

TCA Board Meeting Updates

The Buildings and Grounds Committee has been busy inventorying needed club maintenance/repairs. Roger has prepared a book with photos and descriptions of many of the needed repairs, which you can review at the front desk. Additions are welcome.

We hope, in the coming months, to take care of a lot of the little (and not so little) things that will make our club a better place. Sunday, May 10th has been tentatively planned as our volunteer work day. In keeping with our status as a member owned club, we are asking members to volunteer to help. The more we can accomplish with "sweat equity" the more club funds we will have for larger, more involved projects.

In that vein, we want to identify members with certain skills who are willing to volunteer their expertise to the club (sweat equity). We are seeking expertise in the following areas: Electrical, Plumbing, Gutters, Roofing, Carpentry, Landscaping, Painting, Concrete work, Drywall and Paving.

Inside is a full page review of all of the efforts that were approved and are being considered.

The Board has also completed the initial interview process for the general manager position. The board is hoping to complete this process by the end of April. Although there are big shoes to fill from Cathie, there are good candidates and the board is working hard to ensure the club will be in good hands with its next general manager.

Inside this Issue	
President's Message	Tournament Info
Management Memos	Player Spotlight
Gui's Corner	TCA Programs
Adult Clinic Action	Pro Shop Updates
USTA Team/League News	Fitness
Junior Development	Social Events
This and That	Membership

MANAGEMENT MEMOS

With Spring in the air, TCA will be gearing up for some renovations. Court repairs will begin May 4 on courts 6, 7, 10-13 this year. There will be a shortage of courts on some days while the repairs are done, so please be patient with us while all the repairs are being completed.

The playground is being updated with some fun play houses and other toys.

The Tennis Social "Mix-it-Up" has begun another fun-filled season. Every third Friday of the month at 6 pm mix-it-up doubles begins. The cost is \$8 per person, \$4 kids 12 and under for the food. TCA provides soft drinks, adults byob. Bring your guest, without charge, and have them register for a 30-day free membership. Sign up at the club.

The annual Easter Egg Hunt hosted at TCA Saturday, April 4 for kids 8 and under was a great success and fun for all!

Under Gui's leadership, our tennis pro staff has done a tremendous job with all the programs. Spring Break camps were bustling and Summer Camps for juniors are posted and ready for registrations. Big thanks for all their hard work.

TCA continues to be the fun club whether it is on or off the courts!

PRESIDENT'S MESSAGE:

Greetings TCA members! We have a great year planned for the club. This is the most active, enthusiastic board I have seen and I can tell you change is on the way. This group is dedicated to making TCA a better place for members and I am confident we can accomplish all our 2015 goals.

As you know, we run a very tight budget at TCA and some of the best things that happen are the result of members volunteering their time. Like anything, the more you put in, the more you get out. We always need help with committees and I encourage everyone to get involved. You can do as little or as much as you want and everything makes a difference. Contact Cathie or Monica and they can direct you to the committee chairs.

Due to rescheduling our L5 tournament, we will have our junior and adult tournaments on back to back weekends at the end of April. We apologize in advance for any inconvenience. Come cheer for the juniors and play in the adult NTRP! It is always a great event.

Congratulations to captain Alex Mansfield and the tri-level team on a terrific effort at Nationals! You represented the club and New Mexico very well!

Looking forward to a great summer,

Ryne Thompson

SAVE THE DATE!

TCA OPEN HOUSE AND RONALD MCDONALD HOUSE BENEFIT SATURDAY JUNE 6 1-5 P.M.

DETAILS SOON!



TENNIS

Tennis is a game...family is forever. - Serena Williams

And we have both like nowhere else at the TCA!

GUI'S CORNER

All of the teaching pros and I are really excited for a great spring and summer tennis season here at the best club in town! TCA.

ADULT DOUBLES TOURNAMENT! Get ready for our annual **TCA NTRP Doubles and Mixed Doubles Grand Prix, May 1-3!** So grab a partner and sign up online at www.tennislink.usta.com/tournaments. Tournament ID: 750003015.

