

Tompkins Tid Bits

I am not a sports psychologist but as a competitive coach I play one on the tennis court every day. After 32 years of playing, coaching, observing, studying, and talking with many of the top sports psychologists, I have developed some solid principles that any level player can apply to their game.

These principles are used by most professional athletes. Many athletes are aware of these principles but do not have a deep understanding of how important they are to their sport. One of our main goals on the court is to stay as calm and relaxed as possible. Therefore, one very important principle is to learn how to focus in on only the things that you have some control over and become an expert at ignoring the things that you cannot control. By focusing in on the things that you have no control over will cause you to become nervous and then negatively impact your game.

Following are a few areas that players think about but have no control over:

1. "What will everyone think if I lose to this player?" This thought can trigger intense nervousness.
2. The weather and the playing conditions. Example: you have no control if it is a windy day, however, you do have control over how you are going to handle the wind.
3. How your opponent is playing. If they are zoning (playing really well) you need to focus in on what actions you need to take to counter their good play.

At the end of the day, if we want to start playing better then we need to learn how to think like a champion!

USTA Adult Team Formation

It's that time again. If you are a captain or a player, please read the policies on the Tennis Bulletin Board. Tony Rodriguez had emailed all the captains' for their match time. If you have any questions, please call Tony at (510) 656-2250.

Fun for the Kids

Parent's Night Out/Movie Night— March. 17th from 6pm until 9pm. We will be showing a movie. Dinner will be provided. Drop the kids off and enjoy an evening out. Please sign up at the front desk by March 15th. Cost is \$6 for members and \$8 for non-members.

Get Fit with Judy

I LOST IT AT THE CLUB UPDATE & FITNESS NEWS:

By the time you read this, the final checkouts for I Lost It At The Club will have taken place. As this article is written there is a close pack of members closing in on Turin and the top prizes. However, all our members who participated are Olympians. We are seeing great progress in weight loss, strength, cardiovascular fitness and overall consistency— great job, everyone!!

Watch the bulletin board for a list of our prize winners and final totals. In the meantime, thank you to Rick's World of Tennis, Nouvelle Bistro and Richard Tompkins for donations. Our weekly prize winners include Donna Lewing, Marilyn Williams, Doreen Wilson, Diane Geschke, and Paula Doherty.

Bonus event: Members over the age of 16 may sign up for a special self defense seminar to be held at One World Martial Arts in Union City. The workshop will feature Krav Maga, the Israeli self defense system used by many law enforcement agencies. Movie and TV actors have used this form of Martial Art by Jennifer Garner (Alias), Lucy Liu (Charlie's Angel), and Jennifer Lopez (Enough). Date: Sat., April 15th at 11AM. Additional signed waiver required. FREE! Website: www.kravmaga.com & www.oneworldmartialarts.com for info.

Betsy Gravett Benefit Tournament

The 10th Annual Betsy Gravett Benefit Tournament, July 22, 23rd. The tournament committee is already planning our 10th anniversary and if you would like to be a part of the planning, please come to our meeting on March 20th at 7:00pm in the club lounge. Our theme this year is Western, so grab a partner, put on your 10 gallon hats and participate in a fun week-end of tennis, awesome food and fundraising!! Last year we raised \$50,000 and gave out 16 grants!! Thanks to all who played and donated last year!! Let's make our 10th Anniversary a Fabulous Celebration!!!! Don't forget to look up our website, www.gravettfoundation.org. We will be posting this year's tournament and by May have the entry form available. If you have any questions please call Deb at (925) 462-4165 or e-mail me at debtk@comcast.net.

Always Looking for New Members

Have friends or family looking for a place to play tennis, workout, swim, or just have fun? Mission Hills is the place. Remember to spread the word. For every new membership you refer, you will receive a \$50 certificate for services.

March Calendar of Events

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 <i>Tennis Adult Drop-In Clinic 10-11am</i>	2	3	4
5	6	7 <i>Tennis Adult Drop-In Clinic 7-8pm</i>	8 <i>Tennis Adult Drop-In Clinic 10-11am</i>	9	10	11
12	13	14 <i>Tennis Adult Drop-In Clinic 7-8pm</i>	15 <i>Tennis Adult Drop-In Clinic 10-11am</i>	16	17 Movie Night 6-9pm	18
19	20	21 <i>Tennis Adult Drop-In Clinic 7-8pm</i>	22 <i>Tennis Adult Drop-In Clinic 10-11am</i>	23	24	25
26	27	28 <i>Tennis Adult Drop-In Clinic 7-8pm</i>	29 <i>Tennis Adult Drop-In Clinic 10-11am</i>	30	31	

Members are encouraged to arrive to class on time in order to warm up properly.

Pilates Mat: Mat workout based on techniques developed by Joseph Pilates which effectively train the body for efficient function of the musculoskeletal system. Includes concentrated work on core stability, body strength, postural alignment and muscular balance and may incorporate weights, stability balls and other props.

Spinning: Aerobic cycling that incorporates different levels of aerobic activity with strong cardiovascular benefits.

Step & Sculpt: Step aerobics and basic strength moves along with sculpting using hand weights and dynabands, providing all the components of a balanced exercise class.

Yoga: Yoga is a full-body workout which enhances strength and flexibility. Rejuvenate your body and calm your mind w/ a variety of classic asana and guided relaxation.

Cardio Combination A variety of classes that change on a monthly basis. Created to avoid workout burnout and to challenge your strength as well as your endurance. Enjoy a high energy Step Class one month and a Boot Camp another. Something new every month!

Hi Low Description: Floor aerobics 30-40 minutes of movements packed with power & energy utilizing the entire floor at both hi & low intensities. 15-20 minutes of basic muscle training.

Cardio Circuit: A high low impact class consist of punch & kick combinations to effectively strengthen & tone the whole body.

Line Dancing: Learn the basics of line dancing and get a great workout all at the same time.

Group Exercise Schedule

Times	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
8 am	8:30 am Spinning May						Body Rhythm Sue
9 am		8:45am Pilates Mat Sue	9:30am Yoga Dolian	9:00 am Hi & Low Aerobic Tammy	9:00 am Line Dancing Linda	9:00 am Cardio- Combo Tammy	8:45am Pilates Mat Sue
10 am						10:15 am Yoga Reena	
5 pm			5:45 pm Spinning Penny			5:30 pm Spinning Penny	
6 pm		6:15 pm Cardio Penny		6:15 pm Yoga Penny	6:15 pm Cardio Circuit Lillian		
7 pm							