football and hockey prowess, I had finally on my own decided that tennis was my real passion, and I chose to attend the University of North Carolina on a partial tennis scholarship. I felt I had the most potential to succeed in tennis; it wasn't as physically demanding as football and hockey; and tennis is a lifetime sport that I could continue to play competitively long after college.

I had a very successful collegiate career at UNC, winning two ACC and two Eastern Intercollegiate Doubles Titles, and was voted team captain both my junior and senior years. I then spent two years coaching tennis and squash at West Point. That was followed by a six-month trip to Europe to play on the European clay court circuit. Although I had some very good results, including reaching the semi-finals of the prestigious Monte Carlo Open doubles tournament, I made the decision to return home and embark on my dream of starting a children's camp in New England that not only focused on tennis, but also offered a variety of other sports and activities to help develop these youngsters as well-balanced citizens. Promoting good sportsmanship and lasting friendships were high on my priority list.

My first step in starting a children's camp was to find a financial partner, because I hadn't exactly made a fortune on the European circuit. Through some fellow New

England players I learned of a Vermont businessman that was looking to use his newly built tennis facility (2 indoor and 2 outdoor clay courts) as a summer junior program. After numerous phone calls, I visited Alden Bryan in Jeffersonville and liked what I saw. Alden was a well-known landscape artist and a former Harvard



Ted & Nanny Hoehn

player who shared my passion for tennis and sports. We agreed to embark on this venture together, and thereby we began our journey of developing young athletes and building strong character through hard work and good sportsmanship.

Together Alden and I started Windridge in June of 1968. The first year attracted 63 campers from across the Northeast. The staff consisted of nine counselors. As I was only 25 years old and had never had any experience running a camp before, I hired Corey Wynne, the Ass't Tennis Coach at Harvard, along with Corey's wife and two children, to bring experience and credibility to the fledgling program. The following year my Dad had just retired from his job as the Head Tennis Professional at the Longwood Cricket Club in Boston, so I persuaded Mom and Dad to join my staff for the summer of 1969.

By summer #3 I hired a good friend and contemporary, Charley Witherell, to serve in the role of Assistant Director. A former Cornell hockey player and fine all-around athlete, Charlie had a background in recreation management and was experienced in working with young people. That hire proved to be monumental to the success of Windridge as Charley worked with me for over 30 years and truly became the guiding force and face of the Windridge/Craftsbury camp.

Over the years there have been many influential Directors, Tennis Directors, Head Counselors and counselors who have played a significant role in helping to make Windridge one of America's most popular children's sports camps. At Jeffersonville, Muff Parsons



was a staple for twenty years before she moved on to become the Women's Tennis Coach at the University of Vermont. Paul Dayton, Bob Long, Ned Eames and Jeff Stone are four people who made a significant impact on the original Jeffersonville camp.

Besides the aforementioned Charley Witherell, there were many others who played a leading role in making Craftsbury such a popular destination. Charley's wife, Pam, was for many years the camps' Office Manager; Sandy Mohlman and Coach Sofresh were two of Craftsbury's leading Tennis Directors, and both had roughly ten year stints with Windridge. John Hammil was a Craftsbury fixture, serving as both Soccer Director and Ass't Camp Director. Michelle Cannon, who took over the reigns when Charley retired and remained as Director until the camp was sold in 2010.

Now that Windridge at Teela-Wooket is the last surviving Windridge location, there is a lot of pressure to uphold the wonderful memories and traditions of the other two camps.

The Windridge Tennis & Sports Camp at Teela-Wooket opened its doors in the summer of 1989. Allyson Bolduc was the first Director. Allyson's daughter is Michelle Cannon, who grew up as a camper and counselor at Teela. When Allyson decided to go to UVM Medical School (at the age of 42), the Riding Director Cubby Momsen took over the reigns as Director. Cubby worked closely on a year-around basis with the Office Manager, Anne Jenkins. Dave Wright and his wife, Cindy, were involved with the camp for a decade, and together left a lasting impression. Dave was for many years the Tennis & Soccer Coach at Gettysburg College, and today still serves in the position of Director of Athletics. Then came the Deb Fennell era as Camp Director. Errol Natrass was hired as Tennis Director in the summer and Marketing Manager during the winter months, and he did an amazing job for sixteen years. Another incredible hire was getting Leanne Crewdson to join the Teela team as Office Manager. She had previously held that position at Craftsbury. This will be Leanne's 14th year with Windridge. Sue McNeill has been the Riding Director at Teela for the past 13 summers. Her knowledge of horses; her love of the campers; her dedication and loyalty and her incredible work ethic will long be

remembered. We have our work cut out for us to find a suitable replacement. We have named the Barn in Sue's honor as a token of our appreciation.

I could go on and on about all of the special people who have guided and shaped Teela into the uniquely wonderful camp that it is today. We are always very proud when one of our campers rises through the ranks and shines as a staff member. Will Mackey is a perfect example: camper, CIT, Jr. Counselor, Counselor, and then Head Boys Counselor. Will possesses all of the attributes that we look for in a staff member. Having just graduated from Trinity College, Will is taking a little time off before heading to medical school in the fall. Teela won't be the same without having Will around!