Due to bad weather we had to reschedule our **L5 Junior Challenger to April 24-26th**. We would like to thank all our sponsors for being partners of this great event and hope you will all come and watch some of the best junior tennis players in the Southwest.

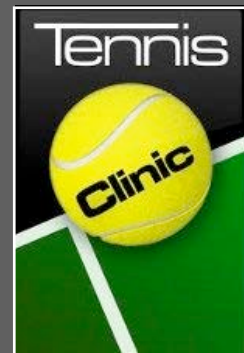
Our new **Super Senior Tennis Program** is about to kickoff! The group will start their clinic on April 8th and will meet twice a week for tennis instruction. This six week program will end with a six week round robin against other clubs in town.

Our **Junior Programs** are still going strong. I have noticed tremendous improvements to all of our juniors at TCA and there is no doubt in my mind that our quality teaching as well as TCA's fun environment is the reason for this success.

Live Ball is back! If you would like to sign up or just learn more about this great workout please contact Alex at mansfieldtennis505@gmail.com

Finally I would like to officially announce the addition of Joey Gorence as one of our Assistant Professionals. Joey has worked at the TCA in the past under Ocho and has been a long time TCA member. I am personally very pleased Joey has returned to TCA. He is a hard worker and a terrific tennis player who has a lot to offer to TCA members. So please feel free to contact Joey directly for lessons at (505)573-1011 or via email at joeygorence@yahoo.com.

ADULT CLINIC ACTION



NEW SCHEDULE BEGINS MAY 9

ADULT 101:
SATURDAY 9AM
SATURDAY 10AM

LIVEBALL: SATURDAYS
GOLD (4.0+) 11-12PM
SILVER(2.5-3.5) 12-1PM

please e-mail
mansfieldtennis505@gmail.com
if you're interested in
joining.

We do have 2 back to back tournaments the weekends of April 24-26 and May 1-2 so these classes will return Saturday May 9th. Sign up soon!



TCA 3.0 Women's Team

USTA LEAGUE PLAY IN FULL SWING!

USTA Leagues:

The USTA season is officially in full swing, with 12 teams competing out of TCA in the 18-and-over division this year! Keep an eye out for league standings in the weeks to come, as we will begin posting regular updates on the boards in the clubhouse. We could not be happier with the level of participation, and trust that this will be another great year for USTA league tennis out of TCA! A special thanks, as always, to our captains for pulling this all together!

2.5 Women (Captained by Amy Badger and Lee Sloan-Garcia)

3.0 Women (Captained by Lisa Anselmo and Anne Gann-Everett)

3.5 Men (Captained by Mark Goodman)

Two 3.5 Women's teams (Captained by Barb Chase and Terri Collins, respectively)

Two 4.0 Men's teams (Captained by Andrew Barnes and Ryne Thompson, respectively)

Two 4.0 Women's teams (Captained by Sheri Nevins and Kim Lerohl respectively)

4.5 Men (Captained by Mark Baker)

4.5 Women (Captained by Becky Lee)

5.0+ Men (Captained by Alex Mansfield)

Tennis Tip for Doubles:

Watch the middle!

A ball should never go down the middle of the court without someone putting a racquet on it. Anytime the ball is hit wide, both players must move in the direction of the ball with the ball side player covering the alley and the partner overplaying the middle.

Do not let your opponents have an open shot down the middle. If the opponents win the point with a great crosscourt angled shot fine, but it's a much harder shot to make than the ever popular down the middle. Dare them to make the harder shot!

By the same token, take notice when you see the middle wide open! So many players do not follow the path of the ball but rather move straight ahead at the net leaving the middle as wide as a highway to hit through.

Great satisfaction can be found when opponents glance at each other as if to wonder whose ball was that? Just like the one great putt or golf shot that keeps us out on the course, so does the double glance from a pass down the middle. It's a beautiful thing!

Keep up the great tennis!

JUNIOR DEVELOPMENT

Spring air brings big improvements to 12u groups Competition Groups gear up for TCA Jr. tournament

12u programs spring into action!

I love it when an increasing number of young enthusiastic tennis players choose to participate in a tennis camp rather than go on a long family vacation. That's dedication!

