



## 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.

May 2009



### Membership in April by Mary Jane Vitug

Come Join the Fun and Welcome our New Members!



**Betty Grether** A tennis player who has topspin down. Beware of her other expertise as she gets instructions from a tennis pro...her husband, Tim.



**Bill Rathman**



**James Fournell**



**Amy Nelson** She is new in the Fullerton area from W. LA. She just got married last September. Best wishes!



**Orkyde Bina** A 3.5 tennis player who receives tennis lessons and instructions from Jean Davenport, FTC tennis instructor



**William Rogers** A 3.5 tennis player.



We recently had another tennis player who re-joined and played one of the Friday Night Tennis. Let's welcome back **Kareem Nikravan**, a 3.0 Tennis Pulse member who invites other tennis players for a challenge match.



**Attention NOCTC Members:** Membership for this month is 137. 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.



## Tips from the Pro

### Practice will not guarantee perfection but it can make you a better tennis player.

In life what you get out of it is what you put in. Tennis is no exception. As a tennis coach sometimes adult students will come up to me scratching their head and ask "How come I am not getting better?" Pleading with me that they play a few times a week but do not feel they are progressing. That's when I ask them "How many times do you practice a week?"

And a sudden hush falls on the court...

In case you did not know - playing tennis is not the same as practicing. Don't get me wrong you can get better by simple playing. This is particularly true in the case of beginning tennis players and advanced novices who gain invaluable knowledge of the format and the pace of the game as well as timing of their own shots. But intermediate player seeking to develop into advance players will struggle with a "play only" approach as new skills they have learned through a lesson or clinic never seem to stick particularly in a

match setting. It is these types of players who are seeking to improve their skill level by adding power to their shots or improve control through use of spin which is not an easy thing to cultivate without the putting the proper time into it.

We need to look at our rival and sometimes friend Golf as an excellent example where practice is not only encouraged but has evolved into a relevant activity. Many golfers spend more time a week working on their touch on the "Putting Green" or spending hours working on contact, placement and depth on the driving range than actually playing 18 holes. Here are a few benefits from practicing

- Benefits both the body as well as psychological aspects of tennis
- Develop and become proficient in executing various tennis shots.
- Develop a sense of achievement, which helps develop a positive self-image.
- Allows players to work on

certain skill shots without punishing themselves for making mistakes.

- Learn to understand and express emotions, imagination, and appreciation for what the body can do.

In the next few issues of The Lob I will share with you certain facets of tennis anyone can practice alone or with a friend so you can challenge yourself to get your game to the next level. In the mean time if there20any aspect of tennis you would like me to write about contact me at [fullertontennis@hotmail.com](mailto:fullertontennis@hotmail.com)

See you on the court,

Peter Yatar Jr.  
USPTA Tennis Pro



By Lobby de Baul

## Dear Lobby

Dear Lobby:

When is a shot considered a "carry" and what exactly happens with a "carry" I think it happened to me while playing and my opponent insisted we replay the shot, I think I won the point.

Signed,  
Carrying a grudge

Dear Carrie:

According to the rule book, not the more elegant but more open to interpretation code, a carry is an illegal shot, on which the ball is held and/or carried on the racket, rather than being struck." That means the ball is stopped and lies on the strings, rather an easy (but cheap) trick perfected with a little practice or in the open throat of your racket. The following swing propels the ball like a slingshot hard and fast as though it has been thrown. It looks somewhat like that odd stadium high stakes game Jai Alai viewed and wagered on in plush play lands of the rich and famous and I defy anyone to explain correctly to old Lobby the rules and scoring of this odd game but if you are in Monte Carlo and stop in for a match your good friend Lobby de Baul would no doubt accept an invitation to join you. Oh and by the way, intentional or not you lose the point.

Lobby de Baul

**Factoid**-The French Open begins on the slow red clay at Roland Garros in May, Last year the Men's Championship was won by Spain's Rafael Nadal while the Ana Ivonovic of Serbia was crowned Lady's Champion. The last Champions from France were Yannick Noah in 1983 on the men's side and for the ladies it was Canadian born Mary Pierce in 2000 though the last French born woman to win was Francois Durr in 1967



*Hear ye! Hear ye!*

Some may already be aware that the Fullerton Tennis Center was slated for relocation because of St. Jude's expansion project. Well some good news for all FTC patrons – FTC will NOT be moving! Also, the renovation projects that were scheduled for FTC's pavilion area are back on. Keep an eye out for changes to the Fullerton Tennis Center coming soon!

