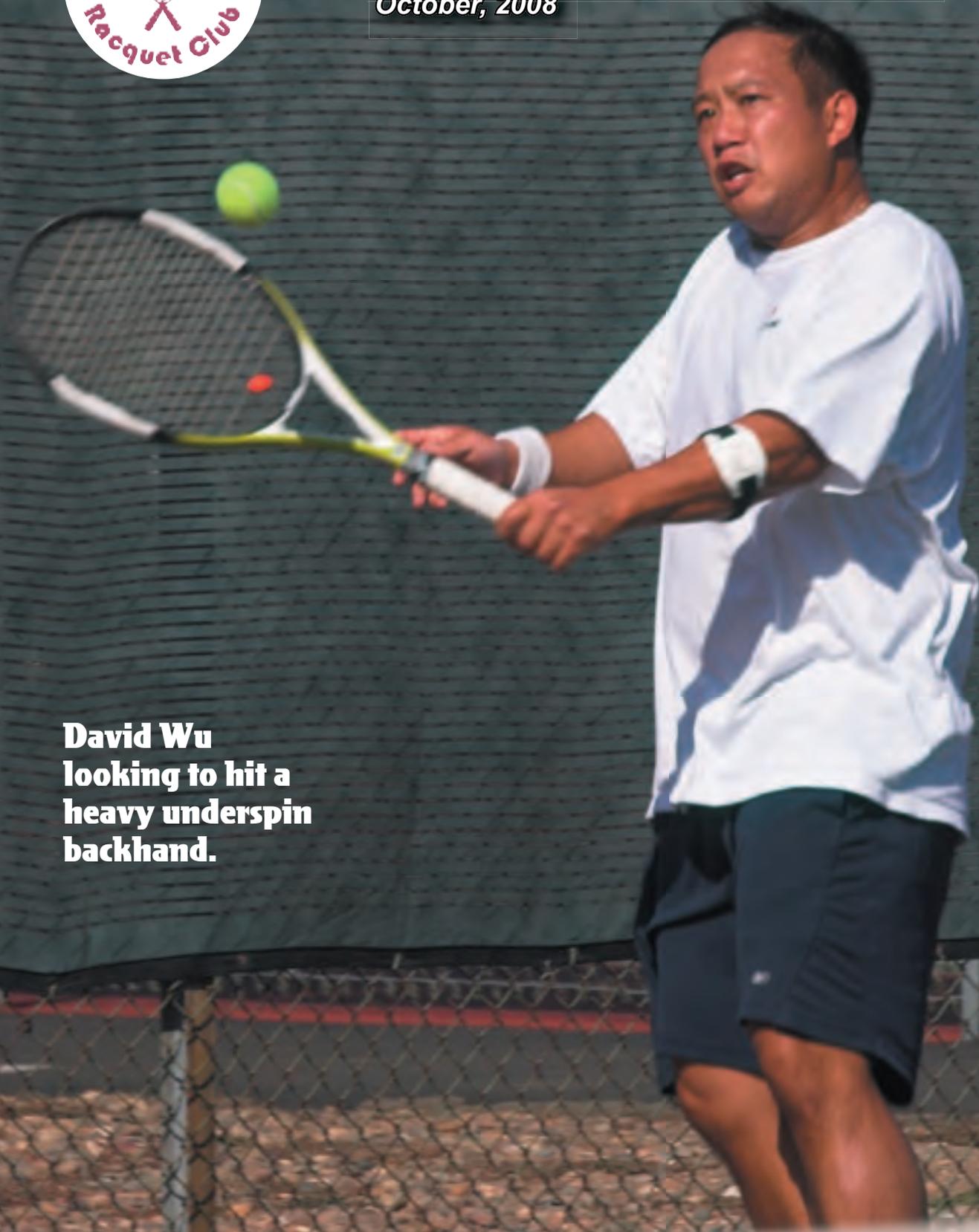




THE COURT REPORTER

Newsletter of the Walnut Creek Racquet Club

October, 2008



**David Wu
looking to hit a
heavy underspin
backhand.**

Photo by: Robert Young

Walnut Creek Racquet Club

P.O. Box 4574 • Walnut Creek, CA 94596
(925) 945-0105 • www.wcrc.net

OFFICERS

President	Tammie Snyder 957-0604 tammie@gte.net
Vice President	Adam Borovkoff 330-3154 aborovkoff@mac.com
Secretary	Deanna Fong 952-9935 deanna_fong@yahoo.com
Treasurer	Lynne Weinschelbaum 285-9503 lweinschelbaum@yahoo.com