We saw this directly with the recent Spring Break Camp. Our second annual 12u camp increased 200% from last year in number of participants! Held March 31-April 3, the team of incredible instructors provided 12 hours of wonderful instruction, exercise and games all in a fun nurturing and safe environment. Regular sessions actually continued during the camp week and thereafter for the 12u classes and the competition group. Our last session before fall with end Saturday April 18th for the after school program and Sunday April 19th for the 12u competition group. This particular group has shown tremendous improvement since its inception last August. We have focused a great deal on maintaining a sense of purpose, focus, and intensity towards each

aspect of the lesson. Footwork and coordination are typical areas of focus for this age group. Matchplay on Sunday has created wonderful opportunities for the athletes to put into practice all they have learned during the week. With coaches present, we provide tactical advice and encourage mental fortitude in real time. Every player has their own unique path towards development and improvement. This group of players help and support each other in this regard and consider themselves TEAM TCA! Please come and support this generation of hard working players April 24-26. Look for the teal TCA sweatshirts!

Big Professional Attitude for Big Results - Eating like a Pro!

With beautiful weather arriving, we would like to remind each family to be sure our junior players are hydrated before they come to practice.



Sanjeev shows off his agility skills!

Also food eaten during lunch and after school should be considered. It's best to have a light snack before practice. As a suggestion, eat pasta or rice (slow sugar) with meat (proteins) for lunch. Before practice, drink an energy drink and have a protein bar (fast sugars). It is best to eat a banana early in the day as sugar in a banana is digested and is present in the blood three hours after being eaten. The junior development team and 12u competition group work very hard and their bodies need the correct fuel with which to sustain themselves physically and mentally during practice and to improve, grow and thrive as a player.

There is a plethora of information on the world wide web but please ask any of our pros if you have any questions.

This and That

New Arrival at TCA!
Lillian Harper Stuart
Born January 27, 2015
Weight: 7 lbs, Length: 21 inches

To Proud Parents:
Amy and Jeremy Stuart
congratulations!

NEW MEMBER SPECIAL!

1ST 30 DAYS FREE !

FOR NEW MEMBERS OR FORMER MEMBERS WHO ARE RESIGNED FOR MORE THAN 12 MONTHS. ONLY \$200 ACTIVATES YOUR MEMBERSHIP. HELP SPREAD THE WORD! OFFER EXPIRES MAY 15TH!

NEWS NEWS NEWS

please let Cathie or Amy know of any member achievements or noteworthy accomplishments so that we can recognize you in our newsletter! Don't be shy...we are a family and want to celebrate with you!

SUMMER NEWS

Swim Team Registration Open

Jimmy Phillips and assistant coaches are anticipating another great summer. Registration is open for swim team and swim lessons! Please stop in soon as classes do fill up quickly! If you have any questions, please do not hesitate to contact Cathie or Monica.

SUMMER TENNIS CAMPS

Half Day

Come spend the morning with the best teaching crew around! Structured, focused stations, engaging, enthusiastic instructors, and an ideal student-to-instructor ratio mean lots of balls, lots of exercise, and lots of fun with feedback for all the students. Snacks and drinks provided.

8-and-Under Red Ball 8:00-9:00 am
Members: \$60 + tax Non-members: \$70 + tax

8-and-Under Red Ball 8:00-11:00 am
A light snack will be provided at 10:30a.m.
Members: \$180 + tax Non-members: \$210 + tax

12-and-under Orange/Green Ball 8:00-12:00
A light snack will be provided at 10:30a.m. Point play 11-12
Members: \$240 + tax Non-members: \$280 + tax

13-and-Over 8:00-12:00
A light snack will be provided at 10:30a.m. Point play 11-12
Members: \$240 + tax Non-members: \$280 + tax

Session 1: May 26-29
Session 2: June 2-5
Session 3: June 9-12
Session 4: June 16-19
Session 5: June 23-26
Session 6: June 30-July 3
Session 7: July 14-17
Session 8: July 21-24
Session 9: July 28-31

Full-Day

The full day camp will focus on everything from stroke mechanics to conditioning to your mental game, with plenty of time for structured point play and feedback. We're confident you will leave each session a stronger, more confident player than you came in. Our teaching team is composed of USPTA Professionals, current and former NCAA players. They will ensure to craft a program that's right for you this Summer!

