


Club Manager & USPTA Instructor

Steve Pennington 875-0086

Associate Instructors

Karem Graeber 662-380-3198

Courtney Ulrich 669-2247

Clubhouse Rental/
Restaurant

Spencer Emanuels 875-3027

Club Accountant

Franklin E. Leach 872-4971

**TOCC
Board of Directors**

President

Edward "Ned" Hogg 875-2713

Vice President

Mary Sukiennik 327-2545

Secretary

Stacie Zorn 219-0012

Treasurer

Candace Atwood 990-7823

Tennis Chairperson

Lance St. Amant 875-0710

Facilities / Pool

Ronald Newman 872-1643

Media Chairperson

Michael Bayne 235-5046

Social Chairperson

Cynthia Render-Leach 875-9080

Membership Chairperson

Diane Grimm 875-2999

Long Range Planning Chairperson

Charlie Newmann 875-7085

Junior Social - Featuring "The Unexpected"

Friday, July 10th, 6:00 to 9:00 p.m.

Acan't miss special event for juniors (adults invited to listen to the band). On Friday, July 10th, 6:00 to 9:00 p.m. TOCC will host a junior social which will feature a live band "The Unexpected", tennis, night swimming, hamburger and hot dog plates.

Cost: \$10 per child. Please call 875-0086

or e-mail tocc@cableone.net to reserve a

spot. Members are welcome to invite guests.



TOCC Junior Summer Tennis Camp

July 14-16, 9:00 to 11:00 a.m.

We will be offering a summer junior tennis camp July 14-16. Camp will consist of drills, instruction and point situations. Ages 7 to 18.

Cost: \$45. Non-members are welcome.

Mexican Dinner - Family Night

On Wednesday July 29th, 5:30 to 8:30 p.m. we will offer "Family Night Mexican Dinner". Please make reservations. Cost: \$8 for adults and \$5 for children 12 and under.

Hand Center of South Mississippi Junior Classic

TOCC hosted the Hand Center of South Mississippi JR Classic on June 26-28. There was an outstanding turn out with approximately 80 players. Special thanks to Hand Center of South Mississippi for their continued support. As usual, we will like to thank our staff and volunteers:

Pete Mitchell, Bubba Newman, Scott Leatherman, Cynthia St. Amant, and Vona & Greg Wawryszczuk.

TOCC players displayed outstanding form and determination excelling in many events.



Results of Note:

Singles - B12 Mason Vice 1st, B14 Jack Wilson 2nd, B16 Skyler Flowers 1st, B18 David Bella 1st, G10 Amanda Kilduff 2nd, G16 Madeline Wilburn 1st, G10 cons Abby Chapman 1st, G12 cons Kendyl Williams 1st.

Doubles - G12 Abby Chapman & Isabella Rubenstein 2nd, B14 Mason Vice 1st, B14 Jack Wilson & Nathan Broom 2nd, G14 Sidonia Compton 1st, B16 D.J. Langley 1st, G16 Madeline Wilburn 1st, B18 David Bella & Skyler Flowers 1st.

TOCC Website

We will be changing our password for the "Members Only" section in the very near future. We don't want any personal information to be available to the public, in general. In the August newsletter, we will give you contact information of three Board members for you to obtain the new password.



Hot to Play Matches the Same Way You Play In Practice (part I)



How many times have you wondered: "If only I could play this match as well as I can play in practice..." This is one of the most common and also one of the biggest obstacles to overcome when playing competitive tennis. To find the solution to this challenge, you must first understand why this happens. Why is your match performance not as good as your practice performance?

The main difference between the two is caring. When you practice, you don't care that much about the result and you don't care that much if you make an occasional mistake. But when you play a match, you care a lot. In fact, you care too much. You are worried when you make a mistake, every double fault you serve makes you insecure about your next serve and whatever the score is, you manage to interpret it in a negative, fearful way.

When you practice and don't perform well, you don't worry (you are not afraid), because there are no major negative consequences. This is especially true if you practice without playing for points. But when you play a match, there are negative consequences of losing; your rankings may go down, you feel your parents and coach will be disappointed, you may feel embarrassed in front of other competitors and so on. In other words, you are afraid. You can approach this challenge in two ways - from the practice and from the match mindset.

