



The Garden City Casino A Tennis and Social Club

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GC Casino Newsletter October 2026

President's Message

Welcome to the October 2026 issue of our GC Casino newsletter. Despite some rainy weather on Sunday morning, this year's Finals Weekend was a big success, thanks to some nimble juggling by our team. We were treated to a wonderful assortment of delicious food and cold drinks throughout the weekend as spectators enjoyed the outstanding tennis and were entertained by many of our best players as they battled each other for club championships. A full recap of the tournament finals and list of club champions is presented in this newsletter.

On behalf of the entire board and all Casino members, congratulations to all the winners and finalists on a fantastic tournament, and sincere thanks to all the generous volunteers who made it all possible once again – the tournament directors, the tennis committees, the chair umpires, the line judges, the beautification team, the house chair, and so many others.

We've had a wonderful tennis season at the Casino, and I hope you enjoyed it as much as I did. Autumn in New York is always a great time for outdoor tennis. Our courts are still in great shape, and weather permitting, we expect to keep them open for play well into the month of October. We also have many terrific social events scheduled in the coming months, and we will keep you posted so you can mark your calendars and join the fun at the Casino.

With our 2026 tennis season nearing its conclusion, this will be the final newsletter of the year. Our next issue will be published in April/May 2027, when we will be kicking off another great tennis season at the Casino.

Happy autumn everyone, and I hope you enjoy the beautiful fall tennis weather!

Drew Wozniak
President

GC CASINO CLUB CHAMPIONSHIP RESULTS - 2026

CHAMPION

FINALIST

Men's A Singles	ARTHUR HAZARIAN	Mike Sambus
Ladies A Singles	JESSICA SEIFERT	Erin Doherty
Men's B Singles	SHANE HURLEY	Ivan Kedrin
Ladies B Singles	KAREN PIMEMAN	Amy O'Leary
Men's A Doubles	SEAN COONERTY / JEFF COVIELLO	Gary Muhlstock / Steve D'Antonio
Ladies A Doubles	GENEVIEVE SAMEDY / JENNIFER SOPER	Erin Doherty / Ronnie Kedrin
Men's B Doubles	MIKE HORN / ALEX HORN	Ivan Kedrin / Alex Kedrin
Ladies B Doubles	LAUREN PEEPLES / KAREN PINEMAN	Caitlin Sorohan/ Michelle Haskell
Ladies C Doubles	ANN PELOQUIN / EILEEN GUIDER	Stephanie Smith / Lauren Sbeglia
Men's Casino Cup	EUGENE SABO / SHANE HURLEY	Joe Filosa / Nick Sbeglia
Ladies Casino Cup	PATTY SILER / RONNIE KEDRIN	Kristin Hester / Ellen Mauk
Men's 120's	BRIAN NICHOLAS / JIM MURPHY	Keith Becker / Steve D'Antonio
Ladies 100's	JOELLEN CROWLEY / KATE CROFTON	Neeta Smith / Jamie Cabarubbia
Mixed A Doubles	MIKE QUINN / JENNIFER SOPER	Sean Coonerty / Ada Coonerty
Mixed B Doubles	BARRY DILLEN / CAITLIN SOROHAN	Adrian Mariacher / Linda Mariacher



Men's A Singles Finalist Mike Sambus, Chair Jon Romero & Champion Arthur Hazarian



Ladies A Singles Champion Jessica Seifert, Chair Patty Hamilton & Finalist Erin Doherty



Men's A Double Champions Jeff Coviello & Sean Coonerty, Chair Lou Fasano, and Finalists Gary Muhlstock & Steve D'Antonio



Ladies A Doubles Finalists Ronnie Kedrin & Erin Doherty, Chair Lenore Rust, and Champions Genevieve Samedy & Jen Soper



Ladies B Doubles Finalists Caitlin Sorohan & Michelle Haskell, Chair Christine Oates, and Champions Lauren Peeples & Karen Pineman



Ladies C Doubles Champions Ann Peloquin & Eileen Guider, Chair Bernadette Sullivan, and Finalists Stephanie Smith & Lauren Sbeglia



