

Tennis Club of Rio del Mar



STAY CONNECTED!

OFFICE HOURS:

Mon-Fri 9-2 & 4-7 | Sat & Sun 10-3

OFFICE PHONE:

831-688-1144

OFFICE EMAIL (USTA business, court reservations, general questions):

riotennisclub@gmail.com

CLUB MANAGER, MARIAN LOW:

riotennisclub@gmail.com

Be sure to bookmark: www.riotennis.net

BOARD EMAIL:

tcrdm.board@gmail.com

COURT RESERVATIONS:

www.TopDogTennis.com

CLUB PRO PAUL ZARETSKY:

paul@paulzaretsky.com

NEWSLETTER SUBMISSIONS

tcrdmnewsletter@gmail.com



Find us on
Facebook

MARK YOUR CALENDARS!

BOARD MEETINGS

4th Thursday of the month, 6:30pm

Located in the Club Lounge

Meetings are fun and informative.

Please attend!

NOTE: no meeting in December

FRIDAY SOCIAL FUN NIGHTS

1st Friday of the month, 6:00pm

Enjoy a potluck, tennis, games

pickleball, ping-pong,

cornhole, and more!

BOARD OF DIRECTORS & OFFICERS

Don Peattie, President

Ginny Taylor, Vice-president

Lauren Granlund, Corporate Secretary

Tami Harrington, Treasurer

Rob Gaskill, Recording Secretary

Margo Chisholm

Becky Herry

David Miyashita

Neal Woods



Celebrating
Lauren's birthday
at the September
board meeting.

COMMITTEE CHAIRS:

Membership: Laurie Glynn

Finance: Tami Harrington

Club Usage/Beautification:

Co-Chairs Becky Herry & Ginny Taylor

Building & Grounds: David Miyashita

Personnel: Don Peattie

USTA: Terri Barroca

Fun: Ginny Taylor

Newsletter: Laurie Glynn

**Get Involved.
Have Your Say.
Make A Difference.**

JOIN A COMMITTEE!

★ From the Manager's Office ★

Marian and the staff have been busy these last few months. While the weather is still nice, there has been a lot of maintenance and repair work going on - ivy and vegetation removal, ditch cleaning and garbage removal. They've repaired and replaced sensor lights around the Club and cleaned out the pool shed. The pool hours of 5:00 am - 10:00 pm are now posted. They are working with the Buildings and Grounds Committee to find a good workable solution for deck and pool seating. Stay tuned for more.

Marian is actively working with the USTA committee to ensure a successful upcoming season - ensuring the calendar and staffing meet the needs of the teams and Club members.

She is also working closely with the Personnel Committee to help develop effective policies and procedures for staffing, including updating our employee handbook.

The office staff would like to remind you to please make sure you sign in your guests and have them sign the waiver. It helps us protect our Club.

The office will be closed Christmas Day and New Year's Day, but as always, the Club remains open and available for you to use those days!

Happy Holidays.



This fall all five courts were resurfaced. They look fabulous. And we have new furniture on the deck!

Did You Know?



In the early days the entrance sign to our club was in the middle of Sandalwood Drive as you enter from Beach Pines Drive. The sign was installed during a member work day. In 1992 the sign was replaced with the present wood carved sign and moved to the side of the street.



Thank you Lauren and Jan Granlund for sharing another chapter in our Club history.



TEAM NEWS



18+6.0 Mixed Team at Sectionals in Sacramento in October.



PLAYOFFS

Men's 6.5 combo: in playoffs

Wms 6.5 combo: in playoffs

Wms 7.5 combo: in playoffs

Mixed 6.0: going to Sectionals

Mixed 8.0: in playoffs

CONGRATULATIONS!



18+8.0 Mixed at Sectionals in October



Tennis Tip from the Pro Paul Zaretsky - USPTA Elite Professional Searching for Goldilocks

Imagine you're the net player in a doubles match and your opponent sets you up with a nice, juicy, shoulder high forehand volley to poach and put away. You see the open court up the middle and your eyes light up as you imagine the amazing put-away you're about to hit, and you proceed to wind up and slap the volley 4 feet long over the baseline. What the heck just happened???

