



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)

Legend Oaks Needs You

Please remember to maintain the appearance of your yard and landscaping. The property values in our neighborhood depend on it.

Thanks!

Your Legend Oaks Neighbors



NEWSLETTER INFO

NEWSLETTER

Articleslegendoaks@peelinc.com

PUBLISHER

Peel, Inc.....www.PEELinc.com, 512-263-9181
Advertising.....advertising@PEELinc.com, 512-263-9181

ADVERTISING INFORMATION

Please support the businesses that advertise in the Legend Oaks newsletter. Their advertising dollars make it possible for all Legend Oaks II residents to receive the monthly newsletter at no charge. No homeowners association funds are used to produce or mail the newsletters. If you would like to support the newsletter by advertising, please contact our sales office at 512-263-9181 or advertising@PEELinc.com. The advertising deadline is the 8th of each month for the following month's newsletter.

APD REPRESENTATIVES

OFFICER ZACH LAHOOD

(covers north of Convict Hill toward William Cannon)
Desk 512.974.4415 / email: Zachary.lahood@ci.austin.tx.us

OFFICER JOSH VISI

(covers south of Convict Hill toward Slaughter)
Desk 512.974.4260 / email: Joshua.visi@ci.austin.tx.us

The Legend Oaks newsletter is a private publication published by Peel, Inc. It is not sanctioned by any homeowners association or organization, nor is it subject to the approval of any homeowners association or organization, nor is it intended, nor implied to replace any publication that may be published by or on behalf of any homeowners association or organization. At no time will any source be allowed to use The Legend Oaks newsletter contents, or loan said contents, to others in anyway, shape or form, nor in any media, website, print, film, e-mail, electrostatic copy, fax, or etc. for the purpose of solicitation, commercial use, or any use for profit, political campaigns, or other self amplification, under penalty of law without written or expressed permission from Peel, Inc. The information in the newsletter is exclusively for the private use of Peel, Inc.

DISCLAIMER: Articles and ads in this newsletter express the opinions of their authors and do not necessarily reflect the opinions of Peel, Inc. or its employees. Peel, Inc. is not responsible for the accuracy of any facts stated in articles submitted by others. The publisher also assumes no responsibility for the advertising content with this publication. All warranties and representations made in the advertising content are solely that of the advertiser and any such claims regarding its content should be taken up with the advertiser.

* The publisher assumes no liability with regard to its advertisers for misprints or failure to place advertising in this publication except for the actual cost of such advertising.

* Although every effort is taken to avoid mistakes and/or misprints, the publisher assumes no responsibility for any errors of information or typographical mistakes, except as limited to the cost of advertising as stated above or in the case of misinformation, a printed retraction/correction.

* Under no circumstances shall the publisher be held liable for incidental or consequential damages, inconvenience, loss of business or services, or any other liabilities from failure to publish, or from failure to publish in a timely manner, except as limited to liabilities stated above.

Go Green
Go Paperless

Sign up to receive *the Legend Oaks newsletter* in your inbox. Visit PEELinc.com for details.



BUSINESS CLASSIFIEDS

PET STAINS ON YOUR COMFORTERS? Don't risk overloading your washer. We have large commercial equipment designed for oversize loads. Sign up for our e-newsletter at WashDayLaundry.com and receive a coupon - we wash your comforters for only \$9.99 each!

Classified Ads

Personal classifieds (one time sell items, such as a used bike...) run at no charge to Legend Oaks residents, limit 30 words, please e-mail legendoaks@peelinc.com.

Business classifieds (offering a service or product line for profit) are \$50, limit 40 words, please contact Peel, Inc. Sales Office @ 512-263-9181 or advertising@PEELinc.com.



Lee Ann LaBorde, Agent
8400 Brodie Lane, Suite 105
Austin, TX 78745
Bus: (512) 282-3100
www.leeannlaborde.net
Hablamos Español

**Being
there
is why
I'm here.**

Get discounts up to

40%

I'm always looking for ways to make your car insurance dollars work harder. **Like a good neighbor, State Farm is there.®**
CALL FOR A QUOTE 24/7



State Farm

LO
P090106 04/09

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL

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!



