

*June 2018*



# *Topspin News*

## **DINNER AT THE CLUB**

***LIVE MUSIC!***

***Wednesday, June 13th***



On Wednesday, June 13th, Santa Fe Tennis & Swim Club presents The Prickly Pearables, a two man band, taking Santa Fe by storm. The Prickly Pearables, from Santa Fe, New Mexico, are two brothers who compose and perform original, upbeat, Americana music and Old-Time Bluegrass. Cabe Rieck (age 10) and Holt Rieck (age 12) perform their youthful, roots-inspired songs filled with ukulele, guitar, mandolin, and vocal harmonies.

Nominated for two **New Mexico Music Awards** in 2016 in the Children's Music category, The Prickly Pearables are excited to

share their music with you! Chef Tim will be putting together a taco bar for all to enjoy. Adults: \$16.50 Children (9 and under) \$12.50. Beer and wine will be available at an additional charge.

**Reservations required.**



### **LAP SWIM**

8:00 A.M.— 9:00 A.M. DAILY

### **OPEN SWIM**

10:00 A.M.— 7:00 P.M. DAILY

**The Pool Will Close at 6:30 on  
June 13 for the Dinner at the  
Club Event!**

# DINNER AT THE CLUB

## *Guinness Longest Rally Quest*

**SATURDAY, JUNE 30th**



Our speaker for the Dinner at the Club event on Saturday, June 30th will be **Tupper Schoen** and **Jim Parker**.

On August 13, 1997, at El Gancho, Tupper Schoen and Stefan Herman began a tennis rally for the baseline to baseline at 8:00 A.M. At Approximately 4:00 P.M. that afternoon, Vahl Jackson ran onto the court and caught the ball that would have been the 12,465th strike. Had Herman been able to convert one more, this rally would have equaled the existing Guinness Book of Records "Long Rally Record", held at that time by Ron Kaplan and Will Duggan.

At the Dinner on June 30th, Tupper will anecdote the events leading up to and through the record attempt. Furthermore, all dinner

attendees are encouraged to come early as Tupper and Jim will attempt to do a sustained volley warm-up at the net, and then a 100 ball exchange from the baseline. Both players are likely to comment on how such a process can help any tennis player hoping to improve their game.

Chef Tim Lopez will prepare the dinner. Beginning with grilled Portobello mushroom with fire-roasted white corn, poblano pepper, and goat cheese. The salad will be arugula and three-melon salad with citrus olive oil. For the main dish, you can choose grilled pork tenderloin or pan-seared tofu, accompanied by an apple blueberry relish and fresh roasted, herbed potatoes. For dessert, Chef Tim will prepare Black Forest Cake.

**Reservations required.** Non-vegetarian \$29, Vegetarian \$22.50. Beer and wine will be available at an additional charge.

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## TENNIS ACADEMY OFF TO A GREAT START!

The 2018 Santa Fe Tennis Academy and Superstars Summer Camps have begun!

Some sessions have sold out, so sign up as soon as possible if you plan on participating. Both camps are operating every week from now through August 3rd.

Whether you are looking for an introduction to tennis or preparing for tournament play, we can get you in the game!

## **JUNE TENNIS MIXER**

You are invited to join us for this month's tennis mixer on Saturday, June 23rd at 3:00 P.M. Players of all levels are welcome. Stay a bit after for a tasty beverage from the bar. Call the Club today and sign up for some fun doubles.

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## **ANCIENT CITY TOURNAMENT COMING SOON**

Our upcoming Ancient City Tournaments, which are sanctioned by the USTA, are scheduled for June and July. The junior tournament is scheduled for the weekend of June 15th. The adult tournament will occur on the weekend of July 27. These tournaments are an excellent opportunity for players working on their personal excellence by playing many matches. Court availability will be limited at these times, so check with the front desk to see what is available. If you want to sign up for the tournament, call the club and we will get you scheduled.

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## **FAREWELL TO OUR FRIEND**

Our friend, Nora Hillier, age 68, passed away recently while battling an illness. Our thoughts and prayers go out to her husband, Dr. Robert Hillier, and their daughter, Katherine Hillier.

## **PRO'S CORNER**

**BY JIMMY PARKER,  
SFT PRO EMERITUS & USPTA  
MASTER PRO**

Whether we're aware of it or not, we all read and speak body language fluently. We can tell from down the block whether Mom is ticked-off, our children are enjoying themselves, or our spouse has had a rough day, before they utter a word. And experts tell us that family relationships can even be divined from reading the body language on display in old family photos.

