



August 2012

Volume 5, Issue 8

A Newsletter for the Residents of Legend Oaks

GREY ROCK TENNIS CLUB TENNIS TIPS

In the previous issues, I answered questions about beginning to play tennis, how to select tennis equipment and clothing, how to begin playing with friends and family, and how to start children competing in small CATA tournaments. In this issue, I will offer you some advice on how to start playing USTA Adult sanctioned tournaments.

Q: When watching tennis on television, the commentators keep referring the players as “ranked” and “seeded players” What does that mean?

A: The USTA offers many tournaments for players of all abilities. As they play each match, they accumulate points according to the rounds won in

a match. After each tournament, the USTA posts the up to date ranked. When players enter another tournament on their respective division, the tournament referee will use these rankings to do the draws and seed them according to their positions. The computer, when doing the draws, will protect the “seeded” players they do not play against each other in the early rounds and hopefully will meet each other on the late rounds.

Q: How do I know which tournament to enter?

NTRP tournament events offer: 2.5, 3.0, 3.5, 4.0, 4.5 and 5.0 Divisions.
(Continued on Page 3)

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Tennis Tips - (Continued from Cover Page)

The Age Tournaments offer: Open (19 and above), 35, 40, 45, 50, 55, 60, 65, 70, 75, 80, 85, and 90 and over divisions. Also, they offer Age Leagues: 19-39, 40-53, 55-64 and 65 and above.

Q: How do I get an NTRP rating?

A: Sanctioned leagues and tournaments require a USTA Membership. They offer Single and Family Memberships at reasonable prices. When registering, they will ask a player to “rate” themselves. Depending on the playing experience and tournament play record, they will assign a player with a “rating” ranging from 2.5 through 5.0. I suggest getting advice from your teaching pro prior to making the final selection.

Q: How do I move up/down from the original rating?

A: Once a player has a rating, every time he/she plays in a league match or a tournament, they will earn points if they win, or lose points if they lose. Every six months, the USTA will publish the new ratings according to their win/loss record. At the end of each league season, the top teams qualify to participate in State Tournaments, and if they are winners in the State event, they qualify to play in National Tournaments.

Q: What about age level tournaments?

A: The USTA and CATA also offer age level tournaments. These rankings and ratings also are taking into consideration after each calendar year depending on their win/loss record. Players receive points for State Tournaments, and Category I and II for each win. Top players on each category will be invited to participate in National and International Tournaments in their appropriate age level.

For schedules, fees and types of tournaments available, you can visit the USTA.com website. Grey Rock Tennis Club hosted one of these Adult NTRP Tournaments in the month of July. Over 100 participants entered the various events offered

You also may have noticed that we have changed our name from “Circle C Tennis Club” to “Grey Rock Tennis Club”. New name, but same service and programs.

A: The Capital Area Tennis Association (CATA) and the USTA offers many leagues and tournaments for adults 19 through 90 and above years old, in Austin, State and Nationwide. There are two types of tournament and leagues: National Tennis Rating Program (NTRP) and Age Tournaments and Leagues. The

CONGRATULATIONS TO FAMILY TENNIS TOURNAMENT PARTICIPANTS FROM GREY ROCK TENNIS CLUB

On to Naples, Florida!!

The Grey Rock Tennis Club hosted the “2012 Family Tennis Tournament.” This will become an annual event. Winners that have earned a berth to participate in the National Tournament being held at the Waldorf Astoria Resort in Naples, Florida on September 6-9, 2012 are:

(Right) Shelly and Brennan Foreman, Winners of the Mother/Daughter Family Event

(Below) Christian and Kathy Smith, Runners Up; and Michele Haggerty and Jackson Cobb, Winners of the Mother/Son Family Event



PARALYMPICS PLAYER TRAINING AT GREY ROCK TENNIS CLUB

Dustin Strelsky is shown here with Francisca Mardones from Chile during a training session with Director of Tennis, Fernando Velasco. Francisca is presently ranked #25 in Singles and Doubles in the International Wheelchair Championships in the Open Division and will be representing Chile in the 2012 Paralympics' Championships being held in London in the month of August. Francisca will be training at Grey Rock Tennis Club August 4 through 15 prior to traveling to London to compete against players from all over the world.



