



**Club Manager & USPTA Instructor**

Steve Pennington .....875-0086

**Associate Instructors**

Karem Graeber ..... 257-2015

Courtney Ulrich .....669-2247

**Clubhouse Reservations**

Judy Michaud .....875-8978

**Club Accountant**

Franklin E. Leach.....872-4971

**TOCC Board of Directors**

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Edward "Ned" Hogg.....875-2713

**Vice President**

Vona Wawryszczuk .....872-3474

**Secretary**

Alexis Williams.....238-1429

**Treasurer**

Candace Atwood.....990-7823

**Tennis Chairperson**

Cynthia Render-Leach.....875-9080

**Facilities**

Charlie Reichel.....875-2116

**Facilities**

Ronald "Bubba" Newman....872-1643

**Rental Clubhouse**

Spencer Emanuels.....875-3027

**Media Chairperson**

Michael Bayne.....235-5046

**Social Chairperson**

Lance St. Amant.....875-0710

**Membership Chairperson**

Lidia Allen .....872-8080

**Long Range Planning Chairpersons**

Lance St.Amant .....875-0710

## Merchants & Marine Bank NTRP Classic

TOCC is pleased to host the Merchants & Marine Bank NTRP Classic April 25-27. The following events will be offered:



Mens & womens open singles and doubles, mens 3.0 to 5.0 singles and doubles, 5.0 to 9.0 mixed doubles.

The entry deadline is Monday, April 21st at midnight. No phone entries please. Enter online through tennislink or email [tocctourdir@cable.net](mailto:tocctourdir@cable.net)

## Yoga at TOCC

Enjoy the benefits of yoga.  
Take part in classes offered at TOCC.

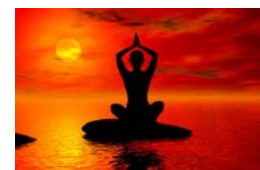
Times: Tues 6:00 to 7:30pm

Sat 9:00 to 10:30am

Call Tania Bayne at (228) 235-5047

Get started now!

You will feel the difference!



## Ballroom Dancing

If you enjoy "Dancing with the Stars" you will love dancing at TOCC. There are still spots open in the Ballroom dancing lessons offered at TOCC. Call 875-0086 to register.

## Passing Shots

**Thanks to Pete Mitchell!**

Pete did an outstanding job conducting the USTA Tournament Officials Workshop held at TOCC.

**Ocean Springs High School**

Ocean Springs High School has swept through their matches undefeated. The majority of the team members are club members.

April High School Matches at TOCC

April 1st George County at 4:00pm

April 10th Harrison Central at 4:00pm

April 15th-16th District Tournament at TOCC



## Check Out the New & Improved TOCC Website





## Stop Thinking About Winning



When you are playing a tennis match, do you focus on winning or do you focus on performance? In our society too much emphasis is placed on winning. Obviously, wanting to win is not a bad thing. However, we all need to realize that we can't win every match and focusing on performing at our best level is probably a better goal.

When NY Yankees owner George Steinbrenner gave Joe Torre the ultimatum, "win against Cleveland or you are out," media scurried to cover the "bad boss" element. Saying "win or you are fired" is the same as saying "flap your arms and fly or you are fired!" Nobody can control winning, but everybody can control performance, and that is where the focus needs to remain.

Task-involved athletes focus on performance and display high intrinsic motivation, produce maximal effort, and persist longer across a variety of situations. Players emphasizing performance goals (e.g., higher percentage of first serves) over outcome goals (e.g., winning) retain more attention for the immediate task at hand. Getting wrapped up in thoughts about outcome only leads to distraction, anxiety, and pressure.

What you really want is to be sincerely fascinated with the many dimensions of performance. Staying excited about performance keeps you firmly in the present and guards against the loss of self-confidence that could occur when the next Rafael Nadal or Justine Henin rolls into your upcoming tournament.

Take a few seconds to recall the best performance of your life. You may not remember the details well because you were so completely absorbed in the moment. Expending energy dwelling on past mistakes or possible outcomes would have only spoiled this peak experience. Your focus on performance that day was admirable and winning took care of itself. This is where you want to be every match.

One way to remain focused on performance is to set short-term goals. These should include daily, weekly, and monthly goals. Start by investing in a small notebook or computer blog site which should be used to keep track of goals, achievements and comments. A rule of thumb is to set goals that you can achieve about 55% of the time. If you are reaching your goals more than 65% of the time set greater challenges. If you achieve your goals less than 45% of the time set them easier.

Make sure that your performance goals are specific, challenging, and realistic. Here are some examples of viable performance goals in tennis:

1. Increase your net approaches by 10 each set.
2. Increase your first service percentage from 55% to 70%.
3. Replace every on-court negative self-statement with a positive comment.
4. Lob the ball at least 50% of the time when in serious trouble.
5. Reduce your unforced errors by 5 per set.

Remember to set mental as well as physical performance goals. Self-knowledge is the key to setting intelligent goals. As you notice improvements in performance, don't be surprised if your opponents begin losing a little more often.

So stop flapping your arms to fly. Your best chance of flying is to focus first on performing.

Taken from article written by Dr. John F. Murray, Ph.D

## MS Gulf Coast Community College Fundraiser

The Fundraiser was a success! With just over \$3,000 being raised. Thanks to those who participated and sponsored. Everyone had a great time and the door prizes were outstanding.

Special thanks to Bubba and Shari Newman for their efforts.



## Wachovia Bank Junior Classic

The Wachovia Bank Junior Classic hosted at TOCC March 7-9 was a success, with almost 55 juniors from a 3 state area participating. Many of our local players excelled and this was the first tournament played for a few club juniors.

Special thanks to our volunteers and umpires.



### Results of Note

#### Singles

Girls 8 Dougless and Sophie St. Amant tied for 2nd.

Girls 12 Sidonia Compton, 2nd

Girls 14 Sadey St. Amant, 2nd

Girls 16 Julia Ivanova, 2nd

Boys 10 Consolation: Mason Vice, winner

Boys 12 Wesley Rodberg, 2nd

Boys 12 Consolation: Hayden Rumsey, winner

Boys 14 Skyler Flowers, winner

Boys 14 Alex Wawryszczuk, 2nd

Boys 14 Consolation: Thomas Dunn, winner

Boys 16 David Bella, 2nd

#### Doubles

Boys 10 Tripp Freeland, 2nd

Boys 12 Ali Siddiqui & Mason Vice, 1st

Boys 16 Alex & Andre Wawryszczuk, 1st

Boys 16 Andrew Marion & David Bella, 2nd

Girls 16 Tori Calcote & Sadey St. Amant, 2nd

## Welcome New Members

**New Members:** John & Marie Joachim

**Sponsors:** Randy and Robbie Wrigley, Shari Pol, Frank Leach

**New Members:** Nicholas & Christie Thomas

**Sponsors:** Ward & becky Wicht, Joe & Donna Barthes, Dennis & Rhonda Villers

**New Members:** Dennis & Carolyn Freeman

**Sponsors:** Michael Bayne, Vona Wawryszczuk, Ronald Newman

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