Men's Casino Cup Finalists Joe Filosa & Nick Sbeglia, Chair Jim Murphy, and Champions Eugene Sabo & Shane Hurley



Ladies Casino Cup Champions Ronnie Kedrin & Patty Siler, Chair Jen Volkl, and Finalists Ellen Mauk & Kristin Hester



Mixed B Doubles Champions Barry Dillen & Caitlin Sorohan, Chair Mike Sbeglia and Finalists Linda & Adrian Mariacher



Men's 120's Finalists Steve D'Antonio & Keith Becker, Chair John Daley, and Champions Brian Nicholas & Jim Murphy

October 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	1	2	3
				4:30 - 8:30 PM: Ladies Night (\$40)		6:30AM - 12:30 Open Play
4	5	6	7	8	9	10
6:30AM - 12:30 Open Play			Casino Book Club 7:30 - 9:00PM (Free to Members)			6:30AM - 12:30 Open Play
11	12	13	14	15	16	17
6:30AM - 12:30 Open Play	Mahjong Open Play 7:00 - 9:00PM					6:30AM - 12:30 Open Play
18	19	20	21	22	23	24
6:30AM - 12:30 Open Play						6:30AM - 12:30 Open Play
25	26	27	28	29	30	31
6:30AM - 12:30 Open Play			Mahjong Open Play 7:00 - 9:00PM			6:30AM - 12:30 Open Play

October – Special Events Calendar

October 1	Thursday	4:30	Ladies Night
October 7	Wednesday	7:30	Book Club
October 12	Monday	7:00	Mahjong Open Play
October 28	Wednesday	7:00	Mahjong Open Play

Demystifying the Complex World of Tennis Strings

When tennis players look to upgrade their game, the first place they usually look is a new racquet. They research weight, balance points, head size, and swing weight, spending hours watching reviews and demoing frames. But there is a crucial component that often gets overlooked—the engine of the racquet itself.

We are talking, of course, about tennis strings.

Think about it: the strings are the only part of your equipment that actually makes contact with the ball. You could have the most expensive, high-tech frame on the market, but if it is strung with cheap, dead, or inappropriate material, you are leaving a massive amount of performance on the table. Conversely, a modest racquet can feel like a weapon in the hands of a pro if it's strung with the right setup at the right tension.

The world of tennis strings can be confusing. With terms like "multifilament," "co-poly," "gauge," and "hybrid setup" thrown around, it's easy to feel overwhelmed. Should you prioritize durability or feel? Spin or power? And what on earth does tension actually do to your shots?

Long time Casino member **Mike Mangini** is a tennis racquet professional and has advised many club members over the years regarding the best personalized string set ups for their racquets based on their individual playing style and needs. We recently sat down with Mike and asked him to help us demystify the complex world of racquet strings. We asked Mike to break down the different materials, explain how tension works, and help us determine exactly what we need in strings to take our games to the next level.

GCC: Good morning, Mike, and thanks for meeting with us today. Racquet stringing seems to be such a niche field. How did you get into the world of stringing tennis racquets?

MM: I was working in my dad's construction business. There was a tennis shop next door, and I became friendly with the owner. I always thought I would like to own a sports bar or a sporting goods store, and I ended up getting into the tennis business.

GCC: How long have you been stringing tennis racquets?

MM: I have been stringing tennis racquets for 43 years, and I would estimate that I have strung more than 40,000 racquets over that time.

GCC: There are so many different materials. Which do you think work best?

MM: Natural gut is the best string out there, but it is very pricey, at about \$65 or more. The better multifilament strings on the market now mimic natural gut and have tremendous feel along with fair power. I think 80% of players should probably use or at least consider these “*multi*” strings. *Poly* strings are best for harder hitters (4.5 rating and above) and most college players. They will give plenty of spin and will also last longer, but they are not suitable for most recreational players. *Hybrid* setups have also become more popular recently and are used by many pros. In a hybrid setup, you put one type of string in the mains (the vertical strings) and a different type in the crosses (the horizontal strings). For example, putting a durable polyester in the mains gives you spin and control, while putting a soft multifilament or natural gut in the crosses adds feel and expands the sweet spot. This is a good way to introduce yourself to polyester strings without committing to a full bed of stiff material. It allows you to fine-tune the playability of your racquet to suit your specific needs through some trial and error.

