

JUNE 2017



Topspin News

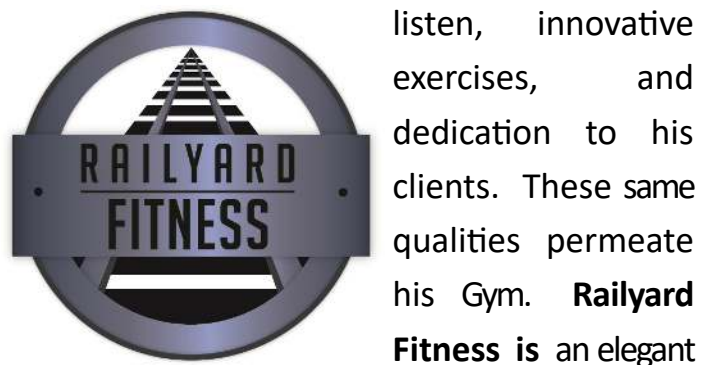
The official Newsletter of the Santa Fe Tennis and Swim Club

Dinner At The Club Smart Fitness



Club member Douglass Lawder personal trainer and owner of **Railyard Fitness** (railyardfit.com) will be the guest speaker at the Dinner At The Club on Wednesday, June 14 at 5:30 pm. Douglass has been an athlete and involved in the fitness world for over 25 years. He is certified in: personal training, yoga, sports nutrition, health fitness, as well

as other specialties. In the training world Douglass is known for his focus, ability to



listen, innovative exercises, and dedication to his clients. These same qualities permeate his Gym. **Railyard Fitness** is an elegant

setting and uniquely designed fitness space providing state of the art Matrix Equipment, individual assessment, and physical and mindful exercise classes. **Railyard Fitness** is a boutique gym at a low monthly rate. Douglass will talk about exercise trends and smart fitness in under 30 minutes a day.

Menu: appetizers, spinach berry salad, cilantro lime chicken and Margarita rice or vegetarian mushroom eggplant risotto, and dessert sampler .

The cost is \$27.50 per person. Wine and beer are extra. Please call the Club and make your reservation.

FATHER'S DAY PARTY SUNDAY, JUNE 18



There is a doubles mixer from 1 pm to 3 pm. Please call the Club to reserve a place in the mixer. Following the mixer is a BBQ buffet from 3pm to 6pm with hamburgers, brats, hot dogs and all the fixings. The buffet cost \$10 per person. Beer and wine are extra. Starting at 4 pm there is music. *Phil and Dave* will perform, singing and playing classic songs from the 60's and 70's. The pool is open from 10 am to 7 pm. What a great way to spend Father's Day. Don't miss out on the fun.

WINE TASTING & APPETIZER PARING SATURDAY, JUNE 24

Club sommelier, John Silver, will conduct a tutorial on the subtleties of rose' wine, Saturday, June 24 at 6:00pm. Rose' wines can

be made still, semi-sparkling or sparkling and with a wide range of sweetness levels from highly dry to sweet white Zinfandel and blushes. Rose' may be the oldest known type of wine, as it is the most straightforward to make.

John will select four rose's each to be paired with appetizers. The tasting will be on the outdoor patio. The cost is \$35 per person. Please call the Club to make your reservation.

USTA SACTIONED TOURNATMENTS

The Club will host the annual Ancient City Junior Open Tournament June 16 –18. Events are: boy and girls singles and doubles for 12, 14, 16, and 18 year olds and boys and girls 10 and under singles and doubles. Register for the tournament online at USTA.com. Entries close June, 11 at 11:59 pm.

July 21–23 the Club will host the annual Ancient City Adult Tournament.

2017 SUMMER CAMP SCHEDULE

Summer Camps have started and some sessions are almost full. **Sign up soon while there are still openings.** The Super Stars Camp for 6 to 11 year-olds combines a variety of activities to engage the camper's attention as they develop physically, emotionally, and intellectually. This camp can be attended in full day sessions or half day sessions.

The afternoons focus on tennis, swimming and arts and crafts. This mix of activities provides a good balance of "go time" and "down time" as campers take part in athletic and creative endeavors. The morning session will touch on these activities but will also consist of a wide range of other activities. These include other sports, games, nature activities, group projects and more. These activities are designed with an integrated curriculum theme in mind. The campers will use and develop math, reading and creative skills, as they take part in the various games, activities and sports. Our **Tennis Camps** for children 10 and older meet 5 days a week, all day (with half day options available), and offer hours of daily training in stroke production and preparation for match play. These camps are led by former top 100 touring pro Rocky Royer. His unique international experience and years of coaching

have taught him how to keep training and hard work, fun and engaging for young tennis enthusiasts. Daily drilling, repetition and game play situations help players progress on a steep learning curve, as they develop an appreciation for the game of tennis and all it has to offer. By going through this process players get to develop important characteristics like patience, work ethic, sportsmanship, conflict resolution and more. The summer kicked--off May 29th with tennis camp for the older group, and then on June 5th, the **Super Stars** camp begins. These camps alternate weeks, all summer until August 4th. The entire schedule is below.

