

THIS MONTH AT TCA



January 2020

Welcome New Members!

Vinod Kumar Singh

Craig Jones

Luis Alfonso Padilla Paz

David Hambrick

Kevin Kittle



USTA League Season is here!

We would love to have all members who play USTA League to please play out of TCA! For this spring season, we are going to try a new fee structure for non-members. All non-members wishing to play on a TCA team can sign in and pay a \$7.00 guest fee for practice or a match, not to exceed the \$75 for the season.

We hope this encourages more teams to play out of TCA.

The deadline to register a team for the spring season is 02/02/20. We have our sign-up sheets posted in the club house.

There is an upcoming captains meeting on Monday, January 13th at The Craft room Brewery at 6pm.

Matches start February 29th, so be sure to sign up!

A huge congrats to the Northern New Mexico Men's Tri-Level team, captained by Tony Heames, who has advanced to the National Championships at Indian Wells Tennis Garden in March! TCAers Jim Schloss, Monish Ramnath and Joey Gorence are all part of the team that will represent the Southwest section during the final weekend of the BNP Paribas Open! Great job!

Tip of the Month: Press "Pause"

When it comes to consistently timing your groundstrokes, there's no such thing as being prepared "too early." The later your preparation, the more rushed your stroke. The more rushed your stroke, the less consistent the mechanics. It's a vicious cycle.

A great way to ensure your prep is early -- and your stroke sustainable -- is to feel a tangible "pause" between the end of your racquet prep and the start of your forward swing. Better yet, you should be able to say it, either out loud or in your head. This represents a clear distinction between the two parts and, more importantly, ensures your preparation is completed, in its entirety, with time to spare.

With the Australian Open coming up, it's something you can actually watch with the pros. There's a reason they almost never look rushed with their strokes, despite how insanely hard they're hitting the ball -- it's all in the power of the "pause."

TCA Annual Meeting Thursday, January 16 @ 6pm

Drinks and refreshments provided