Well, to put it simply, you over hit the shot. You had an easy volley at a comfortable height and a wide-open court. Did you need to hit the volley 80 mph to put the ball away? Probably not, but you certainly didn't want to play it too safe and push the shot carefully into play and give your opponents a good chance to run the ball



down and lob it over your head. What you really needed was to stay calm and hit a solid volley to the opening with enough pace and depth to get the job done and nothing more. That's what I refer to as the Goldilocks shot. Not too hard, not too soft, but just right. And, that's one of the biggest challenges in the game...to consistently find the balance between too much and too little. Whether it's pace, spin, direction, height, depth or any other variable of your shot, it's difficult to consistently determine and produce the right type of shot without taking too much risk or playing it too safe.

There are a couple of things you can do to improve your decision making and shot production and help you find that Goldilocks shot more consistently. The first is to practice hitting shots at varying speeds, heights, directions, etc. to refine your control over the ball. I highly recommend using the ball machine for this type of practice. Take a crosscourt forehand, for example, and start with a half speed stroke and gradually increase the pace of subsequent strokes about 10 percent till you're hitting the fastest ball you can without losing control. Once you feel that you've gone beyond your control level, start another sequence with the half speed shot and ramp it up slowly again. Not only will you eventually increase you're your top speed, but you'll gain much better control over all the variations between your half speed, cautious shot and your most aggressive ball. The same can be done with any other stroke or variable in the game including that put-away volley that you sailed long.

Practicing this way will lead you directly to the second thing you can do to improve your decision making and shot production in a match: staying calm. The most common response I hear from players after over hitting an easy put-away is..."I just got so excited when I saw that ball just sitting there." We've all been there and know that feeling, but the more you practice all the variations of your strokes the more confident you'll become and the better control over the ball and your emotions you'll have. Before you know it you'll be finding that Goldilocks shot more often and your matches will likely have a fairy tale ending.

RECIPES!



Too Much Chocolate Cake



EASY!!!

submitted by Ann Fitts

Recipe By: Denise

"This cake won me First Prize at the county fair last year. It is very chocolaty."

Ingredients

1 (18.25 ounce) package devil's food cake mix	4 eggs
1 (5.9 ounce) package instant chocolate pudding mix	1/2 cup warm water
1 cup sour cream	2 cups semisweet chocolate chips
1 cup vegetable oil	

Directions

- 1 Preheat oven to 350 degrees F (175 degrees C).
- 2 In a large bowl, mix together the cake and pudding mixes, sour cream, oil, beaten eggs and water. Stir in the chocolate chips and pour batter into a well greased 12 cup bundt pan.
- 3 Bake for 50 to 55 minutes, or until top is springy to the touch and a wooden toothpick inserted comes out clean. Cool cake thoroughly in pan at least an hour and a half before inverting onto a plate. If desired, dust the cake with powdered sugar.



1 Minute Lentil Salad

It doesn't get easier than this. Just 1-2-3 ingredients, and you have a tasty, protein-packed snack or lunch ready, lickety split. Travels well!

Serves: 6 | Prep Time: 1 Minute

INGREDIENTS

- ❖ 1 package TJ's Steamed & Fully Cooked Lentils, rinsed to remove extra sodium
- ❖ 1 package TJ's Crumbled Feta
- ❖ 1/2 container (7.25 oz) TJ's Bruschetta Sauce

DIRECTIONS

In a medium bowl, combine lentils, feta and bruschetta sauce, then stir. Serve cold with your favorite TJ's crackers.

EASY!!!

submitted by Lynn Miyashita

UPCOMING RIO USTA TEAMS?

TCRDM is happy to host the following teams for the USTA League starting January 2018. Please email the following Captains if you would like to participate or for more information. Teams are registering now!

