

THE COTTONWOOD TENNIS CLUB NEWS



JANUARY 2008 VOLUME 2, NO.4

President's Message

By Wavne Mangold

HOA Banquet Facility Use Guidelines

Chapter 8-02 This guideline addresses events held within Cottonwood and Palo Verde. There are three distinct types of events: Sponsored Events, Homeowner/Group Events and Special Group Events. Our club is categorized as a Special Group. Special Groups receive discounts or have fees waived because of their status as a charitable organization or their extensive usage of banquet amenities (\$8000 annually). The Sun Lakes II Board of Directors identifies a list of Special Groups at the beginning of each year.

We have met the \$8000 expenditure and will again receive the special pricing for dinners at the San Tan Ballroom. Credit is also given for expenditures at the bar setup in the ballroom. No credit is given if drinks are purchased at the regular bar during the event. Keep this in mind when purchasing drinks.

Free Tennis Lessons If you know residents that have a desire to learn to play tennis, remind them of the free clinics. Players do not need a racket. Just show up at the Cottonwood Tennis Courts with tennis shoes and a desire to learn tennis. The clinics runs from 7:30 PM to 9:00 PM (October thru April) and the only time off is the Christmas Holidays. They cover all the basic tennis strokes and court positions. The entire rule book is covered as well as court etiquette.

They have a carry over year long program called "drop in tennis" for beginners and advance beginners on Sunday nights at 7:00 PM to 8:30 PM. This session helps to learn to play the game in an actual game setting. Players do not need a partner as they will be placed on a court at the start of the session.

INSIDE THIS ISSUE

Message from the President	1
Club Events	2
Extra	3
Tennis Tips	4
League Information	5-6
Closing	7

Don Neu started this program 14 years ago on behalf of the Cottonwood Tennis Club as a community outreach program for anybody who wanted to learn how to play tennis and/or get back into the game after many years of not playing. Don continues to run the program twice a week.

Tournament Participation Scheduling players within each event is very time consuming. If you have special requirements, let those be known at the time of signup. Also, unless there is an emergency, please refrain from canceling play after the schedule has been created. These last minute requests have been very difficult to manage.

Children's Christmas Gifts The HOA used boxes at various spots within our community for childrens Christmas gifts. Again, the CTC assisted with the collection and the subsequent sorting of gifts by gender and age. In addition, we spent \$350 to purchase items for those age groups missing gifts. The club uses the money collected from the raffles held at the Bradshaw Tournament for this charitable activity.

Wayne Mangold, President

HAPPY NEW YEAR !

Tournament Director

Jack Szatkowski

Hello Members -

Well, we finally got some much needed rain and looks like we might get some more. It's a little too cold for my taste but before you know it, we will be complaining about the heat.

The Triple "T" Tournament is over and for a first timer, it went without too many problems. Congratulations to the first and second place winners! There were some very exciting last round games which was a fun way to finish the tournament. The SunBird/Sun Lakes Social had to be canceled because of rain and it will not be made up. We are now working on the Social with

Oakwood and the Men and Women Doubles Tournament. The Social is January 5th and the Tournament is January 7th through January 11th. Last years tournament was cold and raining so let's hope for good weather this year! The sign ups for both of these events have been very good and participation in all events has been very good.

We still have a lot of events coming up - be sure to check the board often as some times there is more than one event posted at a time. **Merry Christmas and Happy New Year!** See ya soon!

Jack Szatkowski, T.D.
Mary White, T.D. Assistant

UPCOMING EVENTS

Dinners & Meetings

San Tan Ballroom

Social—5:00 Dinner—6:00 Meeting—7:15

January 16 - Report of the Nominating Committee

February 20 - Election of New Board

March 19 - Dinner & Meeting

April 5 - CTC Social Picnic

CTC Socials/Inter-Clubs

January 5 - Oakwood Inter-Club at Cottonwood

January 7-11 - CTC Men & Womens Doubles

Feb. 4-8 - CTC Closed Tournament - Mixed Doubles

Feb. 9 - Cottonwood Inter-Club at Leisure World

Feb. 23 - The Robson Cup

March 1 - Cottonwood Inter-Club at Trilogy

March 14-15 - East/West Social—SL & SB - at CW

January Dinner & Meeting

Santan Ballroom

Wednesday, January 16, 2008

No Host Bar: 5:00 pm - Dinner 6:00 pm - Meeting 7:15pm

Menu: Roasted Pork Tenderloin - Pear & Candied Walnut Dinner Salad -

Potatoes Au Gratin - Peas & Pearl Onions - Peach Cobbler

Your Host & Hostess: Bob & Rae Lewis

Cost: \$15.50

Sign up deadline: January 8, 2008

This meeting will include a Report of the Nominating Committee in preparation for the February 20th Election of the New Board! We encourage everyone to attend these very important dinner meetings!

