



Chickee Chatter

Royal Palm Tennis Club

Founded in 1960

April 2014

7001 SW 98th Street Miami, FL 33156 Pro Shop: 305.661.3350 Office: 305.667.4006 www.rptc.org

OFFICERS 2014

President

Wally Lord

Vice President

Jorge Hernando

Secretary

Cynthia Augustyn

Treasurer

Lou Johns

Past President

Greg Barnes

DIRECTORS

(serving through)

Jay Bashein '14

Cindy Augustyn '14

Bill Castellano '14

Wally Lord '14

Steve Sirota '14

Bogie Glenn '15

Jorge Hernando '15

Doug Orth '15

Marianne Pantin '15

Marcie Ziv '15

Carol Crabtree '16

Tom David '16

Corinne Kayal '16

Jim Perry '16

Javier Siu '16



President's notes:

There is steady growth and improvement of both programs and physical infrastructure at Royal Palm. Eric and Bev are offering more clinics and tennis events for members, the junior tennis program is thriving, and Eric is planning an elite junior program for the Fall. Within a few weeks, Tom Weinkle will mount our new website, highlighting the beauty of our club and providing updated functionality. Improved walkways, drainage, landscape maintenance and lighting are all in the works. Our club continues to be one of the premier tennis clubs in Florida, while having one of the lowest costs of active membership.

Royal Palm Tennis Heritage: There are quite a number of former professional players and ranked amateurs in our current and former membership. We are beginning to compile pictures, clippings and biographical summaries for display in the clubhouse and on the website. Please forward any materials you feel could be considered to Beverley's office.

Committee Chairs: Many thanks are due to Board Members who chair our standing and ad hoc committees. These are:

- Buildings and Grounds: Tom David
- Entertainment: Corinne Kayal
- Finance: Jorge Hernando (Vice Pres)
- Legal: Andy Herron
- Long-Range Planning: Greg Barnes (Past Pres.)
- Nominating: Jorge Hernando (Vice Pres)
- Proshop: Javier Siu
- Pro Services: Jay Bashein
- Tennis: Marianne Pantin

Kind regards,
Wally Lord, President

Notes From The Pro Shop

April Events: Fri 4th: Mixed Doubles Social 7pm
Sat 5th: Kids Match Day 12 noon
Sat 12th: USTA Kids Play Day 1pm
Sat 26th: Club Championships Doubles Finals



Felicia & Sascha de Kousemaecker



Welcome New Members

* * * * *

Doris & John Sullivan



Yoga for Tennis Players

Tennis can throw your body out of alignment causing strain and injury to elbows, wrists, knees, ankles & spine. Yoga can re-balance the body and you can gain greater range of motion, increased strength and reduced risk of injury. Emphasis on mind calming techniques can also add mental power to your game. Practicing yoga will train your mind to relax during a match, which will help you to play "in the zone" with all of your awareness on the game. Obvious benefits are increased flexibility and leg strength, strong core muscles and stamina, injury prevention and symmetry & balance to both sides of the body.

Have to try it sometime!



Reminder

Remind your guests before they come to play to wear white tennis attire so they do not feel uncomfortable. Please let the Proshop know if you have an issue or complaint regarding tennis clothing worn by players and they will politely address it with the member.



Guest fees will be \$10 tax incl. for Adults & \$6 for Juniors beginning June 1, 2014.



Our Members at the courts



Mike Lemon
& Jad Lahoud



Carmen Garcia, Vera Simm,
Corinne Kayal, Dianne Amador



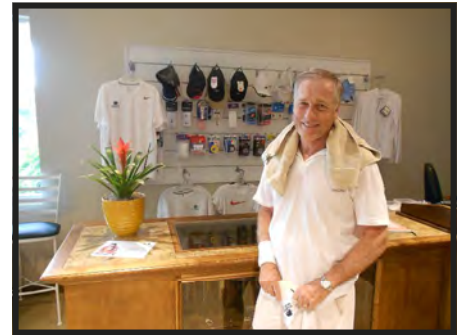
Bob Davis, Evan
& Steve Sirota



John & Doris Sullivan
Gary & Rosemary Metal



Irving Bolotin, Bob Berman,
Jim Herron & Tracy Nance



Wally Lord



Marianne Pantin, Monika Martins,
Sylvia Aril, Barbara Cabassa



Jane Mallow, Joan Sanz
& Neisa DeWitt

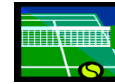


Pro-John, Tatiana R, Stefi N
& Ansofi W- Junior members





Court Positioning



Court positioning is one of the most useful tactical weapons in the sport of tennis. There is court positioning for both doubles and singles and also court positions for playing the net and the baseline. Court positioning can also change depending on your strengths and weaknesses and your opponent's strengths and weaknesses. I will discuss possibilities that you could use in your singles game at the baseline in this article and then doubles in the next article. Singles court positioning depends on a variety of elements that include the following: (1) mobility, (2) power, (3) control and technique, and (4) physical size and height.

First, being quick and mobile can allow you to play either far behind the baseline or very close to the baseline. A quick player that does not possess a lot of height may be overpowered by an opponent or lack reach. Therefore, a smaller, quicker player may be more inclined to play closer to the baseline in order to take away his or her opponent's time to hit. There is an exception to this; if the smaller, quicker player lacks technique and control, then he/she should be more inclined to play further behind the baseline to manage through their technical deficiencies.

Next, if you are tall and fast then you are in luck since you have the most options. Rafael Nadal and Novak Djokovic are two players who fit this mold. At 6'2 and 6'3, respectively, both men can play either far behind the baseline or right on top of the line. You can see both on the red clay playing far behind the line and then during a hard court or grass court event changing their positioning closer to the line. These incredibly powerful and fast athletes have changed tennis into an all-court style dominant sport. Beware though; if you fit this mold and are technically deficient, you are better off playing behind the baseline to buy yourself some time to hit.

Following that, if you lack mobility but possess size and power, you are better off playing closer to the baseline in order to take away your opponent's time and cut down the length of the points. You could also play behind the line and go after your shots with power. However, again, this is a dangerous tactic since it takes more energy and exposes mobility issues. Andy Roddick, John Isner, and Fernando Gonzalez are players who fit this mold from time to time.

Finally, if you lack both mobility and size then you should play close to the baseline in order to take away your opponent's time. You should also back off the line to give different looks and buy more time. If you fit this mold, you must be sly and cunning in your shot selection in order to constantly keep your opponent off-balance.

All-in-all have fun! Pick a court positioning that works for you, or decide on one that is a comparative advantage over your opponent. If you're on clay, maybe play farther behind the line because of the un-true bounces and slower surface. Try both, since tactics are one of the most crucial and enjoyable parts of tennis. **By Eric Hechtman**



Ladies Tennis Teams for the Fall Season

There will be sign-up sheets in the Proshop for the SFWDTL and USTA teams for the next season. Please sign up by May 5th so we can evaluate our existing teams and decide which teams we will have for the future. If you have any questions please see Eric or Bev. We have some new members we would love to include and some who have improved their games and are ready to move to a new level. Come by the Proshop to sign up.

* * * * *

Lady Pro

We are delighted that Mari Toro-Bishouty has joined our teaching staff. She graduated from the U of Miami and was the volunteer assistant coach for a period. She then coached at Lady of Lourdes Academy from 2004-2006 and later was the Director of Women's Tennis at Grey Rock Country Club in Austin, Texas. Mari was a member of the Puerto Rican Tennis Federation Cup Team from 1995 through 2002. She is now married to Chris Bishouty, a financial advisor, and they have a beautiful 7 month old daughter, Niva.

Welcome Mari

