

MAY 2015



Topspin News

The official Newsletter of the Santa Fe Tennis and Swim Club

THE NEW CLUBHOUSE IS OPEN

The remodeled Clubhouse has been issued a certificate of occupancy and is open. The new furniture has arrived and we are all moved in. The Clubhouse is now the pivot of Santa Fe Tennis and Swim Club.

The new Clubhouse is a first class facility that will serve as a meeting place where members and neighbors can come to socialize. It is the place to stage dinners, private parties, meetings and other special events. The Clubhouse amenities, location and the space it provides for events make it an invaluable asset.

Clubhouse, for members use. The trailer has three separate units each with a shower, toilet and sink.



THE LOCKER ROOMS ARE TO BE DEMOLISHED

Work has begun demolishing the locker rooms; they are no longer in service. In the interim until the new locker rooms are built there is a brand new restroom/shower portable trailer, located behind the

JUNIOR AFTER SCHOOL

Victor has junior tennis classes for all ages Mondays through Fridays from 3:30 to 5:30. Call Victor at the Club for more details.



SWIMMING POOL SEASON ROCKY'S CLINICS

The swimming pool will open for the season on Saturday, May 23. The pool is open from 10:00 a.m. to 8:00 p.m. seven days a week. Red Cross certified lifeguards are on duty during pool hours. The cost for a seasonal pool pass is \$800 plus tax. There are a limited number of seasonal pool passes.

The grill will also be open the on May 23 .

MEMORIAL DAY TENNIS DOUBLES MIXER

You are invited to a doubles tennis mixer on Memorial Day, Monday, May 25, at 10:00 a.m. After tennis we will grill hamburgers and hotdogs The cost for the hamburger, hot dog plate with sides and a drink is \$10. There is no charge to play in the doubles.

USTA LEAGUE TEAMS

There are only a handful of USTA League home matches left to play in May.

Sunday, May 3 at 3:00 p.m., men's 5.0

Sunday,, May 9 at 1:00 p.m., women's 4.0

Sunday May 9 at 3:00 p.m., men's 4.0

Sunday, May 17 at 1:00 p.m., men's 4.0

Rocky has a men's 4.0 players clinic Mondays at 6:00 p.m. and a 3.0 to 3.5 players clinic on Thursdays at 11:00 a.m. Please call the Club to reserve your spot.

PRO'S CORNER—KEEP FOOT STILL TO AVOID FOOT FAULTS AND HIT BETTER SERVES

Many players stand a foot or so behind the baseline as they prepare to hit a serve, so they have room to move without foot faulting. Keeping that front foot stationary though, has many benefits. It gives you a solid foundation to hit from. There is no doubt about where you will push off from. I like to put my front foot very close to the baseline, so that I won't move it. Knowing it is so close, I know I can't move it. Moving that front foot allows us to chase bad tosses, and we know what kind of results that produces. By keeping the front foot planted, we have to make a good toss or we can't reach the ball. Some players get upset or lose their rhythm if an umpire calls a foot fault on them. I welcome that call, because I have learned that I serve better if I keep my front

foot stationary and make good tosses. So feel free to stand close to the baseline when serving, but don't let the front foot move until after you hit the shot. It should help the power on your serve because your legs will transfer power to the ball more efficiently.

MEET OUR NEIGHBORS



Carolyn Albin
and her son
Adam

This month our neighbor is Carolyn Sue Albin. Carolyn moved to Santa Fe in 1994 with her husband and five year old son Adam. She left behind a practice at The Center for Physical health– Movement Forward in Westwood, California, a physical therapy center she co-founded in 1986.

Her husband was hired to open a restaurant in Santa Fe. She welcomed a life with no long commute and more time to spent with her son. She joined the Club and spent summers dropping Adam off at the pool so she could play tennis.

Carolyn, a graduate of the University of

Southern California with a degree in theater and dance and a Guild Certified Feldenkrais Practitioner, opened Movement Forward– New Mexico shortly after arriving in Santa Fe. Carolyn says “Feldenkrais is hard to explain because it really isn't like anything else”. The Feldenkrais Method is named after it's originator, Moshe Feldenkrais, who was an Israeli engineer, physicist, martial artist and a pioneer in the field of neuroplasticity. Feldenkrais said, “I am not interested in flexible bodies; I am interested in flexible brains”. Carolyn says improving flexibility and eliminating pain gets The Method a lot of press but inspiring lifelong learning and cultivating biological optimism is what she loves about her work. She offers individual lessons and group classes and invites all Club members to take their first class for free. You can contact her at 505 660 4376 or at movementforward@me.com for a schedule of classes.

Her greatest accomplishment is her son, Adam, now 25 years old, who ran the café at the Club one summer. He says her motto is “never stop moving; never stop learning”.

Her favorite thing about Santa Fe are the summer thunderstorms. One thing she wishes Santa Fe had is an on/off switch for the spring winds.

Her greatest vacation ever was cruising the Adriatic Sea with her siblings and their children.

