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Charlie Reichel.....875-2116

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

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Michael Bayne.....235-5046

Social Chairperson
Lance St. Amant.....875-0710

Membership Chairperson
Lidia Allen872-8080

Long Range Planning Chairpersons
Lance St. Amant875-0710

TOCC Annual Membership Meeting / Dinner

Stay in touch with what is happening at TOCC. Attend the Club Annual Membership Meeting on August 9th. Beer and wine social starts at 6:30 p.m. followed by a great dinner at 7 p.m. We are strongly encouraging our members to RSVP.



Attention!

All players please sign their name and time on the court board before taking a court.

TOCC Junior Team Tennis

Head pro Steve Pennington is organizing a junior team tennis league. Each team will consist of 3 to 4 boys and 3 to 4 girls. Matches will be a pro set of boys doubles, girls doubles and 2 mixed doubles sets. There will be 3 levels: Varsity, Jr Varsity and Novice. Cost: \$15 and 2 cans of new balls per person. Call 875-0086 to register. Deadline: August 15th. Those interested in Junior activities in the fall, please call Steve at 875-0096 or e-mail us at tocc@cableone.net



Board of Directors' Meeting

The TOCC Board of Directors would like to introduce a revision to the By-Law for the membership classification for an Intermediate Family member status. Currently in Article II of the By-laws the Intermediate Family Member is defined as "Non-dependent children between the ages of 18 and 25 of an Active Member who are entitled to all privileges of the Club, except the right to vote, pending action on their application to join in their own name." The proposal is to revise the age of the Intermediate Family member up to age 30 and propose that the intermediate family dues would be half of the regular monthly membership dues. This proposal will be discussed further at the upcoming Annual meeting August 9 and will be put forth to a vote of the Active Membership in September. Ballots will be mailed to the Active Members.

Check Out the New & Improved TOCC Website

Our goal is to maintain a user friendly website. Suggestions are welcome.





The Inner Game of Tennis

Chapter 3



The Inner Game of Tennis, Chapter 3

In the last article we learned a little more about the three principles of the Inner Game and we had an exercise for homework. It was to place a ball 20 feet away from you on the ground and take 5 or 6 tennis balls to try to hit that tennis ball on the ground.

Regardless of the outcome, here are a couple of questions:

- Did you try any less when you missed the ball? Did you try much harder when you missed? Did you criticize yourself when you missed? Did self 1 instruct your body what to do for the next shot (Bend you elbow, make a bigger swing, etc.)?

Most of the people say NO to all these questions. And when you play a tennis game? Do you try less or harder when you miss? Do you criticize or degrade yourself? Do you keep telling yourself what to do next (watch the ball, racquet back ...)? Probably YES.

Let's see what is really happening. When you missed the ball on the first shot (assuming you didn't get very lucky) what did you do next? For most people the answer is: If I threw too short, I tried to throw further. If I threw too much to the left, I tried to throw more to the right.

Exactly, and that is the perfect role of Self1. Just to give directions and to notice the outcome – the experience.

And then what happened – did you instruct your arm to move for a bigger swing so that you're able to throw a longer ball? No, you just 'let it happen'. It happens automatically. Self 2 did this adaptation. You trusted the body!

And then you threw the next ball and noticed what happened and again let Self 2 do the correction.

The reason why you were able to become Inner Game master in this exercise is because you were in the state of non-judgment. Most people answer that they didn't criticize or degrade themselves. And most people would say that they didn't try harder or less, just adapted to the experience. This non-judgment approach to learning is the fastest way to improvement.

There is no faster way to learn how to play tennis. Our body and brain need many repetitions to coordinate hundreds of muscles in our body to produce the movement which will bring desired outcomes.

But there are hundreds of ways of slowing this down. And all these are made by the interference of Self 1. Either by constant mental activity which clouds our perception of what happened or by actually trying to move the body parts itself – taking the racket back and under the ball, bending the knees and so forth.

Judging one's performance is slowing or even stopping the growth and learning. But even more devastating is judging yourself. The player who decides that he isn't any good will soon be playing that way. But there is actually no connection between our performance and ourselves. You may be a good tennis player, but maybe you suck at bowling. Does that make you a lesser person? No, and it doesn't mean that there is something wrong with us when we miss a tennis shot.

We make these connections in our minds. They only hurt us and stop our growth. The Inner Game approach shows this way to freedom in performance, being in the state of acceptance – of the events and of yourself. When we can make the transition from tennis court to life with these new acquired ways of looking at ourselves and events around us, we experience freedom.

In the next article I will explain a couple of drills on how to quiet your mind.

Karem Graeber
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Community Bank NTRP State Championships

TOCC will host the Community Bank NTRP State Championships on September 26-28. This is a major MTA tournament and usually draws players from throughout the state. The following events will be offered:

- Men & womens open singles & doubles
- Men & womens 2.5 to 5.0 singles & doubles
- 5.0 to 10.0 combo mixed doubles

The deadline to enter is Monday September 22 at midnight. Enter online through Tennislink or e-mail tocctourdir@cablone.net



TOCC NTRP July Tournament

We recently completed the July NTRP Tournament with the following results which may be of interest:

| | | |
|-----------------|------------------------------|------|
| Mens 2.5 DBLS | John Pitalo & James Butler | 2nd. |
| Mens 3.0 DBLS | John Bosco & Sean Blevins | 1st. |
| | Mike Bayne & Ward Wicht | 2nd. |
| Mens 4.0 DBLS | Jim Gunkel & Chuck Wilson | 1st. |
| Mens open DBLS | David Bella & Skyler Flowers | 1st. |
| | Andre & alex Wawrysczuk | 2nd. |
| Womens 3.5 DBLS | Faith Wilhston & Lynn Bella | 1st. |
| | Bethy & Cindy McMackin | 2nd. |
| Mens open cons. | Skyler Flowers | 1st. |
| 7.0 mixed cons | Katie & Brice Mitchell | 1st. |
| Open mixed DBLS | Steve McCabe & Nancy Wilson | 1st. |
| 5.0 mixed DBLS | Mike & Tania Bayne | 2nd. |
| 6.0 mixed DBLS | Kenneth & Allison Yarrow | 2nd. |

A special thanks to the volunteers who's help is necessary to make these events successful:

Cynthia St. Amant, Pete Mitchell, Candace Atwood, Scott Leatherman, Leslie Hensauling, Greg & Vona Wawrysczuk, Sean Blevins, Brice Mitchell, and Cynthia Render-Leach.



Welcome New Members

New Members: John Gill
Sponsors: Mike Whitney, Lidia Allen and Denise Langille

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