



May 2022

Topspin News

The official Newsletter of the Santa Fe Tennis and Swim Club

Court Resurfacing



Watching Court #1 and Court #4 being resurfaced is a bit like watching sausage being made, not very pretty but the results are so good!

This Friday both courts will reopen! They are as good as new.

Thank you all for being so patient during this time!

Pool Opening May 20th

Along with our new courts, the pool is also opening this Friday!

3 lanes are open for lap swimming from 8am-10am daily.

Open swim is available from 10am-6pm (when the pool closes). During this time there will be one lane available for lap swimming.



Lost and Found

During the Winter and Spring, we have collected a lot of water bottles, sweaters, hats, and eyeglasses in our Lost and Found. If you are missing anything please stop by and take a look!!!

Santa Fe Tennis and Swim Club

Father's DAY



On Father's
Day:
Sunday,
June 19th
10am-2pm

Brunch

Menu

- *Steak and Eggs*/\$25.00

Grilled Center Cut Ribeye with hash browns and 2 eggs
(fried or scrambled).

- *Old Fashioned Challah Bread French Toast*/\$14.95

With maple syrup and bacon.

- *Smothered Breakfast Burrito*/\$14.95

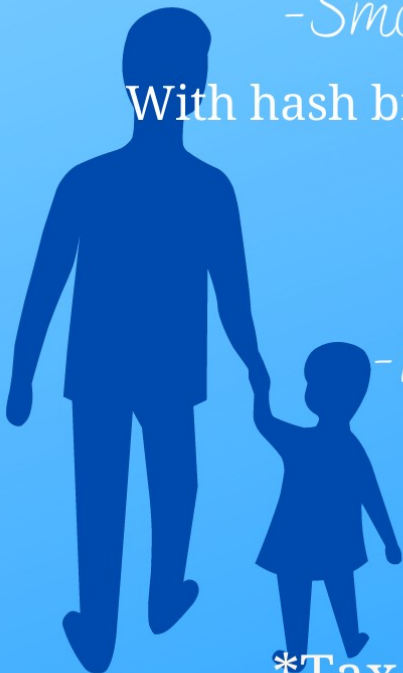
With hash browns, bacon, scrambled eggs, and a choice
of red or green chile.

Dessert

- *Fruit and Cheese Danish* /\$5.95

- *Blueberry Muffins*/\$5.95

- *Mimosas* /\$7.95



Tax and gratuity will be added on.



Wine Tasting

The Summer Wines of the Willamette Valley

Saturday, June 4th, 4:30-6:30pm

Food Provided by Chef Leonard:

- ♦ Charcuterie Board
- ♦ Chicken Satay with Peanut Sauce
- ♦ Roasted Garlic Red Pepper Hummus

\$29.95 Per
Person!

Ben Sobol and James Selby from Favorite Brands will pour, taste, and talk about some of the wonderful wines from The Willamette Valley in Oregon.



Pickleball Clinic

With Pickleball Pro Emanuel Sanchez



- Emanuel Sanchez is a certificate coach with the International Pickleball Teaching Professional Association.
- Emanuel will hold an exclusive pickleball clinic at the club on Sunday, May 29 from 11am to 12:30pm.
- The maximum is 8 players.
- \$120.00 per player.
- To sign up please contact the club.



MEMBER PROFILE: LAURA AND TODD LUSTGARTEN



Laura and Todd Lustgarten are the owners of the (soon to open) StretchLab Santa Fe, where they will be offering one-on-one, custom assisted stretch sessions given by their team of trained Flexologists.

Laura is from Dallas, Texas. She managed several start-up companies there in preparation for her 11 year stretch at SmartyPants Vitamins in Los Angeles, CA. She acted as the Director of Human Resources & Office Operations and built the company up from 6 to 110 employees. When SmartyPants was acquired by Unilever in 2020, she began the exciting journey of searching for "what's next?", all the while knowing that her goal was to remain in the health and wellness world. Her passion is helping others feel their best through education and movement. Laura feels strongly that StretchLab Santa Fe will be a positive addition to the community, as stretching compliments any lifestyle.

Todd's career started out in the toy business working for well-known companies such as Hasbro and Tyco. For the past 20 years his focus has been on business and brand development through his firm Perpetual Licensing, a brand licensing agency based in Los Angeles. Laura and Todd are excited to bring StretchLab to Santa Fe and share their enthusiasm for helping improve the lives of Santa Feans through the simple practice of stretching which increases flexibility, mobility and ultimately quality of life. StretchLab Santa Fe will open its doors later this summer and they will be offering free stretches to Santa Fe Tennis and Swim Club Members on May 28 from 10am-1pm at the Club. For more information see the flyer at the front desk or contact StretchLab Santa Fe directly.

Website - www.stretchlab.com/location/santafe **Email** – SantaFe@stretchlab.com

Social – [@stretchlabsantafe](https://www.instagram.com/stretchlabsantafe)

Ralph's Tennis Tips

Knowing why the serve is so special it is really important to use it properly. Everything depends on you. You decide what kind of ball you want to deliver to your rival. Unfortunately many players don't use this opportunity to play on their own terms from the first ball of the point. Typical scenario is that the tennis player gets to the baseline and hits the ball to start the point. From time to time they will decide before the shot whether they want to hit it to the forehand side or to the backhand of the opponent. That's waste of serve. You should consider more factors to make sure you can get advantage during your service gems.

Every time you step to the baseline you have 24 different ways to hurt your opponent's game. Yes! 24 ways and this number is just for basic tactical factors. Generally there are many more ways but at the beginning let's focus on the basics. Up to this moment you have probably used consistently only several factors while serving. It is time to expand your knowledge and possibilities. It is time to have 24 different ways to put pressure on rival who is returning.