MIXED 55 & OVER --

--7.0 Tami Harrington (dtktr@sbcglobal.net)

--8.0 Susan Groth (grothgrl@cruzio.com)

ADULT 40 & OVER --

-- Men's 3.0 Moon Miller (keithdmiller22@gmail.com)

-- Men's 3.5 David De Jesus (dkvw@sbcglobal.net)

-- Men's 4.0 Chris Glynn (chrisglynn@taproduce.com)

-- Women's 3.0 Tami Harrington (dtktr@sbcglobal.net)

-- Women's 4.0 Robin Nielsen (robin.nielsen@mac.com)

All are encouraged to participate!

Looking forward to fun!



A Few Reminders for Captains and Players:

- Please clean lounge after home matches.
- Empty garbage and recycling bags if 1/3 full.
- Last team brings in cushions, checks floor, starts dishwasher, locks door.
- PLEASE TAKE ALL ALCOHOL HOME AFTER MATCH. (NO ALCOHOL LEFT IN REFRIGERATOR AT END OF DAY)
- Parking: Captains should notify their opponents of limited parking and ask them to carpool. Also, pay attention to parking signage and respect parking area for our townhouse neighbors.

Please refrain from using our parking lot as a carpooling point for away matches when home matches are held.

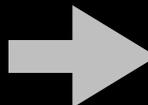
-Please help ensure your USTA guests sign in and complete the waiver.

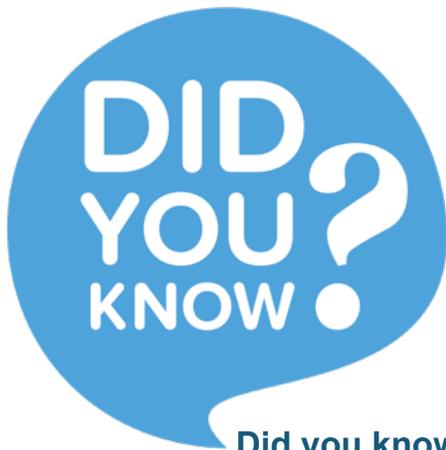


FUN TIMES AROUND THE CLUB!



Thank you Rob & Dondi Gaskill for the great photos.
And yes, that is Rob and Dondi !





Did you know that TCRDM has several membership spots currently available? It is easy to apply. Visit the website at riotennis.net for an application and instructions. Or, stop by the office.



Welcome to the following new members!

**Suzanne Gilbert and Chris Murray
Lara Walker and Adam Lutz
David and Amy Danish
Scott Christie and Jessica Johnson
Nina and Pete Kinkead**

5 THINGS TO BE THANKFUL FOR!

from GlamSlam Tennis

Camaraderie

Club tennis takes a highly individual sport and makes it more about the team. And with a team, you usually get the support you wish you had in every part of your life. If only we had another person at work cheering us on at every point, life would be so much better. Conversely, it would be great to be that cheerleader for others. Being a part of a tennis team, you learn to give support and to receive it. And if you are lucky, you make a few great friends along the way.



Mental Strength

Whether you are a 2.5 or a 4.5, playing matches teaches you how to be mentally tough. Even in day league, the pressure to win can be huge and you have to learn how to stay focused and locked in throughout a best of three set match. Not a simple task. This mental strength can permeate into the rest of your life, bringing you a faith in yourself and your abilities in other high-pressure moments.

Physical Strength

How often do you see women 70 years and older still playing tennis? What other highly aerobic sport can boast such long life expectancies? As hard as tennis can be on your body, playing it continuously keeps you in great shape and active longer into the later stages of your life. And because it is played outdoors and with other people, the social and environmental benefits are innumerable. Tennis feeds both your body and mind!

Fun

Which leads me to fun....tennis can be such a fun activity, whether you drag the kids out to hit balls or you challenge yourself in a competitive match. Each point can be super fun because that yellow fuzzy ball is highly unpredictable. Never let competition pull the fun out of the game for you, because it's just that...a game.