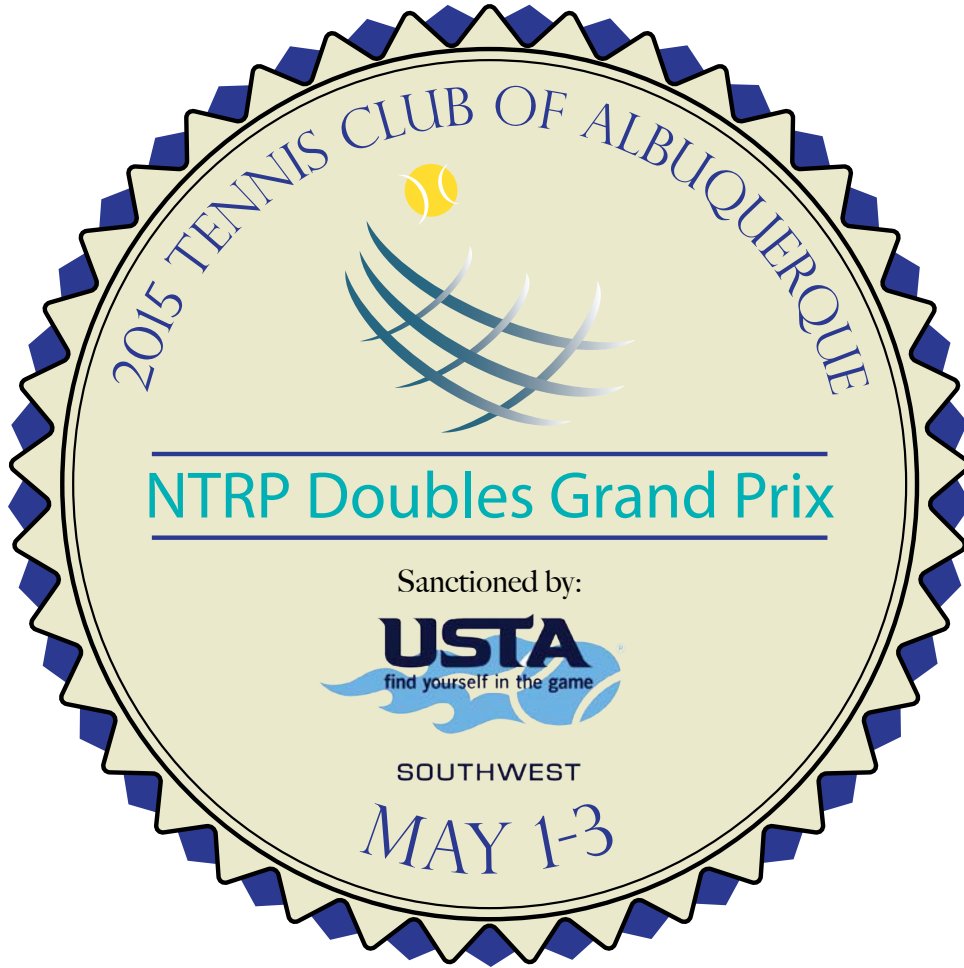
Members: \$360 + tax Non-members: \$420 + tax

9a.m to 12a.m = Technical and tactical drills. On court physical conditioning.
12p.m to 1p.m = Lunch provided by the club. **1p.m to 3p.m** = Coached match play.

To register please contact TCA Tennis Director Gui Dupont: at guillaumedupont@mac.com. Include your shirt size as well as any special dietary needs. Additional weeks and more than one child are 10% off!

In case of no-show or late cancelation (24 hour prior to the start of the session) we will charge 50% of the camp fees. Payments are due at sign-ups. Only full payment will secure your spot.

Tournament ID: 750003015
Entries close Saturday, April 25



PRESENTED BY:



BUILDING AND GROUNDS COMMITTEE

Your building and grounds committee has been diligent towards making our club a better place to play with repairs, improvements and proposals for additional actions. Please take a look and as always, your input is valued and wanted.

