



## TOCC Annual Membership Meeting

<b>Club Manager &amp; USPTA Instructor</b>	
Steve Pennington	875-0086
<b>Associate Instructors</b>	
Karem Graeber	662-380-3198
Courtney Ulrich	669-2247
Chelsea Bond	601-528-1487
Scott Leatherman	267-266-2319
<b>Club Bookkeeper</b>	
Jamie Bullock	875-0086
<b>Club Accountant</b>	
Franklin E. Leach	872-4971
<b>TOCC Board of Directors</b>	
<b>President</b>	
Charlie Neumann	875-7085
<b>Vice President</b>	
Mary Sukiennik	327-2545
<b>Secretary</b>	
Mary Bayne	872-2936
<b>Treasurer</b>	
David Bella	872-1928
<b>Clubhouse Rental</b>	
Greg Worch	872-2877
<b>Tennis Chairperson</b>	
Michael Bayne	235-5046
<b>Facilities Chairperson</b>	
George Beemon	217-7778
<b>Media Chairperson</b>	
Leslie Dobbins	424-2263
<b>Social Chairperson</b>	
Stacie Armer	219-0012
<b>Membership Chairperson</b>	
Mary Bayne	872-2936
<b>Long Range Planning &amp; Pool Chair</b>	
Ward Wicht	209-9876

The TOCC annual membership meeting will be held on Saturday, August 7, 2010, in the rental clubhouse. All members are encouraged to attend. For a quorum there must be at least 15% of the Active members present. A beer and wine social begins at 6:30 p.m. and the dinner will begin at 7:00 p.m.

The meeting will include the determination of a quorum, a financial report, committee reports, president's report, and the election of directors. The nominating committee submitted the following members as nominees for a two-year term to the Board: Lucia Baublits, Bubba Newman, Fred Osing, Karen Stennis and Faith Williston. During this fiscal year the Board appointed Greg Worch to the Board to fill a resignation. At the June Board meeting the Board of Directors approved these nominees for your consideration.

Please mark your calendar and make plans now to attend this meeting, which is free to members. Please either e-mail Steve or Jamie at [toccp@cablone.net](mailto:toccp@cablone.net) or [toccbk@cablone.net](mailto:toccbk@cablone.net) or phone 875-0086, so we can plan for this catered event.



## "Just for Fun" Junior Tournament - Aug 13 & 14

A "Just for Fun" Junior Tournament will be held August 13 & 14. This non-sanctioned event is a fun low key tournament for novice through advanced players. We hope to offer boys & girls singles, doubles, and mixed. Players are limited to two events.

The cost is \$20 per event or \$30 for 2 events.

Snacks and drinks will be provided.

Register by 12:00 noon, August 12th.

Divisions offered: 8, 10, 12, 14, 16 & 18.

Format will be determined by the number of entries. All players guaranteed at least two matches. This event is a great opportunity to play your first tournament or to get more match play. To enter call 875-0086 or e-mail [tocc@cablone.net](mailto:tocc@cablone.net). Non-members are welcome to participate.



## USTA Day League

The JCCTA is sponsoring a coast-wide day league through the USTA. The women will play every Wednesday at 9:00 am from Sept 8th to Nov 10th. All NTRP levels may play on a team. Debbie Neumann will organize and captain the TOCC teams. If interested, call Debbie at 218-4605 or e-mail her at [cdneumann@bellsouth.net](mailto:cdneumann@bellsouth.net)

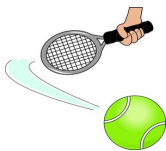
## League Information

### TOCC Captains' Meeting

August 3rd at 6:30 p.m. @ TOCC

### Coastwide Captains' Meeting

August 9th at 6:30 p.m. @ TOCC



We can't help if we don't know...

Players - Let us know right away if you aren't on a team and want to play.

Captains - Let Steve know if you are having a team and who you have on your roster so far.

## Well done Burleigh Harwood!

Burleigh Harwood recently traveled to London, England to compete in an International Senior Event. Even though he had never played on grass before, Burleigh recorded a first round victory over a player with a world ranking. Burleigh dropped his second round match to a top seeded player. "Well done Ole Chap" We are proud of you!