Friendly Competition

As grownups, we have mastered the art of getting along. Tennis allows your inner competitive nature to have a place to express itself. You also get to challenge your abilities and up your game over time, which fuels your constant improvement side. Just be sure to keep a check on the competitive side and allow the fun of tennis to stay foremost in your mind.

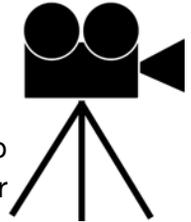
WEATHER!

BE PREPARED!



COURT 2 WEB CAM

You can find instructions on how to access the web cam on our website under "Tennis."



BODY HEAT

by Laurie Glynn

Did you know? 40-45 percent of body heat is lost through the head and neck due to increased blood flow in comparison with the rest of the body. Combined with the wrists and ankles, this can approach 60 percent.

Chris and I recently went fly fishing; our instructor talked about how he manages to keep his hands warm during the winter - his trick.....he uses wrist bands to hold hand warmers at his wrists. Keeping his wrists warm helps the blood flow to his fingers.

We wanted to test this theory out, so Chris and I both tried it during a night time clinic this week. It worked! No more frozen and stiff fingers. So, if you struggle playing in cold weather, try keeping your head, neck, ankles and wrists covered. And, if you need a little extra boost, we found the disposable hand warmers to be an added plus. It may help you preserve your body heat.

OUT AND ABOUT



Jeannene
celebrated
#60!

10 Rio men
had a fun
day this past
September
participating
in their very
own Clay
Court
Challenge.



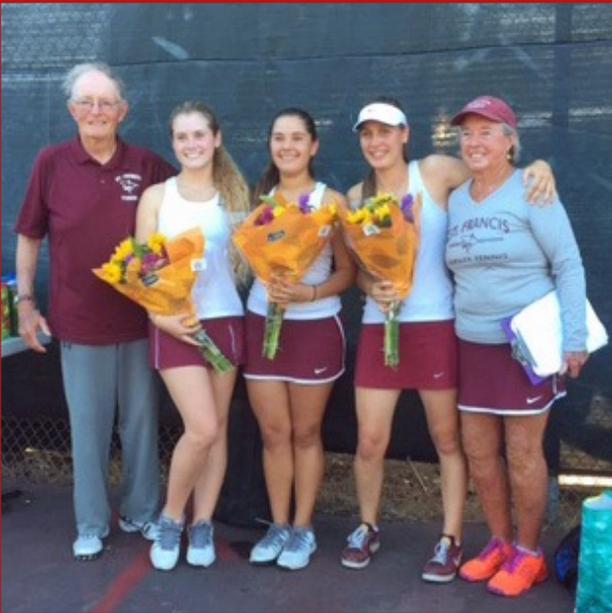
Aptos High Girls Tennis

The Aptos High School girls tennis team, represented by our own Madison Glynn, Lindsey Foes and Gianna Rovai, finished the season strong. The team went undefeated in league play and finished the year 15-1. Aptos edged out Castilleja in a first round CCS thriller. With the deciding match on the rackets of Gianna and Madison, they stayed strong and focussed being cheered on by a home crowd at Seascaple Sports Club. They won 6-7, 6-2, 6-1. Their season finished over the hill versus the powerhouse second seed, Saratoga. It was the first time Aptos had made it to the second round of CCS in over a decade. Great job girls!



On Thursday Oct 12, St. Francis HS(using Imperial for home courts) played Aptos High. Lots of TCRDM members playing and spectating! Gay Finch coaches St Francis, and Ciela Zivanovich plays for them. Madi Glynn and Gianna, granddaughter of Jan and Lauren Granlund play for Aptos High.

Senior Day at St. Francis



THIS QUARTERLY NEWSLETTER BROUGHT TO YOU BY:

Editors: Laurie Glynn, Lynn Miyashita and Ann Fitts

**We welcome articles and photos. Please email contributions to:
tcrdmnewsletter@gmail.com**