2017 SUPER STARS DAY CAMP

Ages 6-11

SESSION 2 6/19-6/23

SESSION 3 7/3-7/7

SESSION 4 7/17-7/21

SESSION 5 7/31-8/4

\$319 per session or \$299 for club members

Half-Day \$169 or \$149 for club members

2017 TENNIS CAMP

Ages 10 – 18

SESSION 2 6/12-6/16

SESSION 3 6/26-6/30

SESSION 4 7/10-7/14

SESSION 5 7/24-7/28

\$449 per session or \$429 for club members

Half day: \$229 or \$209 for club members

CLUB USTA LEAGUES WE ARE THE CHAMPS!

The spring USTA season for Northern New Mexico has finished up. Our Men's 3.0 team finished in second place, and the Men's 3.5 team not only finished in 1st place, but last weekend at the playoffs, they swept the competition to win the Championship and move on to sectionals. There, they will take on the top teams from Tucson, Phoenix and El Paso in early August. Those teams will have the disadvantage of playing our team in the fast, mile high conditions in Albuquerque. We may have to rent busses to beef up the home town crowd supporting our team. Congratulations to Captains Dairy Sulich and Paul Hodapp for successful seasons. The mixed doubles season is just getting started and we have teams playing in the 9.0 division and 8.0. Starting in July we will also offer a men's 9.0, 55 and older team. This team went to Nationals two years ago and they are hoping to return again with better results this year. The mixed doubles schedule is posted below and as soon as the men's 9.0 schedule is published we will post it as well.

USTA MIXED DOUBLES LEAGUE HOME MATCH SCHEDULE

Saturday	June 3	5pm	9.0
Sunday	June 4	3pm	8.0
Thursday	June 8	6pm	9.0
Sunday	June 11	3pm	9.0
Sunday	June 18	3pm	8.0
Wednesday	June 21	6pm	8.0
Sunday	June 25	3pm	8.0
Saturday	July 1	3pm	8.0
Sunday	July 9	3pm	9.0

CLUB CHALLENGE LADDER

The club challenge ladder is up and running for men's singles. We are still hoping to get a few more ladies to sign up so that we can start a ladies ladder also. The ladder and the rules for it are posted in the lounge. Some matches have already been played. If you would like to get on the ladder, you may challenge anyone on the list. If you win you will take their place and everyone will move down one spot. If you lose you will go to the bottom of the ladder and have the opportunity to work your way up. This is a great way to get some invaluable match play experience.

SANTA FE TENNIS ACADEMY OPENS JUNE 12!

This summer we are proud to inaugurate the Santa Fe Tennis Academy. The Santa Fe Tennis and Swim Club will be host to this program for elite players. We are identifying local players who are interested in doing the work required to achieve personal excellence in tennis, and beyond. It is designed to prepare them for junior and adult tournament play and college tennis. Consequently it is an in-depth regiment that will touch on all aspects of player development. This will include stroke development, tactics, fitness, nutrition, mental toughness, and peak performance training. The Santa Fe Tennis Academy program will run each week from

SANTA FE TENNIS ACADEMY

June 12th through August 4. For more information go to (santafetennisacademy.com) If tennis is a big part of your life this could be the way to take it to the next level, and beyond!

A GOOD TIME AT THE CLUB SUMMER KICK OFF PARTY



The weather was perfect, the cool sounds of the ZigZags wafted over the Club, the aroma of grilled hamburgers, brats, and hot dogs filled the air, and the sounds of splashing and the laughter of children came from the pool at the Club summer kick off party on May, 27. If you missed the party you are in luck because we will have another party on the 4th of July. The day will start with a

jump in the pool and retrieve cans of beer). The ZigZags will be back playing by popular demand.

CLAY COURT TOURNAMENT

Now that the clay-court season is here we are hosting a clay court tournament during the first half of June. All matches will be scheduled by the participants themselves. We will have singles and doubles in the 3.5, 4.0, and 4.5 levels. We will not separate the men and women in these events. Instead men and women will be playing in the same events at the various levels. Doubles teams may be made up of any combination of genders. The entry fee is \$20 for singles and \$30 per doubles team. Sign up by June 10th. The finals will be played the weekend of June 24th and 25th.

CLUB SUMMER MEN'S LEAGUE

We are forming a 3.5-4.0 Club men's league. The league will play Saturdays at 10:00am starting Saturday, June 24. Sign up in the lounge to join the league.

CLUB SUMMER HOURS

The entrance gate and the clubhouse are open from 8:00 am to 7:00 pm. The Café is open from 11:00 am to 6:00 pm. The pool is open from 10:00 am to 7:00 pm and for lap swimming from 8:00 am to 9:00 am.

TAI CHI CLASSES STARTING MONDAY, JUNE 19

We are pleased to announce that Mila Larson will be offering Tai Chi classes on Monday mornings at 9:30 on the lawn by the pool. Mila has been studying Tai Chi for decades and has been teaching for 5 years. Tai Chi encourages well-being, including proprioception, balance, strength, freedom of movement, energy flow, memory and focus. All of these will help with your tennis and injury prevention as well. The one hour classes will start on Monday, June 19 and the cost is \$12 per person, and reservations are required. Just call us at 988-4100 to sign up!