GCC: What can you tell us about string gauges? What does “gauge” mean?

MM: In the US, string thickness is measured in "gauge" while in most of the rest of the world, it is measured in millimeters. The relationship between the two can be a bit confusing because the higher the gauge number, the thinner the string.

- 15 Gauge: Very thick. Offers maximum durability but less feel and spin potential.
- 16 Gauge: This is the most popular middle ground. It offers a solid balance of durability and playability.
- 17 Gauge: It is a bit thinner than 16, so it “bites” into the ball better for more spin and offers a livelier feel, but it will also break more quickly.
- 18 Gauge: Very thin. Incredible feel and spin, but don't expect it to last very long, especially if you are a heavy hitter.

I think that for most recreational players, a standard 16 gauge is usually the safest bet. As you develop your game and figure out if you are a string-breaker, you can adjust accordingly.

GCC: What about tension? Do you recommend high or low?

MM: String tension is measured in pounds. The standard range for most racquets is between 50 and 60 pounds, but personal preference plays a huge role. Here is the general rule of thumb:

- **Lower Tension** (e.g., 48-52 lbs): equals MORE POWER and MORE COMFORT. The stringbed acts like a trampoline. The ball sinks in deep and launches out. However, you lose some control.
- **Higher Tension** (e.g., 57-62 lbs): equals MORE CONTROL. The stringbed is stiffer, meaning the ball leaves the racquet face faster with less trampoline effect. You have to provide your own power, but you can place the ball more precisely.

The best tension depends on individual needs. For example, if you seem to be hitting ground strokes too short, you may want to try a lower tension. Conversely, if you are consistently hitting long, a higher tension may be needed. If you aren't sure where to start, look at the recommended tension range printed on the throat of your racquet and pick the middle number. From there, you can adjust. If your balls are flying long, go up 2 lbs next time. If your arm hurts or the racquet feels dead, go down 2 lbs.

GCC: How often should I change strings?

MM: A common myth is that you should only restring your racquet when the strings break. For polyester users, this is definitely false. Strings lose their elasticity and tension over time. This is a phenomenon known as "tension loss" or going "dead."

Playing with dead strings forces you to swing harder to get the same depth, which can lead to poor technique and injury. A classic rule of thumb is to restring your racquet as many times per year as you play per week. If you play three times a week, restring three times a year.

However, if you use polyester strings, you might need to restring more often, as poly tends to lose tension faster than multifilament or synthetic gut. If you notice your strings moving and not snapping back, or if the sound of impact changes from a crisp "ping" to a dull "thud," it is likely time for a refresh.

GCC: Any other advice you can share with your fellow members about strings?

MM: Yes – the most important thing is to have a conversation with your stringer about what is working in your game and what is not. Short of watching you play, that is the best way to help a stringer determine what you need and what will serve you best. I always remind my customers – *strings are more important than racquets*. I am always happy to discuss all aspects of stringing with any Casino member who wants to learn more about the impact of strings and how the right string set up can help improve your game.

GCC: Thanks Mike. How can members get in touch with you to discuss strings?

MM: Members can contact me any time. My direct number is: (516) 643-1941, and my e-mail address is: mmangini123@gmail.com

THE UNWRITTEN TENNIS RULES NOBODY FOLLOWS

Respect the game. Respect your opponent. Play like a true tennis player.

- 1** Don't celebrate your opponent's unforced errors
- 2** Always call the score before serving
- 3** Don't delay the game between points
- 4** Respect your opponent's concentration
- 5** Don't give unwanted coaching during matches
- 6** Return stray balls safely and politely
- 7** Avoid excessive racket throwing
- 8** Don't abuse the opponent's weaknesses
- 9** Encourage your doubles partner, don't blame them
- 10** Don't make noise during rallies
- 11** Wait until the point ends before moving behind courts
- 12** Avoid unnecessary line arguments
- 13** Give credit for great shots
- 14** Don't take extra time between serves
- 15** Respect honest line calls
- 16** Help beginners improve and enjoy tennis
- 17** Leave the court cleaner than you found it

Garden City Casino Board of Governors

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