Directions

There are 3 basics directions while serving. You can place the ball to your opponent's forehand, to the body or to backhand side. Every direction has own advantages. Wide serve opens the court for the next shot. Body serve challenges player's quickness and coordination. Serve to the T can surprise rival and can be used to put opponent on the run on the next attempt. When you have your own service gems you should always think where to send the ball and why you want to send it exactly there.

Spin

Planning your serve has to include proper choice regarding spin. You can choose between topspin, slice, kick and flat serve. All these spin variations offer individual benefits for the server. Topspin is the easiest to execute so you can use it to have high percentage of consistency. Slice skids away from the returner and bounces low after contacting the court so you can use these facts to challenge return. Kick serve has a big opportunity to receive weaker response when served effectively to the backhand. Flat option is strictly reserved for the first serve and it is really effective in combination with right amount of power. Connect good direction with different spins and it will be much easier to win own service gems.

Depth

Apart from different directions and spins you can also apply mixed depths into your serving strategy. Every time you hit the serve you can place the ball shorter or deeper. Shorter balls will take most of the rivals inside the court so you can capitalize on this positioning with the next shot. Deeper balls immediately put more pressure on returning response and can give you easy ball to attack with your next shot. Consciously vary depths of your serves and you will discover how this little detail can change quality of your delivery.

To sum it up right now you know 24 basic possibilities to serve. Every time you have balls in hand and you can start the point you should consider 3 directions, 4 spins and 2 depths before you serve. By taking this approach you will improve quality of your serve, force your opponent to constantly adjust to changing environment and finally win service gems in much easier way.

Santa Fe Prep Team

District Champs, Third in State

By Ralph Bolton



Members, if you were at the club some weekday afternoon in March or April you probably noticed the Santa Fe Prep Tennis Team practicing at our club. More than 50% of the team are members here. Prep is the smallest school in the eight-team district. Our boys were the District Champions and made it to the semi-finals at State. Also, Jonas Anderson-Joyner, who works here at the front desk and in the kitchen, as well as being my son (a much harder job), with his partner Mateo Gilbert won the Doubles District Championship and came in third in State. As a coach, I feel so fortunate to be a small part of their success.





Performance Perception

by Christine Wantuck

Certified Coach PPR



At a recent pickleball tournament in Albuquerque, I enjoyed watching some good rallies full of heart and emotion. I found that most of the spectators appreciated watching teams play quality points. Watching an exciting match motivates us to achieve the skill, confidence and strategy modeled by the players we observe. As much as everyone enjoyed the drama of a particular match, once it was over, they moved on to the next game or thinking about where to have lunch, without much thought about the actual match outcome. So why is it then that we as players put so much pressure on ourselves about the match outcome and the opinions of others versus the process involved in playing that match?

I overheard a player, that was having a bad day, express concern about possibly losing their current rating, letting down their teammate and missing easy shots in front of fellow players. Unfortunately, they fell into the trap of attaching their self-worth to their performance on the pickleball court. They let their need to be validated by the supposed expectations of others influence their performance.

Whether you win or lose, the reality is that most of our friends are not that invested in our results. Most players desire the opportunity to enjoy really good competition and the excitement of a chance to compete. The next time you start worrying about the opinions of others, calm your mind, focus on the basics, embrace the moment, and enjoy being on the court trying to play to the best of your ability. Utilize the knowledge gained through your wins and losses as a means to improve future performance.

Now get out there and have fun!



2022 Summer Camp

May 30th – August 5th



The 2022 Santa Fe Tennis Academy Summer Camp is a 10 week program, beginning May 30th and ending August 5th, for ages 8 and up. Our curriculum builds on the training and instruction used in the Santa Fe Tennis Academy, After School Program, with top-notch training and supervised play. The tennis camp is supported by small sessions of swimming, pickleball, and physical training. Campers will have a blast while improving their strengths and skills in a positive learning environment.

Sessions:

Session 1: May 30 – June 3

Session 2: June 6 – June 10

Session 3: June 13 – June 17

Session 4: June 20 – June 24

Session 5: June 27 – July 1

Session 6: July 4 – July 8

Session 7: July 11 – July 15

Session 8: July 18 – July 22

Session 9: July 25 – July 29

Session 10: Aug 1 – Aug 5

Member:

Monday-Friday Full Days:

\$535.00 + tax (includes lunch)

Monday-Friday Half Days:

\$362.00 + tax

Non Member:

Monday-Friday Full Days:

\$588.00 + tax (includes lunch)

Monday-Friday Half Days:

\$399.00 + tax

Full Days: 8:30 AM – 4:30 PM

Half Days: 8:30 AM – 12:30 PM or
12:30 PM – 4:30 PM

Register on our website!

santafetennis.net

May Tennis

ADULT CLINICS

Monday Evening

Women's Clinic

5:30pm—7:00pm

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

**\$35 per member/ non-members add \$20 guest fee*

Tuesday Evening Men's Clinic

5:30pm—7:30pm

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

**\$35 per member/ non-members add \$20 guest fee*

Staff/Coaches

David Garcia

General Manager

Kenneth Beal

Asst. General Manager

Ralph Bolton

Director of Tennis

USTA Elite Pro

(505) 501-0558

Jim Parker

Pro-Emeritus

USTA Master Pro

(832) 492-4615

Duncan Leiggi

Tennis-Pro

Junior Tennis

925-817-7401

Klaus Dlabik

Tennis-Pro

(610)-502-5744

Christine Wantuck

Pickleball Instructor

Certified Coach PPR

(505) 670-8188

