



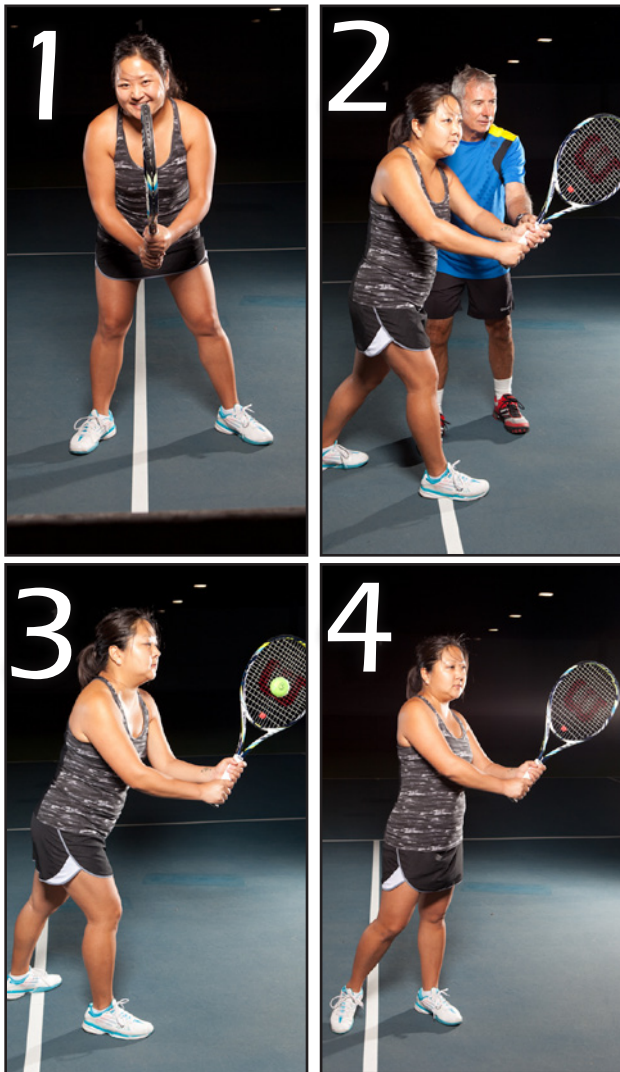
January 2013

Volume 6, Issue 1

A Newsletter for the Residents of Legend Oaks

# Tennis Tips

By USPTA/PTR Master Professional  
**Fernando Velasco**



## THE TWO-HANDED BACKHAND VOLLEY

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand and a forehand volley. In this issue, I will give you instructions on how to execute a two-handed backhand volley for a right hander. This stroke is used whenever the player is forced to hit a ball in the air. In these pictures student Mindy Custer demonstrates the proper form and technique. Photos by Charlie Palafox.

**Step 1: Ready Position:** The body is facing the net. The right hand is holding the end of the racket in a forehand grip position and the left hand is next to the right hand. The left hand is holding the racket slightly tighter than the right hand. Feet are a shoulder width apart and the body is in equal balance. For beginners it is okay to use the forehand and backhand grips for the forehand and backhand volleys. As the player gets stronger and the balls come at a faster speed, it will be best to use the continental grip for both volleys.

**Step 2: Back Swing:** Since the volley is usually executed when a player is close to the net and there is very little time to react to the incoming ball, the back swing is very short. The left hand will make a slight change of the grip and the right hand will be relaxed and loose. The left shoulder should take a short turn and the head of the racket should align to the flight of the ball. The left wrist should be “cocked” back slightly and the head of the racket should be above the wrist. Eyes are still focused on the incoming ball. Here I am helping Mindy to feel the hand on the racket to tilt back and still keep the head of the racket above her wrist.

**Step 3: Point of Contact:** The right foot is now taking a step forward and the racket is making contact with the ball. It is important to keep the left shoulder closed and not rotate the right hip too early. Flexing the right knee will allow more flexibility to find the proper point of contact and give power to the ball.

**Step 4: Follow Through:** Once the racket has made contact with the ball, the follow through is very short to allow the player to immediately get back to the ready position. The right arm should be close to the body.

*Look for in the next Newsletter: The Serve*

## NEWSLETTER INFO

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# CEDAR FEVER OR COMMON COLD?

## WINTER IS CEDAR FEVER SEASON

The common cold and the Mountain cedar allergy called "Cedar Fever" often begin the same way: runny nose, sneezing, sinus pressure, scratchy throat, and headache. Yet knowing the difference between a cold and cedar pollen allergies can be very important when it comes to effective treatment options.

Cedar Fever is the popular term for cedar pollen allergies, which strike many residents in Central Texas during the winter months, when mountain cedar plants emit large amounts of pollen. The common cold, meanwhile, is caused by a virus and can occur any time of year. The problem is that the cedar season is also the height of the cold and flu season.