1. Playground equipment was approved and has been ordered. It should arrive by April 7 and be installed soon after.
2. The proposal for windows overlooking courts 2 and 3 was approved as was a remodel of the entry area. We are waiting for a cost estimate for the entry. Once we have that, the project will be implemented.
3. Replacement of the pool filters has begun and will be completed prior to the swim season.
4. Tennis court repairs are slated for May and will include a hitting wall in the Annex area.

Other actions either completed or in progress include:

1. The wall damaged by a car has been repaired and repainted.
2. The pond in the entry area has been redone and will be landscaped later in the Spring.
3. A TRX fitness area has been installed between courts 3 and 4.
4. We have one estimate for roof repair and are awaiting two others. Once we have estimates in hand we will seek Board approval to proceed.
5. We are seeking estimates for gutter repair.
6. Shade structures for the kiddie pool and the area between cts 3 and 4 are being costed out.
7. Fencing repair and new fencing around the side entry, the playground as well as the annex area is being costed out.
12. A master landscaping plan is being completed.

Again, we are tentatively looking at the morning of May 10 (Sunday) as a volunteer workday to deal with a number of minor maintenance needs around the club. The pros have agreed to have a clinic in the afternoon as a "reward" for volunteers, so put it on your calendar!

We are also looking for a club member with expertise in life cycle planning to help set up schedules for big ticket items such as tennis courts, pool, roof, etc.

We are also looking for a member with the expertise to create a large stencil of the club logo that could be used to paint the logo over the club entrance and in other appropriate locations.

If you have expertise in these areas and are willing to help contact either Cathie at the club or Ann Loose at annloose@mac.com.

PLAYER SPOTLIGHT

SAY IT AIN'T SO :(

Soon club members Terri Collins and Steve Hickey will be returning to their Australian homeland. They joined the club in July 2013 and have been a vibrant part of the club in virtually all our tennis and social activities. We are all very sad to know their departure day is coming soon and cannot thank them enough for bringing such a ray of sunshine to the club; for including everyone in their tennis lives whether it be a Friday mix it up, drop in tennis, league play, weekly group play, helping new members join in the fun, party planning, and the list goes on. May it be every member's desire to carry on in their joyful, spirited, loving, inclusive way. This is not good bye Terri and Steve but until we meet again. Thank you for all you have done to make the TCA a better place.

CONGRATULATIONS :)

Board member Ann Loose has been busy competing at the national level with some great results. In March she competed at the Houston Racquet Club National 65's in singles and doubles. Ann competed well in singles and made it to the quarter finals in doubles. She just returned from the National 70's clay court championships where she nearly defeated the #3 seed losing 7-6,7-5! She made it to the semi's in consolation which means an incredibly high level of play. Ann holds top national rankings in both the 65's and 70's. Next stop National Hard Courts in May in La Jolla. Super inspiration Ann! Best of luck to you!

PRO SHOP UPDATES

The 2015 Babolat Pure Drive has been flying off the shelves! A modest update on one of the most successful frames to date, the new Pure Drive offers a bit more control and an elevated sweetspot compared to its predecessors, while still having access to serious levels of pop. Stop by if you're interested in demoing one!

We still have a few of the limited edition pink AeroPro Lite racquets in stock. This is a one-time order and will not be made available again, so be sure to have a look if you haven't seen this racquet already -- truly an awesome cosmetic!

In the next few months, we will be placing one-time orders for Babolat's special edition French Open and Wimbledon lines for 2015. This includes the AeroPro Drive French Open Edition and the Pure Strike Wimbledon Edition, both of which come with some seriously cool paint jobs. If you're in the market for another racquet and want something that stands out from the rest, be sure to come talk to us!