## A Fit Body Leads To A Fit Mind



The mind body connection is one that has been explored for many years. But a lot of us think of it as flowing from the mind to the body. "A champions mind" is about how Sampras had the ability to simply elevate his game under pressure. Everyone talks about Nadal as being the toughest mentally. But what if it is the other way around. What if it is actually physical toughness that is leading the way?

Many of us remember the famous 1980 fourth-set tiebreak between Borg and McEnroe. Borg was simply able to win points on serve and appeared to still have plenty left in the tank. Mac ran out of steam and he struggled to hold serve. After that match, Mac said the realized the importance of taking his fitness to another level.

So maybe toughness originates in the body not in the mind. In short, given relatively equal abilities the main difference ends up being physical. In tennis, this would mean movement, endurance and strength.

This provides an interesting solution to a paradoxical problem. Everyone wants to get better at tennis. So many people spend more and more hours working on tennis. But maybe the answer is not in playing more tennis. Perhaps the easiest way to improve results would be to simply get more fit.

Here are a few quotes from tennis champions. If you read carefully, you'll see that ultimately it was their fitness that won them matches. Fitness is no guarantee they would be victorious but it took them a very long way. Fitness may have been giving these champions an edge that eventually put them in another competitive category.

Nadal - After Nadal beat Federer in the Wimbledon final, Nadal said, "I think I have a very good thing to play here, on grass. It's the movement. I move well on this court, and that's a very important part of the game."

Agassi - "A strong body listens. It obeys. A weak body commands. If your body is weak it tells you what to do. If your body is strong it will actually listen to you when you tell it to do something. If you built it right you can overcome some of the obstacles of age and recovery"

Federer - Federer followed Paganini's three year physical plan. Today, Roger can reach a maximum speed of 20 km/h (12 mph), he could run 3,300 meters in 12 minutes and he could press 150 kg (330 lbs) while doing knee-bends. This was an immense improvement from before. "If I want to be No. 1, I have to give my all in training." He quickly noticed that his improved fitness was helping him to increase his self-confidence. "I feel mentally really good because I know that I am physically prepared and that I can compete," he said after the first extended training session with Paganini.

Karem Graeber  
Article taken from "Tennis Mind Game"

## Community Bank NTRP State Championships

TOCC is very pleased that Community Bank will once again host the NTRP State Championships on September 17-19. This is one of the major events of the year and carries extra point value to those working towards individual adult State Ranking. See you there!



## "The Calcutta"

We have tentatively scheduled a truly fun event; the TOCC Calcutta on October 22-24. The party and team auction will take place on Friday Oct 22nd with match play on the 23rd and possibly the 24th. Events are men and women doubles. You don't need a partner. Call Steve or look on the website for details. Players of all levels invited.

## Back to School

All of our outstanding teaching pros are in the process of organizing their schedules for the school year. Call now to reserve your slot.



## Ongoing Clinics

### TOCC Junior Academy

Times vary according to age and skill levels. Contact Karem Graeber at 662-380-3198 or treasureoak@gmail.com

### Middle School / High School Clinic - Thursday 4:00 to 5:00 pm

Steve will conduct this clinic for Middle School and High School intermediates and advanced players.

### Wednesday Night Adult Clinic - Wed 7:00 to 8:00 pm

Steve will offer a novice to intermediate adult clinic.

### Wednesday Night Men's Clinic

Courtney Ulrich conducts this clinic for 3.0 - 3.5 mens group.

### Small Junior Clinic

TOCC Pro Chelsea Bond is offering a small Junior Clinic on Mondays 4:00 to 4:30 p.m. Call to reserve your spot.

### Additional Junior Clinics

Chelsea Bond and Charlie Moniot will be offering additional Junior clinics. For more information, call Steve.

## State All-Star Competition

David Bella and Andre Wawryszczuk were selected to compete in the State All-Star Competition in Jackson. David and Andre received the honor as outstanding High School Seniors to represent the South Mississippi Squad against the North Mississippi Squad.

These outstanding TOCC players went out in style! Both posted singles wins and teamed up to score a doubles victory. Andre is going to Mississippi State in the fall while David will attend The University of Arkansas. Neither will be playing college tennis next year. David and Andre plan to continue playing tennis for "fun and exercise".