ACTIVITY CHAIRPERSONS

Mailing	Janet Neilsen 837-8664 janneilsen@juno.com
Membership	Pege Amann 934-5128 pegek@yahoo.com
Newsletter	Tammie Snyder 957-0604 tammie@gte.net
Website	Shari Gonzalez 691-9196 webmaster@wcrc.net
Tournaments	Tammy Chan 324-0524 tchanderson@gmail.com Adam Borovkoff 330-3154 aborovkoff@mac.com
Leagues (Non-USTA)	Jennifer Scriabine 939-4328 scriabine@astound.net Susie Dunlap 228-1641 susied98@aol.com
USTA Leagues	Bret Jones 890-1416 bretjones@comcast.net
Daytime Leagues	Pam Maloney 787-3970 pam4tennis@hotmail.com
City of Walnut Creek Liason	Don Loeffler 330-1605 donloeff@pacbell.net
New Member Liason	Myrl Kan 827-2406 mckan@webtv.net

THE PRESIDENT'S REPORT

There's something in the water at Heather Farms... Congratulations to all the upcoming new "baby girls" entering the WCRC world. **Violeta Franco** and **Jerry O'Neal**, **Meagan** and **Mahmood Barakzai**, **Jolene** and **Arseen Solimon**, **Aparna** and **Shashi Kamath** and **Ranu** and **Debashis Panda** are all expecting girls in the upcoming months.



Tammie Snyder
2008 WCRC President

The new **WCRC Mixed League** is up and running and I've seen players on the courts enjoying some fun tennis. The season ends January 4th, so be sure to get your 6 matches in before the tournament.

Speaking of tournaments the **Summer Singles League** ended September 21st. For those of you who have played your 6 qualifying matches We look forward to seeing you at the tournament October 3-5 and 11-12. Everyone who participated in the summer singles league please come down to enjoy great tennis, food and your t-shirt!

Congratulations to **Jim Farber's Super Senior 65 Men's 4.0** teams who won at Sectionals September 15-17th at Harbor Bay Club in Alameda.

If you've noticed that marijuana aroma around court one, it's been our extra bonus for having a skate park so close. The kids go and smoke out at the benches. The best way to stop this illegal activity is to call the cops. The number for the WC police is 943-5844. Since it's not an emergency, be prepared to wait 5 minutes or so before they take your report. The good news is they will come and take care of the problem.

See you on the courts...

A handwritten signature in black ink that reads "Tammie". The signature is written in a cursive, flowing style.

From the Pro...



Mental Conditioning *part 1 of 2*

A couple of million people are gifted with remarkable athleticism, yet only a small percentage of them ever become professional athletes. I think there are four basic reasons for this, comprised of the presence, or lack, of the following items:

- Desire
- Ambition
- Hard Work
- Mental Conditioning

The first three are foregone conclusions if you want to be successful in any field of endeavor; the fourth reason is not as obvious or as easy to cultivate. Mental Conditioning is developing the capability, in a stress filled situation, to interact or react in the proper manner for the given situation. Whew! Now that's a mouthful--did you read that out of book Coach? Hmm...let's just say you have to be able to operate under pressure in a calm, cool, collected manner. You must be able to hit the break-point return of serve low and cross court, instead of a half-hearted lob that lands short for the put-away.

Under pressure, you have to think, so that means you have to use your brain. In order for the brain to function properly, regardless of the dilemma, it's important to understand how it operates; because once the physical requirements are filled, **the use of the mind separates the winners from the losers**. It has been said that sport is one hundred percent mental, you may disagree, but please understand that body parts only move because the brain tells them to. If the brain doesn't send any impulses, there isn't any movement; which would make stroking a tennis ball virtually impossible. Consequently, **tennis is one hundred percent mental**. It's only a theoretical concept; however, I believe that it does warrant some serious consideration.

When I'm giving a lesson to a raw beginner one of the questions that eventually comes up is, "how long before I'm good enough to _____?" My answer typically is "I don't know". I can only give averages of how long it usually takes. My focus with these beginning students is to be as intense as I can be and keep the student under (some) consistent pressure while I'm trying to develop what I like to call "**conditioned reflexes**". I want the student to do something over and over and over, so many times, that they don't know any other way to do it. I've heard this referred to as muscle memory, but muscle has no memory because it's controlled by the brain, so these so-called "conditioned reflexes" must be being achieved sub-consciously. Have you ever driven home from work, turned down your street and realized, wow--I don't really remember driving through town, it was lucid, you were driving subconsciously. Anyway, my theory is that if you repeat an act often enough, the subconscious will be able to take over when you are consciously under pressure; you just don't know any other way to do it (hitting second serves, returns on break points etc...). So for all intents and purposes, your subconscious mind can be used as a fail-safe mechanism.

Something I see with intermediate players is that they're just out playing tennis. This is fine if you're out playing with the lunch bunch or a little hit and giggle after work, if you double fault and lose the match the worst you get is heckled and you've forgotten about it by the time you pop the tab on your diet coke. Yet, throw in one of these doozies in a league match and that diet coke tastes like lemon juice. You going to want to stop this (lemon juice taste horrible no matter how cold it is) and I've got just the cure, it's one of the most important aspects of competing successfully under pressure and is achieved by employing a sequential thought process, prior to the beginning of every point, from which the player never deviates; regardless of the success or failure of the previous point. It's called a routine, and I'll explain more about the routine I teach next month.