As tennis coaches, we can often tell whether one of our pupils is winning or losing a match just by watching a few points. Take a look at the strutting opponent, bedraggled student, and maybe the doleful parents in the stands, and you don't have to be Sherlock to decipher the situation.

What's not as apparent though is the fact that body language is not just an effect of what the player is thinking and experiencing – it acts as a cause as well. Our own body language not only feeds back to affect how we're thinking/feeling/reacting, but it also transmits certain messages to our opponents.

Let's say for example that you're feeling a little sleepy in a class you're taking. If you act out being sleepy – slumping in your chair, letting your eyes to un-focus, (Continued)

## PRO'S CORNER, cont'd

etc., you'll probably end up falling asleep and drooling on yourself. But if you act alert—sitting upright and forward in your chair, with your eyes on the lecturer, you'll actually feel less drowsy and more alert. Your body language has changed how you responded to the situation.

So the way you carry yourself between points can influence how you play during the points. Jim Loehr, the eminent sports psychologist who has worked with a lot of tennis players over the years, thinks that what you do between points is crucial to playing well. He suggests you develop a consistent ritual like Nadal that uses the time between points constructively. Among his suggestions are keeping your head and eyes up, and carrying your racket with the head up. Study of video taken of players in matches often reveals that a breakdown in these rituals often coincides with a more general breakdown in a player's game.

The challenge is to find a court demeanor and style that suits you. Your task is to bring an unrelenting optimism to what you do on the court, both during and between points. Will you lean toward Nadal's intensity or Federer's cool? Which works best for you, and what other choices might you make? Amidst all this, you may not come out a winner every time, but at least it will help you feel and act more like one.

## THE CHILI CUP RUMBLE TOURNAMENT

### AUGUST 9th-11th

This summer the Club will host the first *Chili Cup Challenge Tournament* with challengers from the Austin based, Courtyard Tennis Club.

We are looking for Club members who would be willing to host the visiting tennis players by opening up their homes. If you would like to host visiting tennis players, please contact Rocky.

**Sign-up for the  
RUMBLE!**

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## HOLD YOUR EVENT AT THE CLUB!

Have your party or other special event at the Club! Weddings, anniversary and birthday parties, family reunions... Whatever your event needs, let our professionals take care of the details so that you can enjoy yourself and spend valuable time with friends and family. Our head chef, Tim Lopez, can cater your special event, big or small. Indoors, outdoors, or both. Call Bob to set up an appointment to discuss the details for your special event.

# FIRST USTA SEASON WINDS DOWN

The first USTA League season of the year has come to a conclusion for our teams. Our men's 3.5 team, led by club member Ken Reid, made it to the playoffs where they went down swinging to a good team from Albuquerque. Our men's and women's 4.0 teams did not make it to the playoffs, but they had a good season.

The ladies team had a core group of dedicated players who were willing to play even when they had an incomplete squad. If only a couple of tiebreakers had gone the other way, their seasons may have ended with different outcomes. Everyone who played gained some invaluable match-play experience that they will take with them to future matches.

This spring League was the open age group league, where each match consists of two singles matches and three doubles matches. Many of the teams we played against seemed much more inexperienced due to their youthfulness, relative to our average age players. We have just started the open age group mixed doubles league, where our 8.0 team won their first match.

The upcoming league in the summer will be for the 40 and over age group. This is a category that our membership excels in. We are hoping to field teams in this league. If you

are interested in playing in a 7.0, 8.0, or 9.0 Mixed Doubles League, let Rocky know as soon as possible.

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## PICKLEBALL ANYONE?

A hybrid of racket and paddle sports, pickleball began on Bainbridge Island, Washington in 1965 and quickly drew national attention. It has hooked the hardy and quick among the 77 million Americans who began streaming into retirement.

Last year, pickleball was admitted to the National Senior Games—the first new sport in 20 years. We are proud to say that our club has the only outdoor pickleball courts in Santa Fe. Victor hosts Pickleball clinics every Tuesday and Thursday, at 9:00 A.M. for beginners and 10:00 A.M. for intermediate players.

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## KEEP YOUR VALUABLES SAFE

Club Management would like to remind everyone to take care when leaving valuables in your car. An article by Nationwide Insurance suggests that most smash-and-grab thieves aren't criminal masterminds. Most are casual opportunists. They see something they like, so they break in and take it.

So before you get out of your car, make sure your valuables are out of sight. Never leave items lying out on your seats, dashboard, or floor. If you cannot leave your valuables at home; lock them in the trunk or move them out of view.