



# *Topspin News*

*The Official Newsletter of the Santa Fe Tennis and Swim Club*

## **DINNER AT THE CLUB with Brendan Casey**



Mexico, where he received his B.S. in Athletic Training. Upon graduating, he moved to San Jose, California to continue his post-graduate education at the Palmer College of Chiropractic, West. While at Palmer, he was a dedicated member of the PCCW Student Sports Council. Dr. Casey graduated Summa Cum Laude in September 2017 as Doctor of Chiropractic.

Today, Dr. Casey lives and practices in Taos, New Mexico. He specializes in musculoskeletal injuries and utilizes chiropractic manipulation, Active Release Technique, RockTape and corrective exercise to help his active patients get back in the game.

When he's not working, he is on an adventure with his partner Misa and dog Owey. Additionally, he enjoys mountain biking, yoga, snowboarding, jiu-jitsu and listening to music.

Dr. Casey will be speaking about the repetitive nature of the serve and volley in tennis, and the great demands put on the dynamic stability of the shoulder. Once injured, the biomechanics of the shoulder can change, causing further injury. Furthermore, Dr. Casey will be discussing his passion for athletics and

Club members are cordially invited to attend August's first dinner at the club, on Wednesday, August 14 at 5:30 PM, featuring guest speaker Brendan Casey, AC, LMT, ATC.

Raised in rural northern New York State, Dr. Casey moved to Santa Fe, New Mexico in 1998 to study massage therapy at the Scherer Institute of Natural Healing and had a thriving career as a massage therapist.

In 2010, he went back to school to study sports medicine at the University of New

how he feels Sports Chiropractic care can help you prevent injury and recover from it.

Carlos Varela and Dakota Fitzner will be serving a buffet dinner on the patio, weather permitting. The menu for the evening is as follows:

*Caesar Salad*

*Grilled Bratwurst & Italian Sausage*

*Grilled Onions & Peppers*

*Garlic-Roasted Potatoes*

*Grilled Vegetable Medley*

*Strawberry Shortcake*

Cost: \$19 per Person • Wine & Beer Extra

Please make your reservations for this event by calling the club at 505-988-4100 or send us an email at [club@santafetennis.net](mailto:club@santafetennis.net).

---

## JULY POOL SCHEDULE

Our pool is open 7 days a week! The Daily Pool Schedule is as follows:

Monday through Saturday:

7:00 AM—8:00 AM: Daily Maintenance

8:00 AM—10:00 AM: Lap Swim Only

10:00 AM—6:45 PM: Open Swim

Sunday:

7:00 AM—8:00 AM: Daily Maintenance

8:00 AM—10:00 AM: Lap Swim Only

10:00 AM—5:45 PM: Open Swim

The Club will be open on Independence Day and Labor Day this summer.

## UPCOMING TOURNAMENTS

### Ancient City Adult Open

*USTA Sanctioned Tournament*

Dates: 7/19—7/21

Location: SFTSC

Cost: \$33 Singles, \$27 Doubles

Register online at [tennislink.usta.com](http://tennislink.usta.com)!

Tournament ID: 750014519

### Club Championships

Dates: September, TBA

Location: SFTSC

Cost: TBA

### 2019 Curtain Bluff Tennis Challenge

Dates: 11/2—11/9

Location: Curtain Bluff Resort, Antigua, West Indies

Contact Ralph to register!

---

## ANCIENT CITY JUNIOR OPEN RESULTS

With over 50 applicants from California, Colorado, New Mexico, and Texas, this year's Ancient City Junior Open was a huge success! The tournament ran for three days, June 21 through June 23, with the final matches scheduled that Sunday.

Congratulations to the winners and runners-up (listed below)! Furthermore, thank you to all participants, and everyone who came out to support and spectate the next generation of tennis.

Results for the singles events are as follows:

# ANCIENT CITY, CONT

## Boy's 18 Singles

Champion: Phillip Bosin

*Runner-Up: Connor Thompson*

## Boy's 16 Singles

Champion: Connor Thompson

*Runner-Up: Orlando Velador*

## Boy's 14 Singles

Champion: Griffin Kreuter

*Runner-Up: Jonas Anderson-Joyner*

## Boy's 12 Singles

Champion: Henry Kaufman

*Runner-Up: Michael Zolbayar*

## Girl's 18 Singles

Champion: Kate Stratton

*Runner-Up: Brooke Pate*

## Girl's 16 Singles

Champion: Camryn Calabrese

*Runner-Up: Kaylee Frsequez*

## Girl's 14 Singles

Champion: Fabiola Hinojos

*Runner-Up: Jasmine Palomino*

## Girl's 12 Singles

Champion: Erica Tian

*Runner-Up: Avery Williams*

# DINNER AT THE CLUB

## Questions of Honor "What is honor? A word." Falstaff, Henry IV, Part 1

Saturday, July 27, join Ariana Karp, Artistic Director and Robin Williams, Board President of the International Shakespeare Center Santa Fe (ISC) for a dinner and discussion exploring questions of honor and its importance in *Henry IV, Part One* and *Measure for Measure*. The ISC will also present a brief performance from the Santa Fe Summer Shakespeare Festival, so think of July's talk as SFTSC's version of a dinner and a show!

