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Charlie Reichel.....875-2116

**Facilities**

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

**Rental Clubhouse**

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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

## TOCC Junior Camp

Our first Junior Tennis Camp of the summer will take place on June 10-12 from 9:00 to 11:00 a.m. This camp is for ages 7 to 18. Camp will consist of instruction, drills and point situations. Players will be grouped according to age and ability. Cost: \$15 per day or \$40 for all three days.

## Future Stars Camp

June 10 to 11 from 8:00 to 8:45 a.m. Cost is \$8 per day or \$15 for both.

## Parent- Child Round Robin Re-scheduled

Parent-child Round Robin has been re-scheduled for Friday, July 11th from June 13th.

## Swim Lessons

- Group lessons available for children 4 and older.
- Limited private lessons available, by request (for any age).
- Taught by certified lifeguards with experience in competitive swimming and stroke instruction.
- Sessions held at TOCC pool.
- All levels welcome. Beginners, novice and advance swimmers.
- \$12 per lesson.
- Contact Cindy McMackin at 228-324-4324 for more information.
- Lessons will begin June 2nd and last through the summer.

## TOCC News

Please, if you have information to add to the newsletter, contact Steve Pennington at 875-0086.

## 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.

## 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 1



After seeing some players mentally struggling at league matches, high school matches, and junior matches, I want to share my thoughts on the mental game and the books written by Timothy Gallwey, *The Inner Game of Tennis* in 1974 and *Inner Tennis-Playing the Game* in 1976. Gallwey talks about the role of the mind when playing tennis and how in most cases it is our biggest obstacle in reaching our peak performance. Some mental obstacles we may experience are fear, lack of self-confidence, poor concentration, trying too hard, perfectionism, frustration, anger, expectations, a busy mind, etc. We know how to detect these limitations but how do we get rid of them? This first article is an introduction to self 1, self 2 and the principles of the Inner Game. Next months' articles will have examples and drills to practice and get rid of these mental obstacles.

Let's first talk about the terms introduced by Tim Gallwey in his books: self 1 and self 2. If we take a moment and listen to what is really going on in our minds, we will discover there is a constant dialogue. One voice (Self 1) is doing the commanding and criticizing and some other part (Self 2) is being quite and doing the actions. Self 1 constantly tells the silent doer self 2 what to do. When playing tennis, self 1 sometimes takes things on its own and starts tightening our muscles so we loose all fluidity and self 1 has one more chance to get mad at self 2. Basically self 1 is our mind and self 2 is our body. So now that we understand the difference between self 1 and self 2, let's check at the three principles of the Inner Game: Trusting the body, quieting the mind and non-judgment.

### Trusting your Body

Tennis is a very complex sport and our bodies (Self 2) have a fantastic potential and ability to learn without conscious interference. Without the interference of Self 1, Self 2 shows such a great talent that we are often afraid even to identify with it, since it is so far from our normal expectations. The first skill to play the Inner Game is called 'letting it happen'. This means gradually building a trust in the innate ability of your own body to learn and to perform.

### Quieting the Mind

This is the second principle of the Inner Game. The tennis game gives you sometimes just enough time to consciously think during ball exchange. But the capacity of our bodies to perform at their highest potential is in direct proportion to the stillness of our minds. When the mind is noisy, anxious and distracted, it interferes with the nervous system's silent instructions to the muscles. As long as the mind tries to play the game, it will be too slow, make big errors and move the body in jerky movements. The main goal of the Inner Game is to control and quiet the mind so that it pays attention to what is essential.

### Non-judgment

It means getting rid of the concepts 'good' and 'bad'. When the shot is good, we try very hard to make it good again. And when the shot is bad, we try very hard to do it better. Can you imagine trying 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.

In the next article we will learn how to improve the three principles of the Inner Game. We can do it. We can let our body do its work quietly without self 1 being the enemy. Just like we practice our shots to get better in tennis, we can improve our mental game with practice. So stay tune and be ready to read next article on the next month's newsletter.

Karem Graeber  
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## TOCC Notes

- As a courtesy to players at night, please turn off your headlights when driving by the tennis courts.
- A small and large alligator have been seen by the boat ramp and pier. Please be aware of your surroundings in these areas, and watch your children.
- Members, please review the swimming pool rules as set out in the "Members Only" of the website.

## Hand Center of South MS Junior Classic

Juniors, do not miss this fast growing tournament. The events offered include boys & girls 10, 12, 14, 16 & 18 and under singles and doubles. Deadline: Monday, June 23rd at midnight.

## Junior Tennis & Swim Social

Friday, June 6th from 6:30 p.m. to 9:30 p.m. Steve will direct a junior tennis Round Robin for novice through advanced players. "The unexpected" band made up of TOCC members will play during the night activities. Lifeguards will be on duty until 9:30 p.m. Snacks and drinks will be provided. This is a TOCC member event. However, members are encouraged to invite guests. All adult members are invited to come enjoy the music. The cost is \$10 per person. Please call 875-0086 to make a reservation. Walk ups are invited (ages 8 to 18).



## TOCC Summer NTRP Classic

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.



## July 29-31 Junior Tennis Camp

Please check TOCC website for more information.

## Welcome New Members

**New Members:** Lee and Tracey Kesterson  
**Sponsors:** Fred & Alison Osing, Mark and Laura Colligan, Jan and Bill Moore  
**New Members:** Clement and Amy Saucier III  
**Sponsors:** Eden Rubenstein, Marty Reynolds, D'Ette Lorio Pitre  
**New Members:** John Pitalo Jr.  
**Sponsors:** Bubba Newman, Greg and Vona Wawryszczuk, George Flowers

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