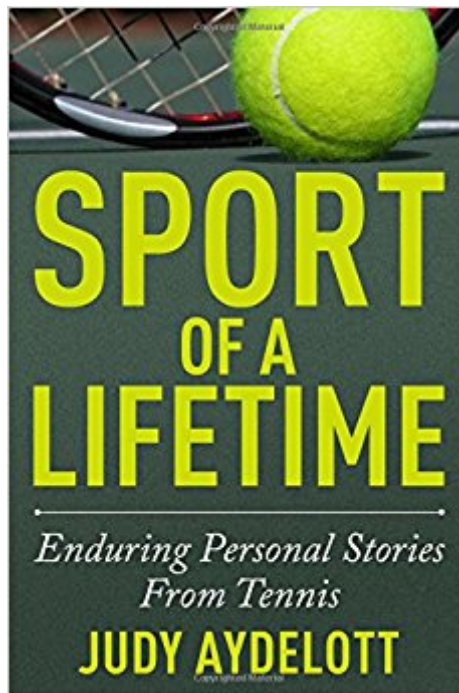




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# Sport Of A Lifetime: Enduring Personal Stories From Tennis



## Synopsis

Enriching and motivational stories about those who love and participate in tennis over the age of 50. This is a volume of senior tennis through the stories and experiences of senior tennis players, from Gardnar Mulloy and Betty Eisenstien and Mayor David Dinkins to unknowns such as Chuck Niemeth.

## Book Information

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## Customer Reviews

Judy Aydelott was raised on a dude ranch, later a farm, attended public school until her senior year and graduated from Abbot Academy, Andover MA, from Smith College and from Pace University School of Law. She became a trial attorney in the field of medical malpractice, a legal analyst for Court TV, a candidate for U.S. Congress in 2006 and a director of NYS chartered commercial bank. A tennis latecomer starting in her twenties, Judy is married to Gordon Aydelott, the mother of two daughters, and proud grandmother of five grandchildren.

Sport of a Lifetime narrates a series of interviews the author conducted with men and women (including the author herself and her husband) who continue to play and love tennis decade after decade, some well into their nineties. Each interview occupies a separate chapter. Most draw the reader into the physical scene, giving him the sense that he's present, observing the interview live. The subjects are eager to tell their stories, and the author/interviewer lets them, keeping herself in the background, coming forward for gentle guidance or to coax them into her central question: What makes senior tennis special to you? The writing is clear and flows smoothly forward at an engaging pace. Tennis binds the subjects together, though their stories reflect diverse

and fascinating lives apart from tennis as well: lawyers, entrepreneurs, a journalist, a CIA spy, a navy commander, a Harvard classmate of the Unabomber, and Mayor Dinkins, as well as some tennis greats like John Newcombe and Katrina Adams. Playing in age categories (35s, 45s, 55s, 65s, 75s, 85s, and on), these senior tennis enthusiasts remain competitive no matter how old they get. They play tennis because they are in good physical shape (replacement hips and knees notwithstanding). And they are in good physical shape because they play tennis. They love this life-affirming sport because it engages them mentally, physically, emotionally, and socially (tennis buddies make the best of friends). Sport of a Lifetime and the people of its pages provide a compelling portrait of just how rich, upbeat, and fulfilling life in tennis can be. If you're already tennis buff, you'll enjoy the familiar territory. If you're not, read the book. Then buy a racquet.

Judy Aydelott has written a great book recounting the lives of champion tennis players who continued playing at the champion level well into their senior years. These inspiring tales, 28 in number, were gathered in personal interviews. They recount not only their tennis successes but, more interestingly, their personal stories and career accomplishments told in first-person accounts. This well-written book will be of high interest to tennis aficionados, and also to those interested in thoughts for living long, healthy and interesting lives. As one tennis great recounted, "I call my secrets for youthfulness, 'The five C's: commonality, chance, courage, challenge, and cashews.'"

Ms. Aydelott has devoted many years playing, enjoying and promoting the game of Tennis. Thank you for focusing your first book on us Senior Tennis enthusiast! Everyone of the serious seniors you interviewed are priceless spokespersons for the "Sport of a Lifetime." Thank you Judy!

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