UPCOMING TOURNEMENTS

April/May Events:

Adults

May 1-2

TCA NTRP Doubles Grand Prix
Albuquerque, NM

May 8-10

Lobo Swing for the Cure
Singles Challenge Lobo Club
Albuquerque, NM

May 15-17

Santa Fe Open - El Gancho
Albuquerque, NM

May 22-25

NM Adult Open and NTRP
Grand Prix - Tanoan CC
Albuquerque, NM

Juniors

May 3

Loren Dils Invitational L6 10
and under orange ball Lobo
Club Albuquerque, NM

May 15-17

Jerry Cline Junior Open L4
Albuquerque, NM

May 23-25

NNMTA Memorial Day Junior
Tournament L5
Albuquerque, NM

FITNESS

Physical Fitness...

is not only one of the most important keys to a healthy body, it is the basis of dynamic and intellectual activity

-John F. Kennedy

TAKE CONTROL OF YOUR HEALTH NOW!

FITNESS CENTER

SLIM DOWN-TONE UP!

Spinning classes offer a great workout and add some wonderful health benefits which could all add more to any tennis enthusiasts game. Here are just a few:

*burn calories
improve cardiovascular health
progress at your pace
low impact workout
tone and shape legs
great abdominal workout
improve mental strength*

One on One Fitness offers 4 spinning classes every week. Classes are Monday, Wednesday, & Friday from noon -1 & Thursday nights from 5:30-6:30. The initial class is complimentary. Come join us—drop ins are welcome.

PILATES/YOGA STUDIO

Getting to know Joe

For most of us Pilates is relatively new to the Fitness Scene. It was only in the late 1990's that teachers who practiced Pilates were legally allowed to use the term Pilates. Prior to that we had to say something like, "movement based on the work of Joseph Pilates." Not very catchy!

As a result, Pilates didn't really go mainstream until this century. But in fact, Joseph Pilates was born in 1880, in Germany. He died in New York City in 1967 when he was 87 years old. Joseph Pilates trained and taught his method until the final days of his life.

What is the Pilates method? There are many ways to describe the Pilates method. Most people understand that it is something that focuses on the core. While this is true, it is really only a fraction of the truth.

This is the way I like to describe Pilates:

The Pilates method teaches us how to use the core in exercises of course, but also in our everyday lives. Using the

method of Joseph Pilates we gain body symmetry, balance and a sense of lengthening and elongation. We also teach the muscles to move in rhythm with one another. We coordinate the breath with movement and learn to move and breathe more efficiently and effectively. In essence, Pilates teaches us how to live our lives better, whether our passion is playing tennis or playing with grandchildren.

We have a couple of new classes on the schedule at the studio. Allie Coleman is teaching Pilates Joe's Way. Check out her class on Saturday mornings at 8:30 or Thursday afternoons at 2:00.

I know you will enjoy Getting to Know Joe!

For more information on Health, Wellness and Pilates and the full studio schedule, check out my website: www.doctormaryjayne.com

Mary Jayne Rogers Ph.D.
Profound Wellness® LLC
Living well and beautifully and justly are all one thing.-Socrates

SOCIAL EVENTS

Mix it up Doubles Friday, May 15th. It starts at 6:00 with light dinner following around 7:30. Bring your game and your appetite!

NEW MEMBER INCENTIVE PROGRAM

If you sign up a NEW MEMBER, you will receive \$50 credit on your TCA bill.

If they stay a member for a year, you will receive another \$50 credit.

Membership:

Please take a look at our member specials! There is no better recommendation than word of mouth so if you know someone who may be interested in joining please let us know or invite them to visit the club for a tour!

AD INs:

John Hristopoulos with daughter Angela, 14 and son George, 12. Please welcome John and his children to the club!

MEDIA

Look for updates, news and information on our website tca-tennis.net and follow us on facebook.

THE TENNIS CLUB OF ALBUQUERQUE

2901 Indian School Road NE
Albuquerque, NM 87106

NEW MEMBER SPECIAL

JOIN TCA TODAY!

1ST 30 DAYS FREE !

ONLY \$200 activates your membership!

Come join Albuquerque's best tennis, swim and fitness facility. This offer is available to new members and former members who have been resigned from the club for more than 12 months. Enjoy summer and year round fun with the city's most family friendly club in town. Offer expires May 15 so hurry on in!

**TCA Member
40 Love Lane
Tennistown, NM, 01530**