## COLD VS. ALLERGY SYMPTOMS

"Despite the many similarities in symptoms between Cedar pollen allergies and a cold, there are some clear indications that can help you understand which condition you are suffering from," says Dr. John Villacis, an allergist and immunologist with The Austin Diagnostic Clinic (ADC). "While a cold and related symptoms may only last a few days to one or two weeks, symptoms of cedar pollen allergies may persist for several weeks or months."

Another important difference in symptoms has to do with the excess mucus production that both conditions tend to produce. While people with a cold may experience discolored mucus, those with cedar pollen allergies will experience clear mucus production. And while people with a cold may develop a fever, people who have cedar pollen allergy will not develop a fever.

## WHEN IN DOUBT, ASK A DOCTOR

Dr. Villacis says people who are not sure if they have a cold or cedar pollen allergies should consult with a physician as soon as possible in order to get an accurate diagnosis and effective treatment options.

*John Villacis, M.D., is an allergist and immunologist for The Austin Diagnostic Clinic, a multi-specialty clinic with physicians representing 21 medical specialties at more than seven locations throughout Austin and Central Texas. Dr.*

*Villacis sees patients at the ADC Main Clinic, at 12221 North MoPac, and at ADC Circle C, 5701 West Slaughter Lane, Building C. For more information, visit [www.adclinic.com](http://www.adclinic.com) or call 512-901-4052.*



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# LEGEND OAKS

## AUSTIN NEWCOMERS CLUB

This month our luncheon program will feature Peter Bay, Music Director of the Austin Symphony Orchestra, who will speak about the Symphony's repertoire for the upcoming symphony season. He will play recordings of excerpts of the pieces, and explain the background of the compositions and his approach to conducting them.

Mr. Bay has been the Symphony's Music Director since 1998, and is also the primary conductor for Ballet Austin. He has been music director of the Britt Festival Orchestra in Jacksonville, Oregon since 1993, and in 2011 was Music Advisor of the Hot Springs Music Festival in Arkansas. He has made many national and international guest appearances conducting famous orchestras. Mr. Bay is a native of Washington, DC and received degrees from the University of Maryland and Peabody Institute of Music.

The monthly luncheon will be held on Wednesday, January 16 at Green Pastures restaurant, located at 811 West Live Oak in Austin. We get together at around 11:00 a.m. for a social hour with lunch at 12:00 noon. The luncheon is \$20 per person; reservations are required, and payment must be received by Thursday, January 10.

The club website is [www.AustinNewcomers.com](http://www.AustinNewcomers.com) and the telephone number is (512) 314-5100.



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*All proceeds will go toward the purchase of surgical equipment  
at Seton Southwest Hospital.*



## Fabulous Working Ladies of South Austin

The Fabulous Working Ladies is a thriving sisterhood of women serving in business, life and community.

There is a need for women to connect, to help & support one another in business. To share our life and experiences with others and we desire to make change in the lives of those in need, through local and nationwide charitable organizations. Through the Fabulous Working Ladies Nationwide organization you will have the ability to do all of those things and more. We invite you to join our nationwide community. Help us celebrate one another. Help our community pay it forward.

Come meet some Fabulous Women on Thursday, January 31st @ Mandela's in Arbor Trails (William Cannon & MoPac) at 11:30. To sign up go to [www.SouthAustinFAB.com](http://www.SouthAustinFAB.com). See you soon!



## JANUARY EVENTS *at the Wildflower Center*

### FREE ADMISSION!

*January 2 through 31*

No charge for visiting the Wildflower Center any day in January. Enjoy the winter landscape!

### TREE TALK WINTER WALK

*9 a.m. to 5 p.m. Saturday, January 27*

Kids Tree Climb and an educational tree scavenger hunt with native tree saplings as prizes. Native trees and shrubs for sale and expert advice. In The Store Margie Crisp signs her book, *River of Contrasts: The Texas Colorado*.

### NEVER THE SAME RIVER TWICE

*January 12 through March 2*

Artist Margie Crisp's book, *River of Contrasts: The Texas Colorado* displays hand-pulled prints in the McDermott Learning Center.



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### Attention Teenagers

The **Teenage Job Seekers** listing service is offered free of charge to all The Legend Oaks teenagers seeking work. Submit your name and information to [legendoaks@peelinc.com](mailto:legendoaks@peelinc.com) by the 9<sup>th</sup> of the month!

### Classified Ads

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**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](mailto:advertising@PEELinc.com).

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# Cedar Saturdays at ADC Circle C

Beginning Saturday, January 5, ADC Allergists Dr. Tom Smith and Dr. John Villacis will see patients affected by cedar pollen allergies during our three **Cedar Saturdays**. New patients and established patients are welcome and most insurances accepted.

**To make an appointment call 512-334-2542.**

## **ADC Circle C**

5701 W. Slaughter Ln., Bldg C  
Austin, TX 78749

### **Cedar Saturdays dates & times:**

January 5, 2013 - 9am-2pm

January 12, 2013 - 9am-2pm

January 19, 2013 - 9am-2pm



**The Austin Diagnostic Clinic Circle C**  
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