The Santa Fe Summer Shakespeare festival features a diverse group of collaborators offering an array of Shakespeare performances and interactive activities throughout June, July, and August. Ariana and Robin will share how the artistic marathon of actors in repertory and textual analysis and close reading is fundamental to truly understanding and enjoying Shakespeare's revered dramatic works.

Ariana is an alumna of the London Academy of Music and Dramatic Art (LAMDA) with an MA in Classical Acting for the Professional Theater. She received early theatrical training with Richard and Anne DiPrima at the Young Shakespeare Players in Madison, WI, a program that performs uncut Shakespeare with children ages 6 to 18.

## QUESTIONS OF HONOR, CONT.



Robin holds a Ph.D. from Brunel University London in the history and future of reading Shakespeare—out loud and in community. She has taught Shakespeare courses in places as disparate as cruise ships and universities both here and in London, with a special fondness for working with people who feel Shakespeare is beyond them.

Currently, Robin is working on a series of Shakespeare playbooks edited and designed specifically for groups reading the plays aloud and in discussion and is the Director of iReadShakespeare.org, a division of the ISC. She is an active member of the board of TheatreSantaFe.org, an Advisory Board member of New Mexico Actors Lab, and an associate trustee of the Shakespearean Authorship Trust in London at the invitation of Mark Rylance.

Carlos Varela and Dakota Fitzner will be serving a buffet dinner on the patio, weather permitting. The menu is as follows:

*Spinach, Apple, Walnut, & Feta Cheese Salad  
with Strawberry Vinaigrette*

*Fire-Roasted Salmon with Mango Serrano  
Chile Glaze*

*Butter-Baked Broccoli*

*Lemon Cilantro Rice*

*Pan-Seared Plantain*

*Pineapple Upside Down Cake*

Cost: \$19 per Person • Wine & Beer Extra

Please make your reservations for this event by calling the club at 505-988-4100 or send us an email at [club@santafetennis.net](mailto:club@santafetennis.net).

*Article and photograph courtesy of Breshaun  
Joyner and the ISC.*

# PRO'S CORNER

By Jimmy Parker

## SFT Pro Emeritus and USPTA Master Pro

Really now, wouldn't you prefer to play better tennis? Well, I guess the process is a lot like how you get to Carnegie Hall. You may have heard of the "10,000 Hour Rule"—mastery in anything takes at least that many hours of concentrated practice. So maybe you were hoping that I had some easy shortcut. If I did, I'd tell you. But alas, I don't. But I do have some ideas about how you can go about heading in the direction of mastery.

Most tennis players I know simply don't practice enough! And they don't get as much out of it as they could, when they do practice.

Overall, if you're truly interested in improving, it's a good idea to spend about half of your on-court time doing drills, and the other half playing points, games, sets, and matches. Drills don't have to be drudgery—they're simply a way to isolate certain aspects of the game that you could use practice on. And it's a good idea to make competitive games out of your drills, both to make them more interesting and to better simulate competitive conditions.

Too many players tend to spend more time practicing the shots they already like to hit. But that weak neglected backhand isn't going to miraculously cure itself without some

focused attention! So, begin to take note of how you're winning and how you're losing. Especially, become more aware if you notice recurring patterns—for example, you find yourself saying things like "My second serve always lets me down."

I used to encourage my junior players to keep a little notebook where each day they would write down the three things they most needed to practice the next time out. If they just spent 5 minutes apiece practicing those three items, over time their weaknesses are going to get better! It doesn't have to be complicated. But, the better you get at noticing, and the more articulate your practices get, the faster you will improve.

Once you learn to practice with attention and focus, you can bring that to your competitive play, where you're actually playing games and sets.

After all, that time you spent practicing won't do much good if it doesn't carry over to when you actually play! (Which is definitely part of the learning process!) So, the objective becomes "Make your practice like your play, and your play like your practice." Sounds good on paper anyway...



Our 2019 Santa Fe Tennis Academy camps are still accepting registrations but filling fast!

The Academy is dedicated to the development tennis skills for children 10 and under, and for junior players 18 and under.

