

JUNE 2015



Topspin News

The official Newsletter of the Santa Fe Tennis and Swim Club

THE POOL AND THE CLUB GRILL ARE OPEN

The pool is open from 9 am to 8 pm seven days a week. Red Cross Certified life-guards are on duty during pool hours.

The Club Grill is open from 12 noon to 5 pm seven days a week. Stop by the Grill for lunch or a snack after your tennis game.



ROCKY'S CLINICS

Rocky gives a men's 4.0 clinic on Mondays at 6 pm and a 3.0 to 3.5 clinic, for men and women, Thursdays at 11 am.

SINGLES CLAY COURT TOURNAMENT

This event is open to all club members of all levels. There will be men's and women's events for 3.0, 3.5, 4.0, and 4.5 level players. The draw will be posted in the lounge and players will arrange the day and time for their match. The clay court can be reserved for 2 hours for tournament matches. Each player will bring a new can of balls and the winner gets to keep the unopened can. Players have until Saturday July 11th to play their matches. The finals will be played on Sunday July 12th. The entry fee is \$10.



JUNIOR SUMMER CAMPS

Junior Summer Camps are under way here at the Cub. The tennis camp for 10 year olds and up is aimed at developing skills for competitive match play. This camp is Monday through Friday From 1 pm To 4 pm every other week beginning June 1. The cost for club members is \$179 per week. Super Stars Day Camp for 6 to 11 year olds includes the following activities: tennis, swimming, arts and crafts, table tennis, reading/math games, and more. This camp meets Monday through Friday 8:30AM-4:30PM. Half day option for morning or afternoon is available. The cost for members is \$279 for full day or \$159 for half day.

WATER YOGA CLASSES

Amy Jelliffe is a certified water yoga instructor. Her classes will focus on health, flexibility, careful stretching, and strengthening in a non weight bearing environment. Classes will be held Wednesday's at 6 pm and Saturdays at 9 am. The first class will be on Wednesday June 17th. The cost is \$10 per class. Call the club to make a reservation. For more information about Amy and her classes visit her website:

www.yogaforgrowingandhealing.com

ANCIENT CITY JUNIOR OPEN TOURNAMENT

The Tournament will be Friday June 19th through Sunday June 21st. There are boys and girls events for 10 year olds up to 18 year olds. Registration can be done on line at USTA.com. Some courts will be available for members on a limited basis. The usual reservation rules apply.

TENNIS DOUBLES SOCIAL

You are invited to our next doubles social mixer which will take place Saturday June 27th at 3 pm. Please call the Club to sign up.

MEMBER MATCH FINDER ON FACEBOOK

The Club has a closed Facebook page where members can post a message to find other Club members to play in games. You must have a Facebook account to join the group. Go on Facebook and enter members match finder in the search box. Click join on the members match finder page. Soon after you will receive a notification that you have been accepted to the group and then you can post a message.

OUTSIDE RENOVATIONS

Most of the new pathways between the courts have been completed. A new arbor has been constructed between the clay court and court 5. Two more arbors will be constructed, one between courts 1 and 4 and the second one will be adjacent to court 2.



PROS CORNER— YOU *CAN* IMPROVE

By Jimmy Parker

USPTA Master Pro

No matter what your age or current skill level is, isn't it nice to know that you can almost always improve your tennis game? There are so many facets to the game that there are a multitude of ways to play better. And you don't have to improve by much to make a difference - only 4 percentage points separate the match winners from losers on the

pro tour! So here are some areas to work on:

1) Strokes - There are literally hundreds of shots. For instance, just on the forehand, there are topspin forehands, slices, down-the-lines, cross courts, passing shots, returns, approaches, lobs, drop-shots - you get the drift. You can always improve your repertoire!

2) Strategy and Tactics - As you become more versatile and appropriate with how you choose your shots, your percentage chances of winning improve. Even if you don't change *how* you hit the ball, try changing *where* you hit the ball *when*.

3) Physical Aspects - Devote some attention to improving your endurance, strength, balance, flexibility, agility, speed, or even your diet and sleep patterns and you'll not only perform better on the court, but you'll live a longer, healthier, maybe even happier life. It feels good to feel good.

4) Mental/Emotional Skills - How you manage yourself trickles down into all aspects of your play. How's your concentration, and your tension level? What about your ability to diagnose mistakes, change the momentum of a match, figure out your opponent, get past your errors, etc.? Improving these skills allows you to get the most out of your strokes, your tactics, and your physical skills. Together, they provide a lot of opportunities for you to make yourself into a better player!