



# North Orange County Tennis Club Newsletter

## MEMBERSHIP PLEDGE

Each member pledges to make a contribution, engage in quality interactions, improve standards and enhance tennis competition while creating fun and friendship.

March 2009

## Facilities taking charge of new changes at FTC

Your Facilities Director, Mr. Steve Costales, along with NOCTC President Dale V. Aguilar have been working tirelessly in assisting the city of Fullerton and FTC's management team in making some much needed upgrades to the center. The restroom/locker rooms are now complete and the newly repainted lockers installed. I must admit that after taking my own personal tour of the locker rooms they are now clutter free and very "bright".

The NOCTC trophy case received a much needed cleaning and oiling while the bulletin boards have been updated with some nice color graphics and the latest

edition of NOCTC's Lob newsletter.

At the entrance to the FTC's parking lot you will notice a nice landscaping re-facing and some new signs to help ease parking congestion for FTC.

Enjoy the pictures showing some of the updates and upgrades the city of Fullerton has provided for our home base – Fullerton Tennis Center.

Thanks again to Grace Lowe (city of Fullerton), David Mann (FTC Director), Steve Costales and Dale V. Aguilar.





## Q&A with editor-at-large.....Lobby de Baul

Dear Lobby,  
Are racket strings made of cat gut?...I just can't play because I'm thinking of my kitty. Is there other string I can use?  
Signed, *Traumatized Tabby Lover*



Dear Tabby Lover:

Racket string has always been referred to as catgut so we can understand your being non pushed...er.. I mean non plussed by the term. If you're alarmed by a decline in the local kitty population be more inclined to have issue with the local taco truck than the nearby racket club. In truth yes, the cord has traditionally been made of intestine of animals usually sheep or goat sometimes swine or horses but never, ever from Boots, the family pet. The term actually comes from the German kitstring, kit being a fiddle or violin as the same cording was used for stringed instruments. So worry not for the feral felines in the neighborhood as most rackets now use stronger synthetic strings as natural gut doesn't handle high tension very well and can be affected by weather so few elite or club players use natural gut these days

That being said we must add your strings are a very important and often overlooked part of your equipment, after all the ball never hits the frame...or at least it isn't supposed to. There's power vs finesse, racket size and composition, material, pattern, tension...oh too many things for old Lobby to mention here. Just know there are many things to consider in choosing your strings and it is important to find a competent racket stringer, preferably a USRSA MRT certified stringer, they will have more knowledge and background to help you find the right string for your stick and style.

*Lobby de Baul*

**Factoid:** It is believed that Henry VIII was playing tennis when he got word of Ann Boleyn's execution. It is known that Ann was watching tennis when she was arrested and sent to the Tower to be tried and executed.

**Questions & queries to:** [dearlobby@yahoo.com](mailto:dearlobby@yahoo.com)



## Membership in March by Mary Jane Vitug



Whoops..! We forgot to welcome two new tennis members who joined last month **Ish Gomez** and **James Sun** making our membership total to 124 but wait.....

Four new members are on the run to join the North Orange County Tennis Club fun with racquets on their hand. You probably have seen them on the courts on Friday nights and let's not forget the other new member who is the current Club's Website Administrator.

### Come Join the Fun and Welcome Our New Members !



**Lisa Vaughn** A 3.0 tennis player who takes tennis lessons from Peter Yatar. She also plays racquetball.



**Matt Turnbough** NOCTC Website Administrator as well as the LOB Cartoonist



**Karine Galla** A 3.5 tennis player who recently had a beautiful baby. Congratulations, Karine!

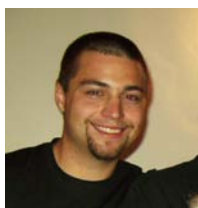


**Don Woo** Co-coordinator of the La Habra Tuesday Night Men's Group. 3.0 tennis player who has a powerful slice groundstroke and drop shot. Beware of his hidden talents.