Coach Mac



Tennis News



Walnut Creek Racquet Club: Section Champion at the 4.0 level, captained by James Farber



The Walnut Creek Super Senior Men's 4.0 Team had a very successful tournament at Harbor Bay Club in Alameda on Sept. 15, 16 and 17. There were six teams competing for the Northern California Sectional Championship.

The Walnut Creek Tennis Center Team, captained by **Jim Farber** and players **Mike Saputo**, **Rich Zavala**, **Paul Roos**, **Marcel Roman**, **Steve Martinez**, and **Bill Samuels** won all three matches with a perfect score of 3 wins and no losses to claim the championship.

HAPPY HALLOWEEN

Looking for Players

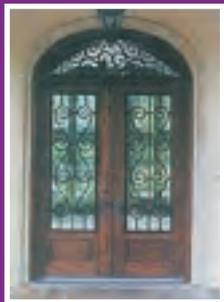
New players looking to get into USTA League? Misty Bruns has offered to captain a 2.5 team next season. If you are interested in registering on a 2.5 team please contact Misty at misty.bruns@yahoo.com or by phone at 925-360-8812.





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CALENDAR OF EVENTS

Oct

- 3-5** USTA Fifty Mixed Sectionals
- 3-5** WCRC Summer Singles Tournament
- 10-11** WCRC Summer Singles Tournament
- 10-12** USTA Super Senior 60 Sectionals
- 14** USTA Super Seniors 60 Season Ends
- 26** USTA Combo Double Season Ends
- 19-21** USTA Super Seniors 60 Playoffs – I
- 26-28** USTA Super Seniors 60 Playoffs – II

Nov

- 7-9:** USTA Combo Doubles Playoffs – I
- 14-16:** USTA Combo Doubles Playoffs – II
- 21-23** USTA Mixed Doubles Nationals

Dec

- 5-7:** USTA Combo Doubles Districts

TREASURER'S REPORT

Lynne Weinschelbaum

as of August 31, 2008



Walnut Creek Racquet Club Profit & Loss January through August 2008

	<u>Jan - Aug 08</u>
Income	
Awards Dinner 08	1,954.00
Winter Doubles 08 Income	8,781.00
Summer Madness Tournament	348.00
Interest Income	12.37
Advertising Income	760.00
Membership Dues	12,973.68
Board Dinner	233.00
Summer Singles League	6,295.00
Calcutta Tournament	3,445.00
Total Income	34,802.05
Expense	
Winter Doubles 08	5,261.74
Board Appreciation	483.55
Awards Banquet '08 Expenses	3,401.35
Club Championships 07 Expenses	475.38
Board Meeting Expense	237.62
Summer Madness Expenses	335.33
Paypal Fees	898.57
Dues & Subscriptions	185.00
Donations	75.78
Member Directory	2,145.52
Newsletters-Court Reporter	3,741.47
Non-Profit Fees	55.00
Postage	1,350.00
Post Office Box Rental	70.00
Supplies	1,185.72
Website	876.35
Board Dinner Expenses	878.27
Calcutta Tournament Expense	3,575.07
Total Expense	25,231.72
Net Income	9,570.33

Balance July 31, 2008

\$17,263.61

If you are looking to advertise, submit an article or photograph for an upcoming newsletter, please contact Tammie Snyder at 925-957-0604 or email her at tammie@gte.net.

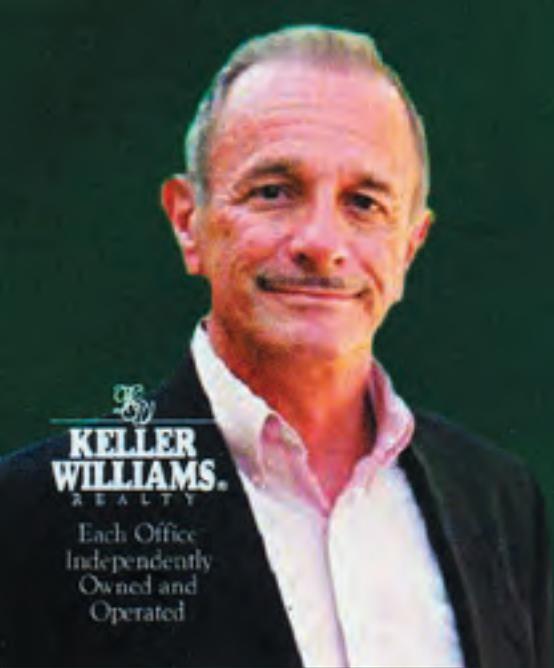
Deadline for the November issue is Friday, October 24th.





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