



December 2015

Topspin News

The official Newsletter of the Santa Fe Tennis and Swim Club

CLUB HOLIDAY PARTY DECEMBER 5

Please join us on Saturday, December 5 when the Club will host a holiday party from 5 to 7 pm. There will be food and good cheer as we celebrate the Holidays New Mexico style. Please RSVP.

MINIMUM FOOD FEE

Starting January 1, 2016 the Club will implement a food minimum fee policy. Members (out of town members are exempt) will be required to make food purchases (drinks excluded) of at least \$75 per quarter at the Match Point Café. At the end of each quarter (the first quarter ends March 31) members that have not purchased \$75 will be assessed \$75 minus the total amount they have spent on food. The fee will appear on their April 1 statement. To help you meet the minimum food charge the Café is now offering Dinners-to-Go; see the next article and the Café menu below. Thank you for your patronage of the Club's Café.

MATCH POINT CAFÉ WINTER HOURS & DINNERS-TO-GO

Starting Tuesday, December 8 the Match Point Café will be open Tuesdays through Saturdays from 9:00 am to 2:00 pm serving breakfast and lunch. Please see the new menu below. Additionally the Café will offer Dinners-To-Go starting Tuesday, December 1. There are two dinner choices for December 1 thru 12: pot roast, garlic mashed potatoes, and green beans; and cheese enchiladas, beans and a green salad. The cost per dinner is \$12.50. Please call in your order two hours before pick up. Dinners can be picked up until 5:30 pm.

TENNIS PHOTOS BY MELCHIOR DIGIACOMO

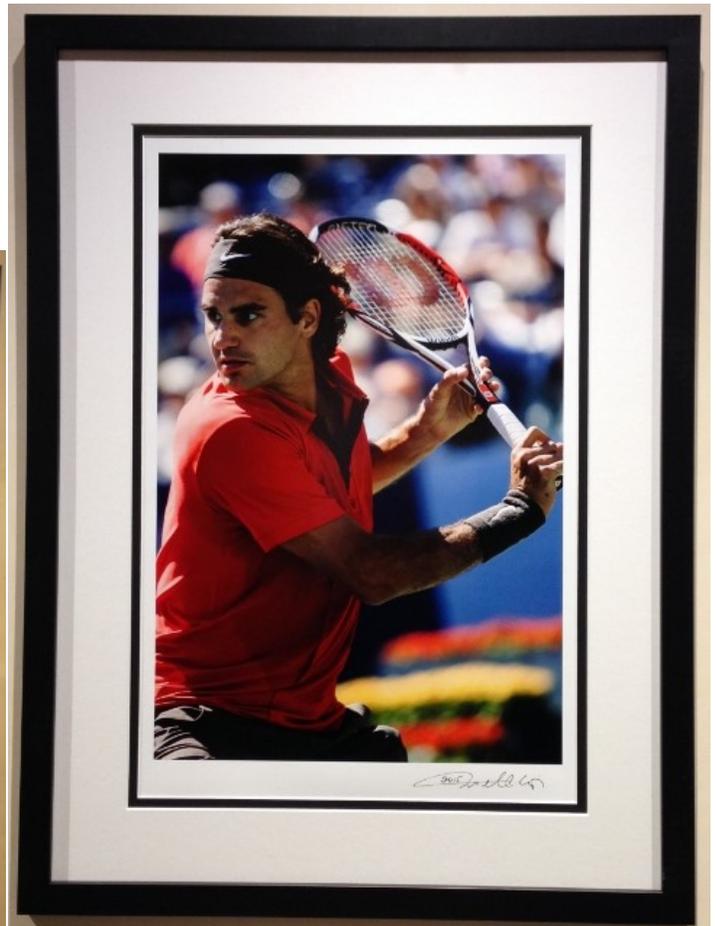
Melchior (Mel) DiGiacomo has been a celebrated photographer for over forty years. He has been a contributing photographer to *Sports Illustrated Magazine* including covers of notable importance as well as to *Life Magazine*. *He has shot over twenty covers for Newsweek*

TENNIS PHOTOS - Cont'd

Magazine and has worked on assignment for *World Tennis Magazine*, *Tennis Magazine* and *Tennis Week*. Additionally he was twice named "Photographer of the Year" by the editors of *Tennis Week*. Now you can see his photographs of professional tennis players including Rafael Nadal, Venus Williams, Roger Federer, Jelena Jankovic, Novak Djokovic and others on display at the Club. These framed, autographed by Mel DiGiacomo, photographs are for sale for \$375. They are great Christmas presents for tennis devotees. Act now while the selection is the best.



Venus Williams by Mel DiGiacomo



Roger Federer by Mel DiGiacomo



Rafael Nadal by Mel DiGiacomo

PRO'S CORNER You Can Improve!