## Player Profile

Hello all, my name is Armando Rangel and this is my biography. I was born, raised and educated in beautiful Southern California where all my family is located. For the first part of my life I lived in Pico Rivera and later in my early teen years moved to and still live in Whittier. I attended St John Bosco High School in Bellflower and after graduation completed my undergrad degree at Cal. State Long Beach where I majored in business administration. Later I went on to complete my graduate degree at Pepperdine University where I received my MBA.

Over the past fifteen years I have worked in a variety of interesting industries from investment banking to oil refining/exploration in the field of human resources. Currently I am a Director of Corporate Human Resources for a mid size manufacturing company with 3 locations and 400 employees. I am lucky enough to have found a career I truly enjoy and has provided me with countless opportunities and adventures. To this day I can honestly say it really doesn't feel like "work" in the traditional definition.

I have one daughter who is a graduate of Rosary High School and is presently attending Loyola Marymount University in Los Angeles as a sophomore. She is getting ready to spend a semester studying in Bonn Germany as part of the college's student exchange program.

Other hobbies besides tennis include auto detailing, hittin' the gym and shooting on a competitive pistol shooting team. I have been involved in IPSC shooting since the age of 17 when I joined their junior's program. I found competitive shooting while working with the LA County Sheriffs Department's explorer scout program. It's been a great sport teaching a lot of discipline but does get expensive once you're out of the junior's program. I still compete on occasion but not as often as I would like.

You may think auto detailing as more of profession than hobby and it was for me during my college years. A buddy and myself found the traditional jobs available did not allow us the flexibility to work and go to school at the same time so we rented a small shop in city of industry and made our "mad" money by washing and detailing cars. Now that I don't need to detail cars for a living it has become more of a hobby for me – trying to get that perfect swirl free, gloss/shine to a car's finish is like my golf. I stick to detailing my own car only and of course my mother's car gets the full treatment every mother's day. Now and then I'll help out a friend looking to bring new life to their car.

Me and tennis, what happened? After spending so much time indoors doing the gym thing I decided to find something to do outdoors, fooling around with racquetball in the gym I figured "hey tennis sounds interesting." I bought some balls and a racquet then hit the courts only to be tremendously discouraged realizing I could not keep the ball within the appropriate lines. I quickly realized I was lacking some fundamental skills and in the summer of 2005 took some beginner courses at Penn Park in Whittier. Wanting to build on those fundamentals I later found the lessons offered by the city of Fullerton where I enrolled and took classes from Jean Davenport and Peter Yatar. Now I was getting the hang of this thing called tennis.

While playing on Fridays with a small group made up of current and former tennis classmates Dale Aguilar never failed to catch me, as I passed the FTC pavilion, asking me to join NOCTC. I have to admit that I was a bit intimidated at the time about joining a "tennis club" I didn't think I had the skills to match up against folks that belonged to a tennis club. After a few weeks of Dale's recruiting attempts I pulled the



trigger as they say and joined in August 2008, I thought the worse that can happen is that I get laughed out of the club.

I soon found it to be a great experience and my fears were unfounded. After the NOCTC Christmas party in December 2008 I was asked to take over the LOB newsletter editor's position which I accepted. Which brings me to my current tennis status. Later Steve Costales invited me to join a men's tennis group which met at the La Habra Tennis Center and was another great opportunity that was afforded to me by being a member of NOCTC.

I now find myself playing twice a week as well as taking on the ball machine a few hours a week. NOCTC has been a great experience for me having met wonderful fellow tennis players all with a true love of the sport. I enjoy participating in NOCTC sponsored events and, as a member of the NOCTC board, work at making this a fun club to be a member of. NOCTC's motto of "fun, friendship and competition" says it all for me and guides my attitude towards the club.

I look forward to many years of playing this sport, meeting new people with whom I share this common interest with and developing my skills as a player. I thank you all for reading my bio and sharing this sport with me.



