

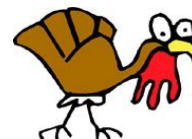


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| Club Manager & USPTA Instructor | |
| Steve Pennington | 875-0086 |
| Associate Instructors | |
| Karem Graeber | 257-2015 |
| Courtney Ulrich | 669-2247 |
| Clubhouse Rental/ Restaurant | |
| Spencer Emanuels | 875-3027 |
| Club Accountant | |
| Franklin E. Leach | 872-4971 |
| TOCC Board of Directors | |
| President | |
| Edward "Ned" Hogg | 875-2713 |
| Vice President | |
| Charlie Reichel | 875-2116 |
| Secretary | |
| Stacie Zorn | 219-0012 |
| Treasurer | |
| Candace Atwood | 990-7823 |
| Tennis Chairperson | |
| Lance St. Amant | 875-0710 |
| Facilities / Pool | |
| Ronald Newman | 872-1643 |
| Media Chairperson | |
| Michael Bayne | 235-5046 |
| Social Chairperson | |
| Cynthia Render-Leach | 875-9080 |
| Membership Chairperson | |
| Diane Grimm | 875-2999 |
| Long Range Planning Chairperson | |
| Charlie Newmann | 875-7085 |

Tacky Turkey Round Robin - Adult Doubles (Nov 21st)

This always-popular adult round robin will be held on Friday, November 21st. We will sign in and warm up at 6:30 pm and play at 6:45 pm. Prizes will be awarded to the tackiest t-shirt or costume.

The cost is \$10 per player (drinks, snacks, prizes, and tennis). Please call 875-0086 to register.



TOCC Monday Night Men's and Women's Doubles League

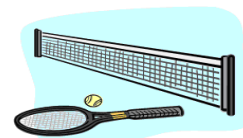
November 22nd - December 8th

TOCC will offer a Monday night doubles' league on Monday, November 22nd running on consecutive Mondays ending on December 8th. Play times will be rotated between 6:15 and 8:00 pm.

Levels will be grouped at 3.0 and below and 3.5 and above.

Cost is \$15 per player for all four weeks and tennis balls will be provided.

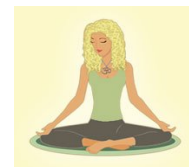
Registration begins November 7th and ends November 12th.



*** Attention All Members ***

In today's tough economic times membership at TOCC is still a great value. Our new social chairperson, Cynthia Render-Leach is putting together a great schedule of fun socials for everyone whether you swim, play tennis, or use the pier. Look for a new opening of the restaurant with convenient hours and an exciting new menu. The award winning tennis program is going great guns with teams winning coast wide titles and state championships. The junior program has experienced rapid success and growth. USPTA Pro Scott Leatherman will expand his teaching hours to Tuesday afternoon and Chelsea Bond is teaching on Fridays, and we hope to have her full time in June 2009.

The fish are biting so come to the club and enjoy the lighted pier. Need to get in shape? Stop by the fitness room and use the treadmill, stationary bike, or elliptical trainer. Tania Bayne holds yoga classes on Tuesday evenings and Saturday mornings. All of these benefits at one great price! We still have memberships available so invite a friend to join the fun.



Check Out the TOCC Website

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





Introduction to Fitness Training Programs for Tennis



Have you ever thought you were better than your opponent but you lose because you are too tired? Fatigue sets in and you start feeling weak, then before you know it, it's almost impossible to get to any balls. Well, playing lots of tennis may help but if you really want to improve your game you have to do conditioning. A tennis specific training program is fundamental to your development and success. In this month's newsletter I will introduce you to the different areas you need to work on and in the following months I will give you some exercises so you can build your own tennis training session.

A tennis program has to meet the demands of an all-round physically challenging sport. For a tennis player to perform at their best, they must have just the right mix of aerobic and anaerobic endurance, explosive strength and power, speed off the mark, agility and flexibility.

A tennis match is characterized by repeated bouts of high-intensity activity. However, a typical rally may last about 6 seconds and not much more than 10 seconds. Between points there are 25 seconds to rest and 90 seconds on the changeover. So the overall physical demand is closer to prolonged moderate-intensity exercise (such as distance running) than a true multi-sprint sport (such as soccer).

A tennis training program must be based on solid aerobic endurance to sustain a high work rate for the duration of a match that may last a couple of hours. Anaerobic endurance is also an essential component so that power over each rally and in each shot within a rally can be maintained to same high level.

On average a tennis player will move 3 meters per shot so it is obvious that good speed and quickness around the court is essential in order to reach the majority of the shots. During a match, 48% of a player's movement is sideways so agility, or the ability to change direction rapidly and under control, becomes equally important.

Finally, a balanced tennis training program should help prevent injuries and over training. For example, working on specific muscles like your wrist extensor will help you prevent tennis elbow.

So a well balanced tennis program should have exercises to improve your resistance, strength, explosive power, agility, quickness, and flexibility. In next month's article, we will discuss different exercises to help you build your own tennis program.

Remember, a conditioning plan is only as successful as the individual's ability to commit to it.

Karem Graeber
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<http://www.sport-fitness-advisor.com>

Pig Roast Great Success

The "Cajun Pig Roast" organized by TOCC Chairperson Cynthia Render-Leach and held on Sunday, October 26th was a smashing success with well over 100 members attending. The weather was outstanding and the food was great. The kids had a great time decorating pumpkins and bobbing for apples.

Look for our upcoming December social and special!

Cynthia – December social
Steve – Christmas lesson special

TOCC Junior Christmas Tennis Camp (Dec 29-30)

USPTA Pro Steve Pennington and staff will hold a junior camp December 29-30 from 10am to 12 Noon. Players will be grouped based on skill levels. Cost is \$16 per day or \$30 for both days. Ages 7-18.

TOCC Adult Tennis Camp (Dec 29-30)

Adults, here is your chance to tune up your game and run off those Christmas calories. The camp consists of instruction, drill, and match play. Cost is \$16 per day or \$30 for both days.

Call 875-0086 to reserve your spot. Non-members are invited.



TOCC News

Miles Pennington lead the Mississippi Junior College soccer team in goals scored, a sophomore at Mississippi Gulf Coast Junior College. Miles led the team in scoring his freshman year, but was sidelined last year with an ACL injury. Chris Nettles, a freshman at MGCCC, had an outstanding year.

Revision to the TOCC By-Laws Update

Thank you to all who voted this past month regarding the proposed amendment to the Treasure Oak By-laws to redefine the Intermediate Family Membership classification. The results of the voting are as follows: **76 For** and **77 Against**; therefore, the amendment did not pass, and the By-laws will not be amended. We want the membership to know that we appreciate their voices and the time they took to vote on the proposal.

TOCC Board of Directors

Welcome New Members

New Members: Lee and Jennifer Bond.
Sponsors: Ernest H. Mitchell, Louis Peters, Charlie Newmann.

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