By Jimmy Parker SFT&SC PRO
EMERITUS

No matter what your age or current skill level, isn't it reassuring to know that you can improve your tennis game? There are so many facets to the game that there are actually a plethora of ways to play better.

The obvious way most people would think about improving would be to work on their "strokes." I prefer to think in terms of "shots" which pertain more to particular situations; e.g., there are forehand strokes, but which one are you talking about - FH return of serve, FH passing shot, FH lob? FH cross court, down-the-line, slice or topspin, or what? There are hundreds of variations, so you can always add to your repertoire.

Equally important is how you use your shots - your strategy and tactics can become more versatile and appropriate hit the ball, you can experiment with where you hit the ball when.

And yes, Virginia, getting in better shape might not hurt either. Working on your strength, speed, agility, endurance, flexibility, or even simply improving your diet might not only pay off on-court, but longevity-wise as well. (More years to enjoy your now improved game!)

Finally, you can always improve your mental and emotional skills. How you manage yourself trickles down to other areas of your game. How's your concentration, ability to forgive mistakes, to diagnose your opponents, to change the momentum of a match, your competitiveness, tension level, and ability to have fun regardless of the score, etc.? These skills allow you to get the most out of your shots, your tactics, and your physical skills. Together, this rich array of facets provides a lot of opportunities for you to make yourself into a better player!

No Cash Policy at Club

Starting December 1 the Club will no longer be accepting cash for transactions. Purchases and payments should be made by check, credit card or charged to your Club account.

NEXT BLOCK TIME STARTS JANUARY 4

The next six week session of block time starts Monday, January 4 and runs through Sunday, February 14. Block time is \$180, plus tax, for a one and a half hour session per week. Block time between 12 noon and 3 pm is discounted by 25% or \$135, plus tax. A single hour and a half of bubble time is \$36 and \$27 between 12 noon and 3 pm.

BALL MACHINE

The ball machine has been moved to the bubble for the winter. Bubble time is half price while using the ball machine. The ball machine fee is \$15 an hour. You can purchase unlimited use of the ball machine for a year for \$200.

DOUBLES MIXER

This month the doubles mixer will be on Saturday, December 12 at 1:00 pm. Please call the Club to sign up.

CLUB WINTER AND HOLIDAY HOURS

The Club hours for the Holidays are:

Christmas Eve 8:30 to 12 noon

Christmas Day closed

New Years Eve 8:30 to 12 noon

New Years Day closed

For the winter the Club will be open Monday through Thursday from 8:30 am to 6:00 pm and Friday through Sunday from 8:30 am to 5:00 pm.

MATCH POINT CAFÉ

Breakfast Specials Daily

Lunch Menu

SMOOTHIES- \$6.00

MIXED BERRIES & BANANAS- MIXED BERRIES/ BANANA/LOW FAT YOGURT/ORANGE JUICE/HONEY

GREEN- PINEAPPLE/KALE/GREEN GRAPES/LEMON JUICE/GINGER/FLAXSEED

PEACH PIE- MILK/PLAIN YOGURT/PEACHES/HONEY/VANILLA/CINNAMON/PINCH OF NUTMEG & GINGER

ADD **PROTEIN POWDER** \$2.00

SOUP

TOMATO SOUP with GRILL CHEESE CROUTONS- BOWL \$7.50

CHICKEN NOODLE- Cup \$4.00/ Bowl \$6.00

SALADS

CURRY CHICKEN SALAD on a bed of dressed ROMAINE- \$8.50

LEMON LENTILS- DRESSED LENTILS & BABY SPINACH/ GARNISHED with HUMMUS, FETA, MARINATED RED BELL PEPPERS AND FLATBREAD \$8.50

CAESAR SALAD- ROMAINE LETTUCE, CROUTONS, House DRESSING \$7.00

ADD **PROTEIN-** ROASTED CHICKEN BREAST \$4.00 OR 3 GRILLED SHRIMP \$6.00

SANDWICHES

SHRIMP & AVOCADO SANDWICH- CHILLED SHRIMP/ SLICED AVOCADO/DRESSED FIELD GREENS ON BLACK BREAD WITH CHIPOLTE MAYONNAISE \$11.50

CAESAR CLUB SANDWICH- CHICKEN BREAST, SLICED PANCETTA, SUN DRIED TOMATOES, SHAVED PARME-SAN, DRESSING, ARUGULA ON CIABATTA BREAD \$8.50

CLUB BURGER- BEEF OR BLACK BEAN \$8.50

ADD ONS- GREEN CHILE, GRILLED ONIONS, MUSHROOMS AND OR AVOCADO \$1.00

TACOS- \$3.50 EACH

CARNITAS- TOPPED WITH COTIJA CHEESE, LETTUCE & TAQUERIA SAUCE ON A HOMEMADE CORN TORTILLA

RAJA- PABLANO CHILES, ONION, RED BELL PEPPER WITH COTIJA CHEESE ON A HOMEMADE CORN TORTILLA