## 31<sup>st</sup> annual Junior's Tournament at Fullerton Tennis Center

NOCTC is looking for volunteers to help out during the Junior's Tournament May 23-25. We need folks to help as lines people and to help with crowd control. If you're interested please contact Dale Aguilar at 714-343-0151 or at [dale7aguilar@gmail.com](mailto:dale7aguilar@gmail.com) with your availability

We are asking for a minimum 4 hour commitment on any of the 3 days.

## NOCTC vs Boeing Aerospace

Sign up now for the NOCTC vs Boeing Aerospace tournament

**Place:** fullerton tennis center

**Date:** June 27, 2009

**Time:** 10am – 12pm

**Cost:** \$15 per person

**Coordinator:** Bill Fitzgerald

This is a mixed doubles event and entry is limited to the first five (5) confirmed teams. To get on the list please contact Bill Fitzgerald at [billfitzy@msn.com](mailto:billfitzy@msn.com)

REMINDER: our next big tournament will be coming on July 4<sup>th</sup>.  
Details to follow at a later time.

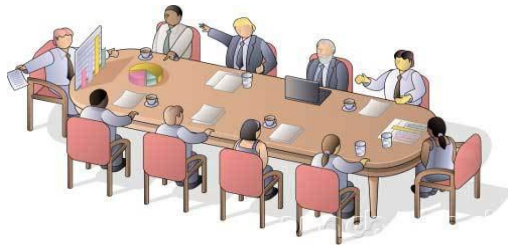
## May 2009

| Sun                | Mon                | Tue | Wed                            | Thu | Fri                            | Sat  |
|--------------------|--------------------|-----|--------------------------------|-----|--------------------------------|--|
|                    |                    |     |                                |     | 1<br>Drop in play<br>6:30p-9p  | 2<br>Drop in play<br>3:30p – 6p            |
| 3                  | 4                  | 5   | 6<br>NOCTC<br>Board<br>meeting | 7   | 8<br>Drop in play<br>6:30p-9p  | 9<br>Drop in play<br>3:30p – 6p            |
| 10                 | 11                 | 12  | 13                             | 14  | 15<br>Drop in play<br>6:30p-9p | 16<br>Drop in play<br>3:30p – 6p           |
| 17                 | 18                 | 19  | 20                             | 21  | 22<br>Drop in play<br>6:30p-9p | 23<br>Jr's Tourney<br>(no drop in<br>play) |
| 24<br>Jr's Tourney | 25<br>Jr's Tourney | 26  | 27                             | 28  | 29<br>Drop in play<br>6:30p-9p | 30<br>Drop in play<br>3:30p – 6p           |
| 31                 |                    |     |                                |     |                                |  |

## June 2009

| Sun | Mon | Tue | Wed                            | Thu | Fri                              | Sat  |
|-----|-----|-----|--------------------------------|-----|----------------------------------|--|
|     | 1   | 2   | 3<br>NOCTC<br>Board<br>Meeting | 4   | 5<br>Drop in play<br>6:30p – 9p  | 6<br>Drop in play<br>3:30p – 6p                  |
| 7   | 8   | 9   | 10                             | 11  | 12<br>Drop in play<br>6:30p – 9p | 13<br>Drop in play<br>3:30p – 6p                 |
| 14  | 15  | 16  | 17                             | 18  | 19<br>Drop in play<br>6:30p – 9p | 20<br>Drop in play<br>3:30p – 6p                 |
| 21  | 22  | 23  | 24                             | 25  | 26<br>Drop in play<br>6:30p – 9p | 27<br><b>NOCTC vs<br/>Boeing</b><br>Drop in play |
| 28  | 29  | 30  |                                |     |                                  |  |

Calendar of events



Your North Orange County Tennis Club  
Board of Directors

**President:** Dale V. Aguilar  
**Vice President:** Bill Fitzgerald  
**Treasurer:** Andy F Rebulio  
**Facilities:** Steven Costales  
**Membership:** Mary Jane Vitug  
**Web Master:** Matt Turnbough  
**Fri. Coordinator:** Eloise Nungaray  
**LOB Editor:** Armando Rangel  
**Sat. Coordinator:** < open >  
**Marketing:** < open >