AMERICAN ASSOCIATION OF UNIVERSITY WOMEN

Submitted by Diane Brewer, Membership VP

The American Association of University Women is a group of degreed individuals which works to ensure that opportunities and access of all kinds remain available to women and girls throughout the country and across the globe. Most people are aware that Title IX transformed athletics across the academic spectrum. Today, largely due to the efforts of groups like the AAUW, more and more women are also receiving equal pay for equal work, achieving the highest positions in business, and are also reaching pinnacle positions in government. Due to AAUW, deserving academic researchers are rewarded for their achievements with annual fellowships.

The Austin branch of AAUW is in the middle of its annual membership drive. The organization does not advertise, so it is important that people learn of this group and the indelible effect it can have on the lives of women. In Austin, AAUW volunteers work in GirlsStart and Mindspring, groups reaching out to girls who need a hand up; they

support non-profits like Ten Thousand Villages on South Congress, which markets the handmade goods of women in Third World Countries. Others are out in the community registering voters or working at voting sites. Membership VP Diane Brewer says that the dues of \$75 are divided among the national, state, and local levels of AAUW, and due to the work of the association, all but \$3 is tax deductible. For more information, go to: <http://austin-tx.aauw.net>

Service is only part of the story, however. Interest and study groups pervade the organization offering everything from a common love of reading, stitchery, and art appreciation, to bridge, mah jongg, theatre, and dining.

If you would like to explore the organization further, come to the AAUW-Austin Summer Social, located at the Episcopal Church of the Good Shepherd's parish hall, Exposition Blvd. @ Windsor Drive on Sunday afternoon, August 19th, at 3 pm. There will be a raffle, food, beverages, and lots of information. Come and see!



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Back To School Checklist

Ensuring a Healthy Return to the Classroom Begins at Home

As a parent, there's no doubt that back-to-school season requires a lot of effort to get your kids all set for the challenges of the classroom. But it's also an important time to consider your child's health, says Daniel Howard, M.D., a pediatrician with The Austin Diagnostic Clinic (ADC).

"From making sure all of the proper vaccinations have been administered on schedule, to getting their kids back on 'school year' sleep schedules, health is obviously a huge consideration for parents with school-age children," Dr. Howard says.

- **Vaccinations 101.** Children should receive a variety of vaccinations and booster shots to prevent them from getting many serious and highly contagious diseases.
- **Hearing and vision tests.** Consider getting your child's hearing and vision tested before they begin school to prevent learning challenges in the classroom.
- **Health information.** Parents should be prepared to provide schools with a list of emergency contact information that includes telephone numbers for parents, close family, pediatrician, and dentist.
- **Diet and sleep.** Healthy eating is a critical part of a child's physical

and mental development and can help curb the risk of childhood obesity. Sleep is also essential—kids should get between eight to 11 hours per day, depending on their age.

Daniel Howard, M.D., is a pediatrician for The Austin Diagnostic Clinic, a multi-specialty clinic with physicians representing 21 medical specialties at more than six locations throughout Austin and Central Texas. Dr. Howard sees patients at the ADC Cedar Bend, at 2400 Cedar Bend Drive. For more information, visit www.adclinic.com or call 512-901-4016. To download an electronic version of this release, please visit www.delaine.com/ADC



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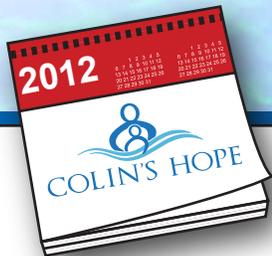
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