Publicity

Keith & Susie Welker 802-9704

Please send any newsworthy publicity items to Keith & Susie Welker at keithsusan@earthlink.net. Every month articles and photo(s) are sent to about 4 local publications and we would be delighted to include your league's results. If anyone has photos for publication, please e-mail those as well and be sure to include a caption. Whether each newspaper prints what we send is not guaranteed! Publicity articles for the winter editions of the SPLASH have been recently limited to 500 words. As a result, names of some participants and/or winners may have to be omitted in order to report more of the news. My apologies about this!



**Free Tennis Lessons
By Don Neu**

**October 2 - April
Monday 7:30 pm Beginners
Tuesday 7:30 pm Intermediate**

Rating Committee

The Rating Committee met on November 23rd and has posted the new Color Rating Charts. The next meeting will be on January 11th. Please fill out your Request for Rating Review and turn it in before the meeting. With the new Blue/Black Men's League starting in a few weeks, the Rating Committee is encouraging members who believe they need to move down from the Green level to the Blue level to complete the request forms prior to the January 11th meeting. The current members of the Rating Committee are Jack Fitzsimmons, Kathy Klotz, Al Wagner and Nancy Riggs.

Susan Stewart, Rating Committee Chair

**Semi-Singles
Mary White 895-0858**

**Join us for Semi-Singles - every
Friday night after Mixed Doubles. No
sign-up is necessary - just show up !**

**Tennis quote of the month:
I'll let the racquet do the talking ! ---
John McEnroe**

BALL MACHINE TECHNIQUES

Class: January 23 1:00-2:30 PM

Instructors: Ron Petersen, Chuck Hall & Jim Shattuck

Sign up for the January 23rd ball machine class !

CTC will again offer a class called "Creative Ball Machine Techniques." It will be held Wed., Jan. 23rd from 1:00 PM until 2:30 PM at Cottonwood Court 5. It is free and designed to help tennis players use the ball machine more effectively.

The course will include basic fundamentals of how to prepare the ball machine for use, its various controls and different ways in which to use it. As an example, for practicing return-of-serve, it is set up one way, while setting it up to practice lobbing, down the line shorts, or backhands requires different settings.

Everyone is welcome. There will be NO final exam! Just sign up on the sheet posted on the bulletin board or call Ron at 895-2332 for further information. Bring money if you would like a new key to the ball machine room.

Tennis is a mental and physical game.

This column is going to deal with the mental aspect of the game.

CONCENTRATION There are two basic functions of Concentration -

- A. Prepares you to play the point.
- B. Focusing during the point, which combines ball flight recognition and strategy.

Ball flight recognition is the ability to judge when and where the ball is going to be in your contact point. Every ball goes through the contact point 3 times:

1. before the bounce
2. after the bounce, taking the ball on the rise
3. on its way down before the second bounce.

Ball flight recognition helps you to answer 3 questions:

1. What is it? The question will help you to react to whether it is coming to your forehand or backhand. By seeing the ball come off the opponents racket, you can start your preparation before you move your feet.
2. where is the bounce? This will help you judge where to go before you move your feet.
3. when do I hit? This will help you time the ball. Timing is the element that not only determines the direction of the ball, but it also determines the depth of the ball. After finishing your swing, keep your eyes on the contact point then pick up the ball heading towards your opponent's racket and then ask yourself again...what is it?

WHY CAN'T I PLAY THE WAY I PRACTICE? There are 3 barriers that keep players from playing the way that they are capable of playing.

Insufficient self awareness. Self awareness is a prerequisite for realizing your potential in competition. A player will miss the same ball over and over, but make absolutely no effort to adjust what he or she is doing technically or tactically. Emotions get in the way of awareness. Players are either too upset to notice the need to change, or they are unclear about exactly what to change, or they are too distracted to actually execute what their brain tells them to change. Players sometimes obsess over the outcome of individual points. Too many players are living and dying with the outcome of every point, or sometimes every ball, and what that may mean in terms of whether they will win or lose. This mind set makes it literally impossible to focus on anything else. Once you are thinking more productively about your game and focus less on the immediate outcome, you will feel more permission to go for your shots. This process takes time, honesty and continual evaluation.

Irrelevant stimuli and Short-term focus. If you raise your self-awareness on the court and have a longer term perspective of your game, there is another benefit. Your learning curve will rise dramatically as you focus more on what is actually "relevant" during matches. Focusing on the wrong stimuli during matches is a major hindrance to developing as rapidly as possible. Many players are blocking their ability to react to the ball because they are handcuffed by anxiety related to the possible outcome. Players have to be open to change and trying new strategies. There is more ability in you than you probably even imagine. If you have the nagging feeling that you can be better or aren't learning at the rate you thought you should, you are probably right. You can learn to play the way you practice—or possibly even better. Tune into how you feel on the court when you hit the ball well, focus on short-term performance goals, pay attention to what is really happening and watch as your game blossoms.

WATCH FOR MORE HELPFUL TIPS FROM DON NEU IN THE UPCOMING ISSUES!

