

JANUARY 2015



Topspin News

The official Newsletter of the Santa Fe Tennis and Swim Club

DINNER AT THE CLUB

With the renovation of the clubhouse nearing completion we invite members and neighbors to attend the first Dinner at the Club event on January 24, 2015. The dinner, with refreshments, will feature authentic Texas barbeque from the Salt Lick Bar-Be-Q, Driftwood Texas. Additionally, David Garcia will be speaking on: Insights on Generic Pharmaceuticals— the FDA Approval Process. Members and neighbors are encouraged to attend this inaugural event at the newly renovated clubhouse. Since seating is limited we urge you to sign-up early by either calling the Club or through email. The cost is \$19.50 per person.



NEW BUBBLE BLOCK TIME BEGINS JANUARY 5

The next six week session of bubble block time begins Monday, January 5. Requests for the next session are due by Saturday, January 3. Block time can be for two hours or one and a half hours. The cost for six weeks of block time is \$180.00 for one and a half hours and \$240.00 for two hours, plus tax. Times not taken by block time can be reserved in the usual manner. Bubble court time for one and a half hours costs \$36 and two hours cost \$48, plus tax.

THE BALL MACHINE IS IN THE BUBBLE FOR THE WINTER

Bubble fees are half price to use the ball machine. A great drill you can do with the ball machine that will improve your stroke mechanics is the drop ball drill. Ask Rocky to show you how to do this this drill.

JIM PARKER'S LEGENDARY STATUS CONFIRMED



We have known for years that our own Jim Parker has won more National Championships than just about anyone. When asked how many, even he would say “around 120”, not certain of the exact number. Now the archives have been researched in detail and the facts are in. Not only has he won 123 National Championships, but he has more than any other active male player, and he is 3rd on the all-time list. He is only 2 titles behind the all-time leader who unlike Jim, is not playing any more tournaments. If Jim continues winning tournaments this year, he will probably become the new all-time leader. His 123 titles include 43 singles titles and 64 doubles titles, as well as several Father –Son championships, both with his son Chris, and his father Ward. In fact, Jim and his dad won the National Clay Courts in 1960 against clay court specialist Zan Guerry and his father. Then, 50 years later, in the same event in 2010, Jim and Chris beat Zan and his son in the finals to clinch another

title. It has been hypothesized that this feat has never and will never be accomplished again. Not included in this tally are his victories at the International Tennis Federation’s World Championships. Alan Messer, who compiled these data, says Jim has more world championships to his name than any other male American player. There, he has racked up 3 world championship singles titles, 9 doubles titles and 13 team championships where he has often served as player and captain for the U.S. We are obviously elated to have Jim here at the Santa Fe Tennis and Swim Club. If you feel like you have some aspects of your game to work on, Jim will surely have some insights on what it will take to make some improvement. Call today if you would like to schedule a lesson with our own living legend. Congratulations to Jim on these stellar accomplishments and a career that is truly unparalleled. Below is one of the lists that Jim is near the top of. You can see all of these records at <http://supersenior.info/>

Wins	Player	Residence	Born
125	Bob Sherman	Santa Barbara CA	1920
124*	Gardnar Mulloy	Miami FL	1913
123	Jimmy Parker	Santa Fe NM	1943
106	Jim Nelson	Palm Desert CA	1935
100	Vern Hughes	Laguna Hills CA	RIP
88	Bob Duesler	Newport Beach CA	1936
85	Brian Cheney	Scottsdale AZ	1947

PRO'S CORNER

MAKE THE OFF SEASON WORK FOR YOU

Just like the pro tour players, the next couple of months are the closest thing we have to an off season at the club level of competitive tennis. USTA Leagues now run for 9 or 10 months a year, with December and January just about the only down time. Tournaments are offered all year long and we need to pick and choose our events. For those of us who play in the various leagues that run at different times of the year we should have an idea of how to make this "off season" the most productive. In fact there is an entire training technique called periodization that helps people optimize the likelihood of peaking at the most important times of the year. What if you played well all season, won the district league and practiced real hard for sectionals, then get there only to be burned out and have a lackluster performance in the most important event of the year. What a shame that would be!

You could call periodization "peak performance training". The first lesson is that you cannot always have a peak performance. We have to accept the fact that we will have good days and days that aren't as successful. You want to control as many variables that go into the equation making up your performance, as possible. These include your fitness, diet, sleep routine, stress level and practice routine. One crucial element is to avoid burnout. Typically we should take off at least 1 or 2 days a week, and take a week off of tennis once a quarter, every 3 months or so. When you come back it is fresh and fun

and it is easier to enjoy the hard work on the court.

There are three basic phases of the periodization schedule: preparation, active rest, and competition. Preparation is when you are working hard on your game, your shots, implementing your tactics and playing strategies. Drilling and playing practice matches. This is when you push yourself hard both on the court and in the gym. If you want to make any stroke changes or adjustments, this is the time to do it, when you don't have competition right around the corner. This is the sort of work that is great to do in the off season we are entering now. You would love to work hard enough on your game that you are a little sore the next morning because you have run hard, played under pressure and pushed yourself to new limits.

Active rest is what you do in the days just before competition. One key to peak performance is being fresh. In league play we typically need to be fresh 1 day a week for 8 weeks. In tournament play we need to be ready for 3 to 5 days of competition in a row and being fresh is even more crucial for that long haul. Active rest includes maybe some light hitting and or cross training. Swimming, biking and other exercise that isn't too taxing is perfect. You want to keep your finely tuned hitting machine strong and flexible.

In the competition phase everything is about your matches. Your whole day's routine is revolving around your match schedule. Sleeping time, eating times, warm up, travel time. It is all about being ready for the match whatever time it is. If you have done the hard work long enough ago that you are not sore,

and you get the proper rest you should be ready to go out and allow everything to fall in to place.

In conclusion, the next couple of months is a great time of year to go back to the drawing board. If you need to change a grip or add a new element to your game, this is a great time to do it. Or perhaps an 8 week fitness program to elevate that a level before the next season starts up. Then when league play starts in the spring, you will have been drilling and pushing yourself, and you can shift the focus to being ready for matches and tournament play. Even the best players constantly work on getting better and developing new skills. Be sure to take this off season to improve some part of your game. It will pay off!

USTA SPRING LEAGUES

Having a USTA League program is vitally important for tennis clubs. That is why we are attempting to form men's and women's 3.5 and 4.0 teams. We are looking for team captains and players . If you would like to be on a team or volunteer to be a team captain please contact Rocky. Teams will be open to non members; they will pay a fee to play on a Santa Fe Tennis and Swim Club team. Team registration opens January 15 and League play starts in early March.

MEET OUR NEIGHBORS



This month the Club neighbor is Lisa Forster. Lisa grew up in Dallas. She received a bachelor's degree in computer science and math at Steven F. Austin State University in Nacogdoches, Texas. Then she went back to school and received a bachelor's degree in theatre at Saint Edward's University in Austin, Texas. She stayed in Austin after graduation and went to work for Motorola. In addition she continued to pursue her interest in theatre and honed her skills attending classes and workshops. She met a choreographer at a dance workshop, Nina Winthrop, who invited Lisa to become a member of her dance company located in New York City. Lisa moved to New York. After leaving the dance company she went to work on Wall Street for Lehman Brothers and Bear Sterns. After 9/11 Lisa decided to return to the Southwest. She had vacationed in Santa Fe with her family when she was growing up and settled in Santa Fe.
