
Club Manager & USPTA Instructor

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**TOCC
Board of Directors**
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Diane Grimm 875-2999

Long Range Planning Chairperson

Charlie Newmann 875-7085

TOCC Club Doubles Championships

February 13 & 14

TOCC will crown it's club mixed doubles champions on Friday and Saturday, February 13 and 14. If possible, match play will begin Friday night and finish on Saturday. To accommodate players of all levels, a "Seek your level" format will be utilized. Do not miss the fun!



The deadline to enter is Thursday, February 12th at noon. Club members only!

TOCC Junior Club Championships

February 13 & 14

TOCC Juniors will crown their own singles and doubles champions February 13th and 14th. This should be a fun competition. There will be a first match losers consolation so all players are guaranteed at least two matches.



This is a perfect time for those new players to get a taste of tournament competition in a familiar atmosphere. Club members only! The deadline to enter is February 12th at noon.

Wachovia Bank Junior Classic

March 6, 7 & 8

This junior event has been growing each year and as usual it is a great opportunity for TOCC juniors to get "match experience" and show off their skills.


WACHOVIA

This is a MTA Sanctioned event that draw players mainly from the Southern Counties the Mobile area and a few from Jackson. The event includes: Boys and Girls 10, 12, 14, 16 & 18 and under singles and doubles. The deadline is Monday, March 2nd. Enter online through tennis link or at tocctourdir@cableone.net.

Check Out the TOCC Website

When entering the "members only" section the username is "member" and the password is TOCC64 (all in caps). Our goal is to maintain a user friendly website. Suggestions are welcome.





Fitness Training Program for Tennis Agility



Agility exercises can be used to develop speed and quickness. In coordination with a speed program, these exercises help to improve agility and co-ordination. They differ from traditional speed training in that they incorporate lots of lateral movement.

Agility exercises should be performed at the start of a session (but following a thorough warm up). They are not intended to be physically exhausting; however, they do demand an intense focus which is why these exercises become much less effective if you have just completed a tough endurance or strength session.

Here is an example of an agility exercise:

Box Drill

Mark out a square approximately 10 meters/yards by 10 meters/yards. Place a cone in the center of the square. This is the starting position. Each corner is given a number or name. The coach or training partner calls out a number or name at random and you must run to the corresponding corner and return to the center. As a variation two players can use the square at once. One player is labeled A and the other B. The coach calls out two numbers. Player A must run to the corner corresponding to the first number and player B to the second number. This drill sounds complicated but it's easy to implement and it's excellent for getting players to concentrate.

Agility exercises are usually best performed in late pre-season training and during the in-season. Because they shouldn't leave you feeling tired, you can perform a short, sharp agility session the day before a match. This will also help to improve your mental and physical alertness as the game draws closer.

Stretching should be part of your tennis training programs at all times. Here are some general guidelines for your flexibility program:

- Generally, athletes perform flexibility exercises at the end of a training session and after a tennis match if they are competing.
- You should be thoroughly warmed up before performing flexibility exercises.
- Stretch to just before the point of discomfort.
- Hold each stretch for 20 seconds average.
- Complete 2-3 stretches before moving onto the next exercise.
- If tightness intensifies or you feel pain, stop the stretch.

A tennis specific training program is fundamental to your development and success. Remember that a well balanced tennis program should have exercises to improve your resistance, strength, explosive power, agility, quickness, and flexibility. I hope all the newsletters about training have been helpful for you to build your own tennis program. Remember though that a conditioning plan is only as successful as the individual's ability to commit to it.

Karem Graeber

MS Gulf Coast Community College Fundraiser

Friday, February 27 at 6:30 pm Men's and Women's Doubles Round Robin

Grab a partner, join the fun, and help raise funds to support the MGCCC Men's and Women's Tennis Team. Each year TOCC members' children receive scholarships to play at Gulf Coast.

Now you can help support them.

The cost is \$25 per player.

Cost includes tennis, food & drinks,

and door prizes. Call Steve at 875-0086 to register.



USTA League Tennis

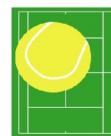
TOCC is hosting 25 teams this spring. The match schedule is extensive. Because of the extreme number of home matches, it is a necessity for 6:00 o clock match play to begin strictly by 6:15 p.m.

Also, all non league players should look at the match board to note what courts are reserved. All open play reservations are limited to 1 1/2 hours if players are waiting.



High School Tennis

Starting March, Treasure Oak will once again host Ocean Springs High School matches. As usual, the majority of the players are TOCC club members. It should be another exciting year as the defending district champions Greyhounds are loaded and shooting for State honors this season.



While we are happy to host our juniors, we realize that on their match days, it may create a few inconveniences. Please be patient and considerate. Many of these juniors will be the future of our club.

Greyhound Match Schedule at TOCC All matches start at 4:00 P.M.

Monday, March 2	
Tuesday, March 17	George County
Thursday, March 19	Pascagoula
Tuesday, March 29	George County
Wednesday, March 25	Gulfport
Thursday, April 2	Biloxi

Welcome New Members

New Members: Randall and Julie Hofbauer
Sponsored by: Chuck and Amy Wilson, Reggie Broom, and Bill Wilburn

If no objections are raised by the end of the month, these applicants will stand approved and will be placed as openings become available.