

**USTA**   
**NORTHERN CALIFORNIA**



Betty Olsen pictured with the USTA NorCal team at Nationals

# 88 Years Young & Still Winning

## BETTY OLSEN'S JOURNEY TO NATIONALS

**Q: You just captained your Adult 65 & Over 7.0 team to Nationals - in your late 80s! What does this accomplishment mean to you personally?**

Tennis is my passion. Competitive tennis is another level up, and to be

able to help my team compete at Nationals was everyone's dream. To get this experience at 88 was thrilling."

**Q: You have three generations of USTA players in your family**

**competing at the same time, how does that make you feel and what do you think tennis has given your family?**

Tennis is a lifetime sport plus a family sport. Unlike other sports, generations can play competitively

# “ Tennis is a lifetime sport plus a family sport. ”

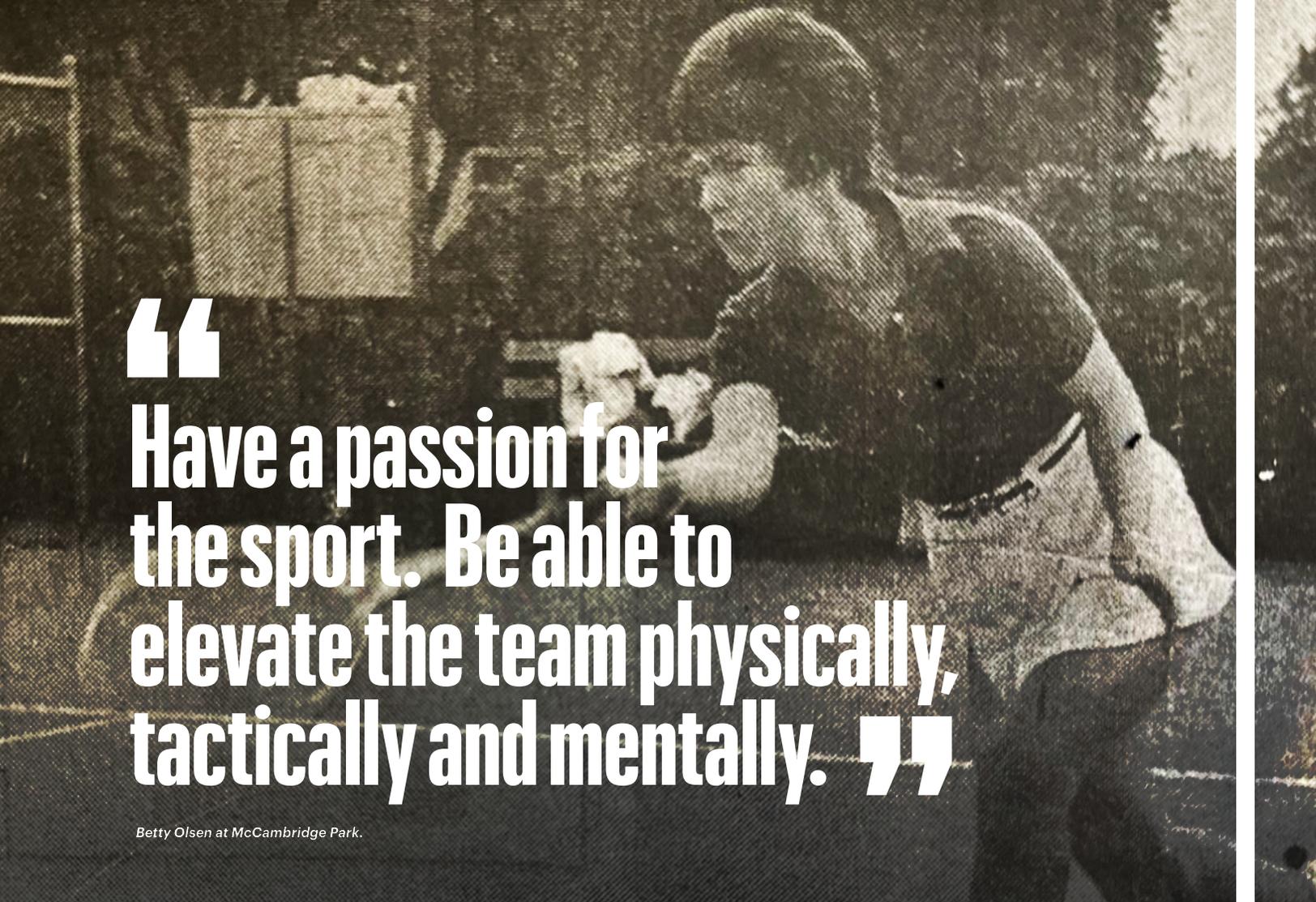


Betty Olsen pictured with her coach.

together. I wanted my 4 daughters to be able to play high school tennis, since that was unavailable to me. They attended junior tennis clinics and 1 week at summer tennis camp. When they married, I provided a series of tennis lessons to spouses. Grandchildren were provided tennis lessons. Out of 6 grandchildren, 4 play.

**Q: What inspired you to pick up a tennis racket and how did your love for the game begin?**

I always loved sports. I played baseball and football with the boys in grammar school. There were no girl sports teams in high school. On a whim, my husband signed us up for a doctor's tennis tournament in Palm Springs organized by the newly formed AMTA (American Medical Tennis Association.) Didn't win a match but loved it. Came home and got coach Nolan McQuown to teach me (30) and husband (32), and the rest is history.



“  
**Have a passion for  
the sport. Be able to  
elevate the team physically,  
tactically and mentally.**”

*Betty Olsen at McCambridge Park.*

**Q: You've captained many teams over the years. What do you believe makes a great team captain?**

Have a passion for the sport. Be able to elevate the team physically, tactically and mentally. Be a good communicator, support and psychologist.

**Q: What motivates you to keep playing, captaining,**

**and showing up season after season?**

It keeps me involved with my passion and with likeminded people.

**Q: What is your favorite memory from this most recent season or Nationals run?**

I made the mistake on the 1st day of our first match by putting the wrong team down for 3rd doubles.

Without a warm-up and 5 minutes notice, the mistake team rose to the occasion and won the 3rd set tie-break and the match 2-1.

“

**Tennis is  
my passion...  
To get this  
experience  
at 88 was  
thrilling. ”**

*Betty Olsen on taking NorCal to Nationals as Captain.*

**Q: How has the game of tennis changed since you first started playing and what has stayed the same?**

Equipment has changed dramatically as well as the growth of USTA. I started with a Jack Kramer wood racquet and started a league competition with Virginia Slims as sponsor.

**Q: What advice would you give to adult league players who are feeling burned out, discouraged, or unsure if they should keep playing?**

Bring more comradeship and joy into the team. Just as you would in a tennis match, try to change something that is not working. Change partnerships, change line-ups, don't keep doing what is not working.

**Q: If you could describe what tennis means to you in one sentence, what would you say?**

Tennis has brought me constant activity, constant friends and joy.



Betty Olsen pictured with the USTA NorCal team at Nationals.

**What legacy do you hope to leave within the USTA community and for the generations playing after you?**

My husband and I helped reactivate the Burbank

Municipal Tennis Club. I started junior team tennis in Burbank for 14 and under. I volunteered as a Girls High School tennis coach for 8 years and I was Executive Director of the

AMTA (American Medical Tennis Association) for 10 years. A lot of fun tennis. AMTA allowed me to play international tennis in Europe.