



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

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 7:00 p.m. The meeting will include financial report, committee report, president's report, determination of quorum, and 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 and Spencer Emanuels 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.



Margarita Mixer

Tennis, Margaritas, Snacks and Pizza!

Don't miss this fun event Friday night this August 14th!

Warm up at 6:30 P.M. play at 6:45 P.M. You don't need a partner. Guests invited. Please call 875-0086 or e-mail toccp@cablone.net to reserve a spot. Cost: \$15 per person.



Senior 4.0 Men Alive and Kicking

The TOCC 4.0 Senior Men hit the road to Birmingham, Alabama to compete in the Southern Regionals. The team posted a 3-1 record with wins over Louisiana, South Carolina, and Georgia. Their only loss was to the eventual champions from Alabama.

The team consisted of the following club members: George Beemon, Johny Wilkerson, Maurice Nulta, Paul Harris, Victor Calcote, and Steve McCabe. Well Done!



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.



How to Play Matches the Same Way You Play In Practice (part II)



Last month's newsletter was about playing matches as well as we play in practice. You can approach the challenge in two ways: practicing as if you are playing a match and playing in a match as you play in practice. The first one was discussed in last month's newsletter; the second one is discussed here.

Play In a Match As You Play in Practice

The "practice as if you are playing in a match" mindset will help you narrow the difference between the practice and the match pressure by upping the pressure in the practices. You can also work on lowering the pressure in matches and imagine that you are playing a drill. How do you do that?

Remember; the match pressure is created by you. Your expectations, your perception of the match situation and your fear of losing, embarrassment, disappointment and others; all of these create pressure. And all of these are in some way connected to the negative outcome of the match. This is what you're afraid of and this is what you don't want to happen. At the same time, you may consciously or subconsciously know that you cannot control the outcome. This lack of control creates anxiety and doubtful thinking.

You can solve this in two steps:

1. Check your thoughts, be more aware of what you're thinking and if you notice any thoughts that are related to the outcome (what if I lose, what if I win, how will I rank after this match, ...), change them! The outcome is not within your control and there is no point wasting your energy and time on something you cannot control. Instead refocus on things you can control; how you warm up, what will be your main strategy, what will be your specific tactics when serving, on which side you'll attack, what rituals you'll apply before serving and returning, how you'll work on the right level of activation and so on. These are all within your control and you'll feel much calmer and focused both before and during the match.

What you need to achieve when you play a match is exactly the same as what a high wire walker has to achieve; and that is to block negative outcomes from your mind. Imagine what would happen to the high wire walker if he was 100% aware of the situation he was in and if he was 100% aware of all the negative outcomes that could happen! The fear of falling, injury or even death would paralyze and totally cripple his ability to balance on the wire. The high wire walker has to focus on only one thing: one more step.

He has to remind himself that he has taken that step thousands of times in practice and that his body is perfectly capable of balancing his weight on the wire. All he needs to do is to control his awareness and not allow the danger of the current situation to enter his mind. He is focused only on the process - one more step. He blocks the thoughts of the negative outcome from entering his mind and this requires strong mental discipline.

It is exactly the same with a tennis player; in a practice you have hit the ball from various court positions thousands of times and your body is perfectly capable of making the shots. You must also focus only on the "next step" - the process of hitting the ball - and not on the outcome (especially not the negative outcome) - missing the ball, losing the point, losing the match and other negative consequences that follow. This mental discipline has to be trained in a practice (practice as if you are playing a match) and then applied in a match (play a match as if you are practicing).

2. Accept whatever happens in the match. There are many unwanted things that happen in tennis matches: wind, sun, noise, disruptions, bad line calls, lucky shots from your opponent, and unlucky shots from you. All of these can cause you to lose focus and to lose the ideal *activation level* by becoming too emotional. You need to accept all these situations as part of the difficulty of playing a tennis match. Don't complain and waste energy and emotions on things that you cannot control. Accept them and focus on your effort and strategy. Let these unwanted events go by and focus on what you want to do in the next point. Acceptance is the key to playing in the zone which allows you to play your best tennis.

Karem Graeber
Article taken from **Tennis Mind Game**

TOCC Junior Continue to Shine

The TOCC Junior program continues to assert itself as one of the premier programs in the State as our Juniors posted outstanding results through out the South.

The following Juniors earned spots in the Southern Championships by playing well at the Junior Qualifying Tournament in Jackson: Tori Calcote, Skyler Flowers, Madeline Wilburn, Jack Wilson, Mason Vice, and Sophie and Sadey St. Amant.

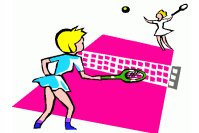


TOCC Juniors competed very well in the McDonalds MS Junior Open held at Bayou Bluff:

1st Girls 10s	Sophie St. Amant
2nd Boys 14s	Skyler Flowers
3rd Girls 16s	Sadey St. Amant
1st Girls 16s cons.	Tori Calcote
1st Girls 16s dbls.	Madeline Wilburn & Sadey St. Amant



Tennis Chairman Lance St. Amant captained two advanced level Junior teams at the USTA Team Tennis State Championships in Jackson.



The 14 and under team with Skyler Flowers, Sadey St. Amant and Tori Calcote breezed through the competition to claim the title. The advanced 12 and under team placed 3rd in the intermediate level of the 14 and under division.

TOCC No. 2 Hounds placed third at the Advanced State Junior Tennis Championship in Jackson on July 24-25 in the 18 and under bracket. On the Gulf Coast, the Hounds went undefeated in regular season tennis matches before playing up to advanced at the tournament. Members of the State tournament team are: David Bella, Julia Ivanova, Derrick "Ducky" Troutman, Madeline Wilburn, DJ Langley, Aaron Hofbauer, Evelyn Mauldin, Sadey St. Amant and Kaylie Mitchell. The captain coach is Michael Bayne.

The TOCC 12 & under intermediate team captained by Becky Wicht also qualified for State but were unable to attend. TOCC 12 & under members: Lukas Wicht, Trip Freeland, John Bosco, Drew and Blake Windham, Eric Million, Cady Cooper, Rachel Broom, Isabella Rubenstein, Sophie St. Amant, Hannah Bell, and Kendyl Williams.

Ooops!

Jeanette Zarolinski was also on the 4.0 coast team that won State. Congratulations!

Welcome New Members

New Member: Danny and Celeste O'Keefe
Sponsored by: Georgette Langley, George Flowers, and Amy Wilson

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