Men's Tuesday League - Pete Dalecio, Director 895-7704

With only one week left to play (Jan. 15th) in the Men's Fall Tuesday League, Team 5 (led by Peter Gorman) almost has a lock on 1st place. Team 1 (Tony Garcia) and Team 3 (Art Miller) are only separated by 11 points for the number 2 position.

Immediately following the final match on Jan. 15th (between 12:30 – 1:00), we will have our end of the season party for all members of the league. Awards for 1st and 2nd place teams and some surprise awards will be handed out as well as a lunch which will consist of Fried Chicken, Baked Beans, Rolls, Soft Drinks and Beer.

The Men's Spring Tuesday League draft will be held on Jan. 4th, 2008. The league will consist of only 5 teams. The league did not get enough sign-up participants to field 6 teams. The Spring League will start on Jan. 22nd, 2008 and end on April 1st, 2008, barring any rain-outs.

Men's Thursday League - Lou Galiano, Director 895-6093

The Thursday league has one more week to play. The battle for 2nd place is very close – 2 teams – Wagner and Mangold are tied, with Dittmann's team 2 points behind them. Looks like a battle royal on Jan. 17th for 2nd place money. Jack Peterson's team looks like a shoo-in unless somebody hires Tony Soprano to make them an offer they can't refuse. We will have our usual luncheon with food, beer and dancing girls on the 17th. The 1st and 2nd place checks will be handed out then (only kidding Wayne!). The draft for the Spring portion of the league will be held Jan. 4th and league play will begin Jan. 24th and end April 3rd. Remember – 99% out is in !!!!!!!!!!!!!!!!!!!!!

Women's Monday League – Susan Stewart, Director 895-6385

With only one match remaining, Captain Pat Davidson's team is leading in score, followed by Captains Lilian Plant, Mary White and Janice Kilbreath. All players and subs are reminded that we will hold the Fall League Party on the patio during our last day of play, January 14, from 11:00 am to 1:00 pm. Plan to drop in, or to come early or to stay after you play and enjoy the camaraderie. The Spring League draft will be taking place the first week of January and your captains will be contacting you. The Spring Session begins on January 21st and what a fun way to start the New Year.



..... continued

Women's Wednesday League - Kay Tymn, Director 895-3584

The current session of league will end on January 23rd. We will have a "PARTY ON THE PATIO" and all players and subs are invited. Check the tennis board for details. PLEASE NOTE: League play will take place between 10:00 and 11:30 am on January 23rd. The new schedule for that day will be posted in advance allowing time for players to change their schedules. Snacks and goodies will be set up for all to enjoy from 10:00 am to 1:30 pm.

The Spring Session of league will be held from February 13 through April 2. We will play at 10:00 am and 11:30 am. The sign up sheet is posted and we need you! We welcome new club members to join the fun! Call Kay at 895-3584 for more information. The blind draw for teams for the next session will be held at the end of January and we certainly would like to include your name. If you cannot be a regular, please indicate on the sign up sheet that you would be willing to be a substitute. DON'T MISS OUT!! SIGN UP NOW!!

Mixed League Organized Play - Gene Brown, Coordinator - 802-3456

Merry Christmas and Happy New Year for the Mixed Doubles crew !!! We hope that everyone will start signing up after the Holidays !

Organized Play - Bob Walk, Coordinator - 940-6009

Everyone wants to play tennis at 8:30 and the courts are all filled up. This is a good thing! A reminder that the courts are usually vacant at 7:00 and one court is always available at 10:00. The league only plays on four courts. So talk to your friends, sign up, and let's play some tennis!

Organized Play - Pam Johnson - Lead Coordinator - 802-0461

Dust off your tennis racquets and sign up for Organized play on Monday and Wednesday mornings. Our monthly coordinators will try to set up the best possible matches for you !

www.CottonwoodTennisClub.com

The first place for new out and about the CTC ! News, information & more !

*Don' forget drop-in tennis on Sundays starting at 7:00 pm for
beginners and intermediate levels !*

This newsletter is published monthly, six times a year, October through March, by the Cottonwood Tennis Club, Sun Lakes, Arizona. This club was established to provide opportunities for tennis playing residents of Cottonwood Palo Verde at Sun Lakes to participate in organized play, team play, tournament play and social events with friends and neighbors with a common interest. IronOaks and Sun Lakes Country Club residents may also join the club if they have paid the appropriate annual fee required by the Cottonwood Palo Verde Homeowners Association.

An annual club membership entitles members to participate in Monday–Friday mornings organized play, club tournaments, league participation, club–sponsored social events, and a subscription to the newsletter and websites..

Membership meetings are held monthly, October thru April. Time and place of meetings are posted on the club bulletin board and in this newsletter, and on the websites!

THE COTTONWOOD TENNIS CLUB NEWSLETTER

JoAnn Flachsmann, Editor
Armin Flachsmann, Asst.
26604 S. Shumaker Drive
Sun Lakes, AZ 85248
Email: arminandjoannaz@aol.com



Member Name
Street Address
City, ST ZIP Code