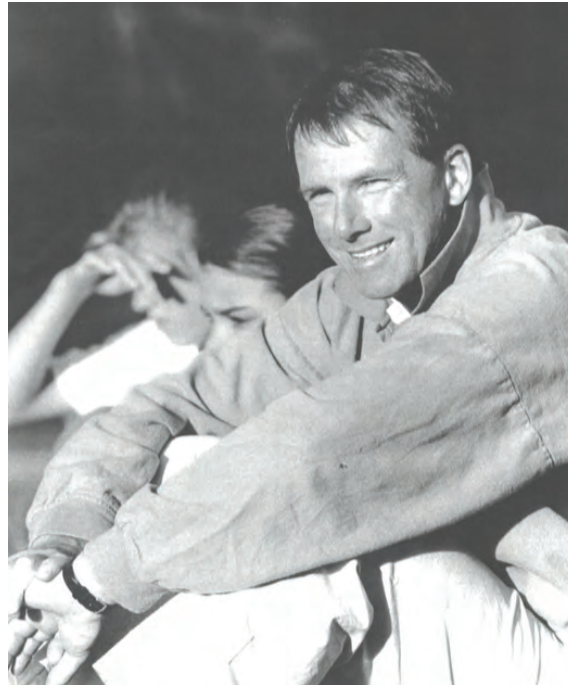
There is one last person at Teela who deserves special recognition. Norbert Auger is the most "complete" Camp Director that I've ever had the pleasure of working with. For thirteen years now his work ethic; his dedication to the job; his passion; his creative mind; and his ENERGY have truly amazed and impressed me. He's the real deal, and he is the number one reason why so

many campers and staff members keep coming back to Windridge summer after summer. Norbs has just signed a contract to remain at Windridge through the 2021st season. As long as Norbs is the Director I know that every person associated with Windridge is in good hands!

I had thought that after spending the past 50 summers at camp that I would take a sabbatical next summer. My wife, Nanny, has convinced me that "Windridge is in my blood", and that I would be miserable not being around camp. So it looks like we'll be back for Summer #51. Thank you all for your support and patronage.

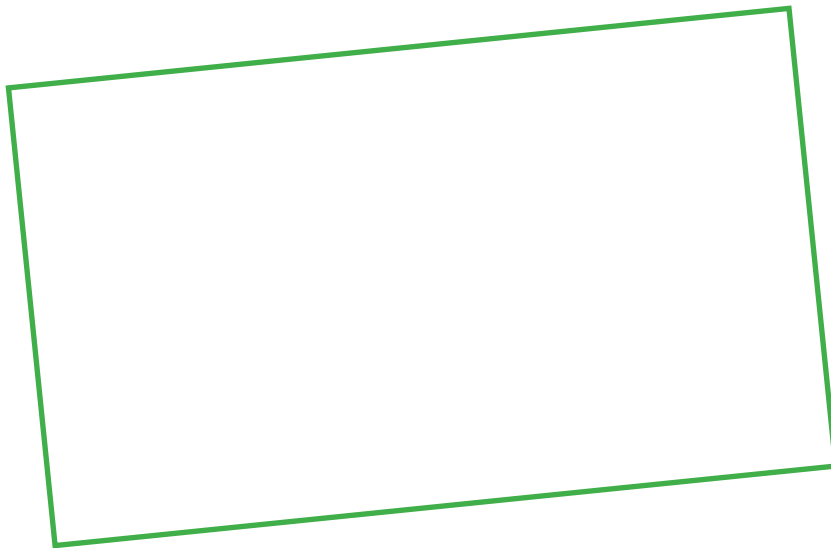
Warmly, Ted Hoehn

P.S. I am quietly seeking candidates who might either be interested in purchasing Windridge outright, or ... a few partners who might like some equity in a profitable and successful business that still has lots of room for growth and development. Call me at 802-238-8379 if you are a serious investor and would like to discuss the details.



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PLEASE HELP US RECRUIT NEW CAMPERS

Over the past five years we have invested a substantial amount of money in renovating many of our sleeping cabins and bathrooms, not to mention the Barn and Fieldhouse and Health Center. These improvements have enabled us to accommodate a larger number of campers per session. Recently we have been in the ballpark of having between 125 -140 campers per session. We would like to increase the number of campers per session to 160! Not only will this new number help our operating budget, but we feel that it will provide our campers with better competition and match-ups within their playing level, thus making their experience on the tennis court and soccer field more enjoyable.

To accomplish this goal, we would like to enlist your support. If you would be willing to host a Windridge gathering in your home and invite some of your friends for an informational presentation by one of our staff, we will provide the refreshments and the promotional materials. If you are successful in signing up new campers (who have no previous connections to Windridge), we will credit your account with \$100 for each and every camper you successfully recruit. Please call 802-860-2005 for more details.