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

EVERYONE PLAYS EVERYONE WINS

Healthy activities for kids have always been at the core of the YMCA of Austin. Whether your child is a newbie or a seasoned player, YMCA team sports and activities **build character and teach lifelong values...** in addition to being a lot of **FUN!**

Fall Youth Sports include:

- Soccer
- Volleyball
- Kickball
- T-Ball



**Fall Youth Sports
Registration Open Thru Aug. 26**

SOUTHWEST FAMILY YMCA • AustinYMCA.org • 891-YMCA

DID YOU SAY FREE?

(yes.)

**YOUR NEWSLETTER
IS PROVIDED 100%
FREE OF CHARGE...**

and is made possible by the advertisers within.

Please frequent their businesses and let them

know where you saw their advertisement.

While there, be sure to say "Thanks!"

www.PEELinc.com



Now no
scheduling
fee!

SetonER.com

LOG ON.



SHOW UP.



BE SEEN.™



Hold your place in line and reduce your wait time
in the Emergency Room to 15 minutes or less.



**Seton Southwest
Hospital**

7900 FM-1826 Austin, Texas 78737 (512) 324-9000

*SetonER.com is for minor emergencies only. If you are experiencing
a life-threatening emergency, go directly to the ER or dial 9-1-1.*

Powered by **InQuicker.com**
HOLD YOUR PLACE ONLINE

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.delaune.com/ ADC



Did you forget the name of that...



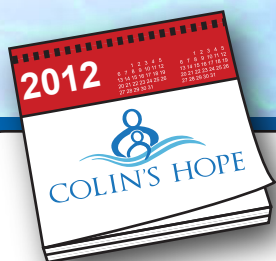
Visit here to find **YOUR** local businesses:
www.peelinc.com/businessDirectory



DROWNING IS PREVENTABLE



COLIN'S HOPE
WATER SAFETY TIPS AT
WWW.COLINSHOPE.ORG



Colin's Hope Upcoming Events

August 30: Colin's Hope Got2Swim Lake Austin
September 16: Colin's Hope Kids Triathlon

Volunteer - Donate
WWW.COLINSHOPE.ORG

Thank you to all of the volunteers and community partners who gave of their time, resources and talent this summer to help us raise water safety awareness to prevent children from drowning. We have made such an incredible difference! As the summer comes to an end, please continue to keep your children safe in and around the water. Put multiple layers of protection into place to prevent children from drowning. **Drowning is Preventable.**

LAYERS OF PROTECTION



**CONSTANT VISUAL
SUPERVISION**



LEARN TO SWIM



**WEAR LIFE
JACKETS**



**MULTIPLE BARRIERS ON
ALL POOLS & HOTTUBS**



**KEEP BACKYARDS &
BATHROOMS SAFE**



LEARN CPR



**CHECK POOLS/HOTTUBS
1ST FOR MISSING CHILDREN**



**VISIT US
ONLINE**



PEEL, INC.

308 Meadowlark St. South
Lakeway, TX 78734

PRSRT STD
U.S. POSTAGE
PAID
PEEL, INC.

LO



Celebrating
60
Years
ADC

What happens when your
little *Slugger* isn't 100%?

**EasyCare
Pediatrics**

Mon-Fri:
4 to 8 pm
Sat & Sun:
9 am to 2 pm

Your child isn't feeling well and needs to see the doctor today. ADC *EasyCare* Pediatrics can help! Same-day appointments are available 7 days a week. And, for grownups who need to see a doctor after work or in the evening, *EasyCare* for adults and teens is open Monday-Friday from 3 -7 pm. Call **901-4031** to schedule with ADC *EasyCare*.



The Austin Diagnostic Clinic Circle C

Pediatrics • Allergy • Podiatry • Family Practice

ADClinic.com/CircleC • 512-460-3404