



JANUARY 2012

Meadowbrook News

USTA LEAGUE CALENDAR

Available either on line at www.norcal.usta.com/leagues or pick up a copy here at the desk for those who want to be part of a team.

NEW YEARS DAY

Help us welcome 2012 with Round Robin Tennis on Sunday, January 1 at 1:00 pm with a buffet meal to follow. Sign up is requested for the event. The meal is \$7.00 which we will be using to support the new chair fund.

Everyone is welcome. Bring your family!

JUNIOR CLINICS

Future Stars - ages 6-9

Monday 3:00 - 4:00 pm...Fundamental tennis

Tuesday, 3:00-4:00 pm...For the youngest players

Rising Stars - ages 8-14

In October, every Wednesday from 4:30-6pm.

Stars (Intermediate) - ages 9-15

Every Monday, 4:00-5:30 pm.

Call Tina 595-5197.

We suggest that all players, beginners and those whose game has progressed, consider a lesson from time to time. For the more advanced player, tell the Pro what part of your game is giving you trouble and needs work. You may consider asking a colleague to a practice work-out on that problem before you put the new change(s) into match play.

TENNIS PARTNERS!

When playing doubles, communicate with your partner. If it is your turn to serve, indicate your strategy to your partner. So you don't lose your focus, limit comments to your tennis game, never criticize your partner during a match. Instead, if they make a mistake make it a point, so it becomes a habit, to be positive, reassuring, with an encouraging comment. A happy partner will move on to the next point without worrying about their mistakes or wondering what you are thinking of their game. Many times after the match there will be an opportunity to discuss certain plays in a positive and productive manner. Often a doubles strategy lesson, with a tennis professional, can smooth out a problem which you had difficulty discussing with your partner. Think of phrases to say to encourage your partner so you are ready when the rough spots happen in your game.

JUNIOR OPEN/ NOVICE TOURNAMENT

Meadowbrook together with CVAC will sponsor a USTA Junior event on the weekends of January 28-29 and February 4-5. There will be courts available for members play. Please contact the desk to reserve your court and time. Thank you.

CLUB HOURS

Monday - Thursday: 7:00 am to 9:00 pm

*Friday-Saturday-Sunday: 7:30 am to 5:30 pm

***Winter** Weekend club hours will be in effect until further notice. We cover the pools 1/2 hour before closing.

NEED MORE TENNIS ???

Kerry Neece organizes doubles tennis matches:

Wednesdays 9-11am

Thursdays 6:30-8 pm

Fridays 9-11am

Saturdays 9-11am

Call Kerry's for more information (236-5067)

Fridays are free for tennis player's guests - Please limit your guest to one player per member

Racket Sale We have a number of 2011 slightly used demo racquets for sale at under \$99.00 per unit.

LOCKERS

As we mentioned last month: Those persons who wish to keep a lock on one of the lockers are required to sign up with the office before January 15th. There will be a monthly fee of \$6.00 or six months for \$30.00. There is no fee for daily use, however, you risk your lock being removed at the end of the day.

FITNESS CORNER

Shoulder pain? We refer you to any tennis fitness website for an illustration and discussion of shoulder tears. The description show us how this complex joint which provides us with so much flexibility is put together. The article not only explains what Injuries may happen but also what steps to take to cure or prevent your problem. Included in the discussion are valuable suggestions about keeping your shoulder strong and flexible as insurance against Injuries. The author recommends that you stretch before you play. Rest and ice are always in order if you have pain..

WELCOME NEW MEMBERS

Stacey Callahan and Lauren

Matthew and Andrea Crompton with Hannah

Stephan and Kelly Schwirzke with Sophia & Ella

SPECIAL THANKS

To Bill Gilfillan for the new court benches, and to Billy Herod for all the projects you have given us a hand with.