



Chickee Chatter

R o y a l P a l m T e n n i s C l u b

F o u n d e d i n 1 9 6 0

March 2014

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President's notes:

Under the watchful eyes of Eric Hechtman, Bev Crane and their teams, the junior tennis program has grown in size and quality. Note that junior players beat some of the club's best adult players in the Men's Open Division this month. More importantly, they did it politely. This highlights that our juniors are being taught the courteous and ethical behavior which is the backbone of tennis and of our society. Children learn how to manage success and failure, how to be part of a group, how to give the benefit of the doubt to an opponent, and how to moderate how they talk to one another. They are also learning a healthy lifestyle of exercise and active social attachment. Eric's leadership keeps the training challenging but enjoyable and supportive. It is a pleasure to see such positive things happen every day at Royal Palm. We can all be proud of this work.

Adult tennis programs are also growing, with more lessons and clinics, round-robins, USTA team tennis, and several groups that meet regularly.

Friendly atmosphere: I notice that there are very few disagreements at our club, and those are generally handled smoothly. We are careful to avoid speaking in a harsh or disrespectful manner to each other. This civility is perhaps Royal Palm's greatest asset.

Long Range Planning: The Long Range Planning Committee is currently discussing (1) drainage and new walkways, (2) the use of the Rock House, (3) increased parking, and (4) increased lighting on the courts. If you have suggestions or input, please refer them to Greg Barnes (Chair) or his committee members: Doug Halsey, Steve Sirota and Joan Sanz.

Active Memberships: We have active membership positions available. Our members and pros are the best sales team we have, so please invite your friends and acquaintances to join.

Kind regards,

Wally Lord (President)

wmlord@bellsouth.net

305 804-8320 Cell

Notes From The Pro Shop

March Events: Sat 1st & 15th: Kids Match Day 12 noon

Sat 8th: Bagels & goodies served at 10am

Sat 8th: Club Championships Doubles begin

Sun 16th: Spring into March Social 4pm - 8pm

Mon 24th: Spring Break Kids Camp begins



Coach Lauren & the cuties



Happy Birthday to Bicky & Mima

Can you believe that they have a Birthday on the same day!
May all your dreams come true.
Enjoy the day.



Are you interested

- * Men's 4.0 Clinic offered on Monday night 7:30-9pm
- * Men's 4.0 Cardio offered on Wed 7-8:30am
- * Men's 4.5 and up will be alternating with am and pm clinic tba
- * Ladies Cardio Thursday 9:00-10:30am
- * Yoga classes Wed & Fri at 12:30pm

If you have any questions, please ask Eric or Bev for further information.



Singles Club Championships

There was a solid entry in the tournament this year and also very competitive. The Open division was well represented with some of our top juniors. Oliver Otero & Baker Newman, not only are talented on the court, but well mannered and displayed great sportsmanship as well. The adults had a chance to play against the kids and hopefully got a tip or two and members had the chance to play and meet fellow members they may not have known. Thank you for all being accommodating to each other.

Results: Men's Open Winner - Oliver Otero vs Baker Newman (to be played); Men's "A" Winner - Tony Baumer defeated Jay Bashein; Men's "B" Winner - Xavi Dalmau defeated Andy Herron; Men's "C" Winner - David Stamm defeated Raul Moskovitz; Men's "B" Consolation - David Stamm defeated Doug Orth.

Ladies Open Winner - Estefi Navarro defeated Tatiana Ramirez; Ladies "B" Winner - Alexandra Hechtman defeated Viola Lake. Great matches and fun to watch!



Club Championships



Xavi Dalmau & Andy Herron



Jenny & Tony Baumer
Jay & Jeanne Bashein



Xavi, Nico & Michelle Dalmau



Françoise, Alexandra
Alessandro & Vicki Restivo



Raul Moskovitz & David Stamm



Viola Lake & Alexandra Hechtman



Lisa Leventhal, Abby Drenick,
Beth Adler & Chris Boesch



Patrick, Isabella, Javier
& Giselle Siu



Estefi Navarro & Tatiana Ramirez



Thank you all for playing!



The Serve



Who would ever think that the feet would be such an important part of a stand still shot. There are essentially three different footworks on the serve: (1) Moving both the left and right foot, (2) Moving just the right foot forward, and (3) Keeping both feet still.

There are a few pros that move both feet into the serve: Tommy Haas and David Ferrer.

Pros: Moving both feet adds that much more power and momentum into the serve if you time it correctly.

Cons: The more movement occurring can sometimes lead to more chance for error, especially in the toss.

Serving with moving only the back-foot up is also a strong option to generate more power. John Isner brings his back-foot up in the serve as well as the recent Australian Open Champion, Stanislas Wawrinka and Rafael Nadal actually switch from a platform serve into this motion for more power. The power is obviously the big advantage in this motion. Again, the negative remains the same. An inconsistent toss, as well as lack of consistency.

Finally, the platform serve is basically not moving the feet before contact with the ball. Most pros serve using this type of footwork: e.g. Pete Sampras, Roger Federer, Novak Djokovic and Andy Roddick. A platform serve gives the most important thing which is consistency, especially the toss and legwork.

Serving footwork is what you should be doing based on your own game and power level. Basically, the more you keep your feet still, the more control you possess. Also, the more your feet move, the more lift and power you get.

By Eric Hechtman



A team of players went to a designated tournament in Orlando with coach Eric. They are all very active in our junior program. Left to right, Baker Newman, Eric, Nicolas Ramirez, Andre Libnic, Christian & Oliver Otero, Julieta Dalmau, Lindy Lyons and Nick Nieto.



Oliver & brother Christian Otero (above) moved to Miami from North Carolina and are both super talented players and they are RP junior members. Oliver attends Coral Gables High & Chris, Riviera and are both great academic students. Oliver came in 3rd in the 18's and Christian came in 4th in 14's. They continue to improve their games. Go guys!



Estefi Navarro, (right), is a junior member at RP. Her family is from Venezuela and she was born there. She attends Gulliver High School and enjoys playing singles & doubles. Her other passions are to draw and be creative and snowboarding. Congrats Stefi on your recent win in a local girls 18's. Her sister Katerina is also a talented tennis player and we love having her at RP too!

