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TOCC Board of Directors

President

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

Vice President

Vona Wawryszczuk872-3474

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 Allen872-8080

Long Range Planning Chairpersons

Lance St. Amant875-0710

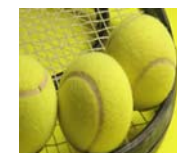
Chameleon Café - Sunday Champagne Brunch

Chameleon Café would like to invite you to the Champagne Brunch on Sundays starting 10:30 a.m. until 2:00 p.m. We offer a host of buffet style items, and an 'ala carte' selection with everything from Belgian waffles to eggs benedict all included for \$14. Kids are half price and children under 5 are free. We also have \$2 mimosas. Soon we will be offering a daily lunch and dinner special. We look forward to seeing you!!!



TOCC Day Camp

Our most popular event of the year, the TOCC Junior Day Camp, will be held July 8-10. The Day Camp is a 3 day event running from 8:30 to 1:30. Activities: Tennis, soccer, gym, and arts & crafts. The Camp is for ages 5 to 16. This is a members event. However, members may invite guests. The cost is \$80 per child with a 10% discount for additional family members. Please register early to reserve your spot. All campers must fill out and sign a camp registration form prior to camp, July 5th, if possible. Walk ups will be accepted with a \$10 additional charge.



TOCC Annual Membership Meeting



All TOCC members are encouraged to attend the annual club business meeting on Saturday, August 9, 2008 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 report, committee report, president's report, determination of quorum, and election of directors and adjournment.

The nomination committee has submitted the following members as nominees for a two-year term to the board: Stacey Zorn, Diane Grimm, and Charles Neumann. Charles Reichel and Ronald "Bubba" Newman are existing Board members who are also being nominated. Please mark your calendars and make plans now to attend the meeting, which is free to members.

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

Check Out the New & Improved TOCC Website





The Inner Game of Tennis

Chapter 1



In last month's article we talked about the self 1 and self 2 and the three principles of the Inner Game: Trusting your body, quieting your mind and non-judgment. This article has examples of these three principles so that self 1 and self 2, mind and body, can reach the right relationship, and consequently our minds and bodies will work together in harmony so we can perform in ways we never imagine. Let's take a look at these examples:

Trusting your Body – letting it happen

Here's an exercise for demonstration: stand on one leg and listen to all the muscles in your leg working to keep you in balance. The more aware you are the more muscles you'll feel how they move – contract and expand. And yet, you are not consciously doing it. You can consciously raise and lower your arm, if you want to (so go ahead and do it). This is a conscious (Self 1) made movement. But these contractions and movements of the muscles in your leg are not conscious. They are subconscious or made by body or Self2.

So letting it happen means that you let the balance happen. You are not consciously holding the balance – you just want to be balanced. That's the best role of Self 1. To give directions, goals and then lets Self 2 do its magic.

Quieting the Mind

If Self 1 gets absorbed by the ball, then Self 2 is free to perform at its peak. And that is the right relationship between Self 1 and Self 2. Only in this case you have control of your mind, able to use it as a tool when it is needed, rather than letting it use you.

One of the biggest obstacles of learning is the constant Self 1 activity or busy mind. It prevents us to experience events as they are. It clouds our awareness and projects our fears and doubts into the event – the flying ball or even before that.

One of the main purposes of the Inner Game approach is to increase awareness of what is. If you want to change your tennis – or your life – the Inner Game approach suggests that as a first step you don't try to change it, but simply increase your awareness of what is.

Experience is the primary teacher in the Inner Game approach. You can learn everything you need to know in tennis through awareness only of your own experience. But to be able to experience events or yourself fully, you need to develop the art of non-judgment.

Non-judgment

Can you imagine trying too hard to hold balance? What is the best approach to be balanced? To be quiet in your mind and let your body start finding the solutions of balancing you.

Can we achieve this state of non-judgment or are we so socially programmed that there is no way out? Yes, we can and we do it a lot, we're just not aware of it.

Demonstration:

Place a tennis ball 20 feet away from you on the ground and take 5 or 6 tennis balls in your hands. Now throw each one and try to hit that tennis ball on the ground. Just throw the balls one after another and try to hit the ball.

In the next article, we will fully analyze this exercise. In the mean time, start thinking about the 3 principles of the Inner Game and how to master these new ways of looking at ourselves and the events around us, to finally experience freedom. The interesting part is that these principles not only apply to tennis but also to life.

Karem Graeber
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Parent-Child Round Robin

The always popular Parent-Child Round Robin will take place Friday, July 11 at 6:30 p.m. Teams will be grouped according to skill levels. This is a just for fun event for players of all levels. Cost is \$10 per person.



Door prizes, pizza, and drinks will be provided. Stop by, call 875-0086 or e-mail tocc@cablone.net to register.

TOCC Junior Tennis Camp

July 29-31 come enjoy the last Junior Camp before school starts!!!

This camp is for children ages 7-18. Players will be grouped according to age and skill levels.



Time: 9 to 11 a.m.
Cost: \$16 per day or \$45 for the three days.



Please register with Steve at 875-0086. Non-members are invited.

TOCC Summer NTRP Classic

Come play the TOCC Summer NTRP Classic July 25, 26 and 27 !!!

Despite the heat, this event is becoming more popular each year.

The events offered include:

Mens 2.5 to 5.0 doubles

Womens 2.0 to 5.0 doubles

5.0 to open mixed doubles

Mens & womens open singles & doubles

Deadline: Monday, July 21st at midnight.

Register online at www.mstennis.com through Tennis

Link or e-mail tocctourdir@cablone.net.

No phone entries please.



Welcome New Members

New Members: James W. Butler

Sponsors: Michael & Tania Bayne, George Beemon, Ronald Newman

New Members: Darrell and Rebecca Finlay

Sponsors: Greg & Vona Wawryszczuk, Walt Risley, Brian & D'Ette Pitre

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