**Attention NOCTC Members:** Membership for this month is 128. Please encourage everyone you meet to join the Club.

Please email me at [email2MaryJane@yahoo.com](mailto:email2MaryJane@yahoo.com) for corrections, deletions, & /or additions to your membership information.



**Matt Turnbough – NOTC Board member / Webmaster and LOB cartoonist**

Hi, my name is Matt Turnbough, and I am going to be the new webmaster. I have been playing tennis for 11 years and I look forward to being a part of North Orange County Tennis Club. Thank you.



## Tips from the Pros.....

By Peter Yatar Jr. ~ USPTA Tennis Pro

It has been said when ever learning how to play tennis whatever feels "natural" usually means you are doing it the wrong way. That is why in order to develop and keep your game moving forward you need instruction. Even a player who spends hours on the ball machine may feel like they are striking the ball better but on the flip side they may be reinforcing bad habits that are unknown to themselves. The North Orange County Tennis club has asked me on board to help members with their game by sharing a few bits of wisdom I have gathered over the years.

### Doubles Quick fix #7- Racquet Awareness

Too often I see club players curse themselves out or look up in the sky for answers frustrated because either their volleys are sailing long out of the court or because each volley ends up in the net. So what's the problem? The answer could be they are doing too much with their racquet. The success of solid volley relies on the stability of the racquet head. Generally when a club player swings through their volley (particularly across their body) they are either anxious to end their point or they are trying to over compensate or make up for the lack of strength on their volley. A good doubles player's volley will approach the ball with their racquet in front and meet the ball with a firm wrist throughout contact giving their volley a "crisp" feel. Timing is everything and clearly there may also be other factors at work however if you are in a game and you are struggling with your volleys keep in mind sometimes less is more.

See you on the court  
Peter Yatar Jr.  
USPTA Tennis Pro

## LOB Classified Section

### FOR SALE



- Two Dunlop M-Fil 200s
- Condition 8 or 9/10
- New string job. Pro Stock Gut/mains Lux/crosses
- Pattern 16x19
- Grip 4 3/8
- New leather grips w/new white Wilson over grips.
- **Both** racquets for \$99.00.
- Great racquets to improve your game.

E-mail Ron at  
rmoreno@bbesound.com

### Wanted....

#### ***Saturday drop-in play coordinator.***

**Duties include:** assigning courts, completing sign-in sheets, collecting court fees & promoting Saturday play.

**Hours:** Saturdays from 3:30p → 6:30p

**Location:** Fullerton Tennis Center

**If interested:** please contact Dale Aguilar

*Note: this is a NOCTC Board Member position*

### Wanted...

#### **Marketing Director – NOCTC Board**

Marketing Director would contact an estimated 50 businesses to institute a reciprocal arrangement for the benefit of the business and club membership discounts.

Primary duty will be to increase the exposure of NOCTC to surrounding businesses. We have 128 members that can translate to increased sales for surrounding businesses – but they have to know NOCTC is out there.

For further information or interest please contact Dale V. Aguilar or Steven Costales.



**Fullerton Tennis Center**  
110 E Valencia Mesa Dr  
Fullerton CA 92835  
714.773.5750

**Harbor Blvd & Bastanchury**  
Behind St. Jude Medical  
Center



**NOCTC**  
PO Box 5242  
Fullerton CA 92838

**Eloise's running group**

Eloise Nungaray is putting together a running group to help & support one another for those interested in taking up or getting back to running. If interested please call Eloise at 714.343.7212 for more details.



**FTC defibrillator**

Reminder, we are still taking donations to help fund the FTC's defibrillator. Donations can be sent to NOCTC's PO Box. Checks payable to NOCTC

During these economic troubling times, stress can take its toll on our physical health, mental health and family life. If you feel the weight of these pressures leading you towards making a drastic decision, please give these numbers a try and speak with one of their counselors. – all calls are anonymous.

**Nat'l suicide prevention line**

1-800-784-2433 or  
1-800-273-8255

**Teens helping teens**

1-800-852-8336

**Suicide Prevention Center**

1-877-727-4747