Practice As If You Are Playing a Match

If you're a typical club or competitive player, then you probably practice much more than you play official matches. With junior tennis players, this ratio can be 20 hours of practice in two weeks and then 1 to 4 hours of matches in a tournament. If the 20 practice hours are all done without caring-without really playing under some kind of pressure-then the player will experience a completely different kind of pressure when playing in an official match.

The player needs to:

1. Approach most of the drills with total commitment and give a 100% effort to succeed in them.
2. Play most of the drills with some kind of counting and keeping score. Even though this cannot completely replace match pressure, it does train the player to perform under some kind of pressure.
3. Avoid practice tanking. Many players don't want to realize the truth of their actual tennis level, skills and abilities. How does this show?

When a player is playing a practice tie-break or another competitive counting game with a practice partner and the player seems to be losing, they stop giving 100% effort. Why? Because they either consciously or subconsciously convince themselves that if they didn't give 100% effort then they didn't really lose!

It's an escape from painful reality. Because if the player outranks his practice partner and gives 100% effort and then loses the practice game, this could mean: that the player does not really deserve a higher ranking, that the opponent is better, that perhaps the player is not improving any more, that good results cannot be expected in the upcoming tournament, and so on. All these fears and doubts associated with losing a practice drill put the player under pressure and they prefer to blind themselves from reality, to protect their ego and tank the drills.

An illustration of this: the player starts a practice tie-break, gets off to a bad start resulting in their opponent leading 4:1, and then either takes incredible risks which he defends later as "just experimenting with something" or doesn't really bother fighting and running for every ball and thus proves his loss as not really trying, so that the opponent cannot get the full credit and of course the satisfaction.

The key for a tennis champion is to become aware of this escape - the tanking in practice matches and not willing to face the reality that even if you're a good player you cannot perform at your best all the time and that sometimes you'll lose a practice match or a tennis game or drill.

The player needs to be willing to face defeat in training sessions. The player needs to give 100% effort and risk losing a practice drill because only 100% effort can bring success in the long term. The player will also be much more aware of his weaknesses and will know what to work on. Even if the weaknesses can be hidden in a practice-by losing on purpose-these weaknesses will sooner or later be exploited by good players in official matches.

Karem Graeber

Article taken from **Tennis Mind Game**

TOCC Annual Membership Meeting



All TOCC members are encouraged to attend the annual club business meeting on Saturday, August 8, 2009, in the rental clubhouse next to the pool.

Beer and wine social begins at 6:30 p.m. and the dinner at 7:30 p.m. The meeting will include financial, committee, and president's reports, including a determination of a quorum and the election of directors and adjournment.

The Nominations Committee has submitted the following members as nominees for a two-year term to the Board: Mary Bayne, George Beemon, David Bella, Leslie Dobbins, and Ward Wicht. Michael Bayne, Spencer Emanuels, and Mary Sukiennik are existing Board members who are also being nominated for two-year terms.

Please mark your calendars and make plans now to attending the meeting, which is free to members.

Kindly RSVP Steve at 875-0086 for better catering planning.



Car Lights at Night

Please be courteous to players on the tennis courts at night by turning your headlights off.

Welcome Chelsea Bond

TOCC is happy to welcome Chelsea Bond as a regular member of our tennis staff. Chelsea was a top ranked junior player and played varsity tennis for USM. Chelsea is available for now regular lessons slots. Call 601-528-1487.

Cardio Tennis

Chelsea is in the process of organizing "Cardio Tennis" classes on Monday and Thursday mornings 8:30 to 9:30. Please call 875-0086 to talk to Chelsea to get started.

Congratulations TOCC Members!

The following TOCC members played on adult teams winning the State Championships:

Womens 4.0 Leslie Hensarling, Heidi St. Amant and Carol Ann Leisure.

Womens 4.5 Courtney Ulrich, Karem Graeber, and Chelsea Bond (all three, TOCC staff).

Welcome New Members

New Member: Michael Mavar

Sponsored by: Harriet Perry, Chris Fulton, and Michael Mavar

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