Supervised match-play scenarios and drills, supplemented with short sessions of swimming, pickleball, and physical training ensure students have a blast while lifting up their strengths and skills.

Breakfast and lunches are included for Full Day Camps, and breakfast or lunch are included for Half Day campers.

Prices and times are as follows:

**Full Day:** 8:30 AM—4:30 PM

**Half Days:**

**Morning:** 8:30 AM—12:30 PM

**Afternoon:** 12:30 PM—4:30 PM

**Session Dates:**

Session 1: May 27 – May 31

Session 2: SOLD OUT

Session 3: SOLD OUT

Session 4: SOLD OUT

Session 5: June 24 – June 28

Session 6: July 1 – July 5\*

Session 7: July 8 – July 12

Session 8: July 15 – July 19

Session 9: July 22 – July 26

Session 10: July 29 – August 2

\*Camps will be operating on July 4.

**Membership Pricing**

Half Day (Member): \$285.00 + tax

Full Day (Member): \$439.00 + tax

**Non-Membership Pricing**

Half Day (Guest): \$310.00 + tax

Full Day (Guest): \$474.00 + tax

Space is limited and filling up fast! Register online today at:

[www.santafetennis.net/purchase](http://www.santafetennis.net/purchase).

Have further questions? Give us a call at 505-988-4100 or email [club@santafetennis.net](mailto:club@santafetennis.net).

# JULY TENNIS EVENTS

## MORNING 3.5 DOUBLES TENNIS

*Mondays & Wednesdays | 8:00 A.M. on King Arthur's Court | 3.5*

The long-standing "Morning Group" is seeking to expand their player roster on Monday and Wednesday mornings. To sign up, or for more information, contact Frank Wimberly at 505-995-8715.

## Advanced Junior Clinics

*Mondays, Tuesdays, & Wednesdays | 4:00 PM—6:00 PM | High School Players*

Tennis training and fitness, that includes plyometrics, medicine balls, battle ropes, footwork drills, and tennis play.

*\$150.00/Week per Player*

## Monday Evening 4.0 Clinic

*Mondays | 6:00 PM—7:30 PM | 4.0*

Teaches technique and strategy for 4.0 players with drills and interactive playing.

*\$25.00 Members | \$30.00 Non-Members*

## Tuesday Evening 3.5 Clinic

*Mondays | 6:00 PM—7:30 PM | 3.5*

Teaches technique and strategy for 3.5 players with drills and interactive playing.

*\$25.00 Members | \$30.00 Non-Members*

## PRIVATE LESSONS

### Ralph Bolton

*Director of Tennis*

*USPTA Elite Pro*

505-501-0588

Private - \$80.00/hour

### Jim Parker

*Pro Emeritus*

*USPTA Master Pro*

832-492-4615

Private - \$90.00/hour

### Victor Avila

*Junior Tennis Coordinator*

505-795-3049

### Tennis Lessons

Private - \$70.00/hour

Junior Private - \$50.00/hour

### Pickleball

Private - \$50.00/hour

Junior Private - \$35.00/hour

## TENNIS ACADEMY

### Group Lessons

\$70.00 - 4 Lessons/Month

To sign up for a lesson or clinic, please contact one of our tennis professionals to schedule a time.

## YOUR CLUB STAFF

### David Garcia

General Manager

### Rachel Gonzales

Assistant General Manager

### Ralph Bolton

Director of Tennis

### Victor Avila

Junior Tennis Coordinator

### Jesse Thomas

Groundskeeper

## EMAIL CLUB STAFF

We would love to hear from you! To contact any member of the Santa Fe Tennis & Swim Club team, use the following format:

firstname@santafetennis.net

## NOT A MEMBER?

Contact us today at 505-988-4100 and come see what we're all about! Tours available daily.

## CLUBHOUSE HOURS

Monday - Saturday:

8:00 AM to 7:00 PM, Sunday:

8:00 AM - 6:00 PM

## JULY TENNIS EVENTS

### Novice Drop-In Clinic

*Wednesdays | 11:00 AM—12:30 PM | 3.0+*

This drop-in clinic is perfect for beginners or rusty players looking to get back into the game. Involves lots of drills focused on proper technique.

*\$25.00 Members | \$30.00 Non-Members*

### Saturday Men's Doubles

*Saturdays | 9:30 AM—1:00 PM | 3.5 & 4.0+*

Join us Saturday mornings for doubles! Games are two hours long and are organized by NTRP Rating.

Sign up emails are sent out weekly. To sign up or to be added to the mailing list, please email Bernadette at [bernadette@santafetennis.net](mailto:bernadette@santafetennis.net)

*No Fee for Members | \$10 Member-Sponsored Guests / \$20 Drop-In Guests*