



NEWS FOR THE RESIDENTS OF TARRYTOWN  
AND DEEP EDDY

JANUARY 2019

VOLUME 7 ISSUE 1

## ChampionsTX Gymnasts perform in Blue Santa Parade

The older show teams of ChampionsTX Gymnastics, located in West Austin Waya and Lake Travis, had a busy holiday collecting unwrapped toys for the children of Blue Santa, who might not otherwise have a gift under the tree!

Champions performing in their 15th Chuys Blue Santa Parade, cartwheeled and flipped up Congress helping add to the fun of thousands who were there to bring their gifts to the toy trucks.

Champions kids helping kids... part of their community outreach program of Champions Cares!

"We're so proud of all our athletes, and coaches, getting up early on a holiday weekend and doing such a fabulous job for over an hour, tumbling up Congress for these kids in need. We love teaching more than skills and hard work... its the whole person - Changing everyones lives!"





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Austin Transportation Dept.....	512-974-1150
Municipal Court .....	512-974-4800
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City of Austin.....	www.AustinTexas.gov

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# TARRYTOWN REAL ESTATE market report update

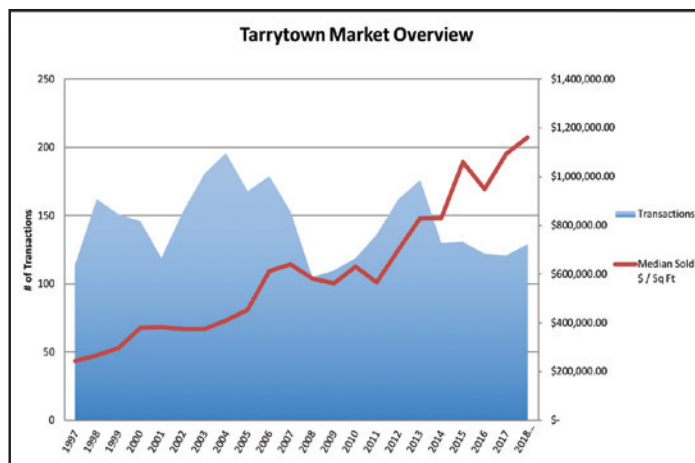
January  
2019

by **Trey McWhorter**

Happy New Year! For this kick-off article to 2019 I wanted to provide a summary of 2018 and compare to previous years. 2018 Data is through December 15th, and an updated version is available online on my website at [treymcwhorter.com/newsevents](http://treymcwhorter.com/newsevents). Here are some highlights/notables:

- Transactions were up vs. 2017, and the highest since 2014
- List and sold prices were up only slightly (1% for list and 3% for sold prices, and \$/sq ft increased 2% for both list and sold price/sq ft)
- Median home sizes were slightly smaller than 2017 at 2,867 sq ft
- Days on market for 2018 dropped substantially, with median days on market of 27 days in 2018 vs. 54 in 2017

Single Family Homes	Year to Date - Tarrytown	2018	2017	2016	2015	2014	2013
<b>SOLD</b>	Single Family Homes Sold	129	113	118	124	129	168
<b>List Price</b>	Avg List Price	\$ 1,334,150	\$ 1,295,129	\$ 1,183,922	\$ 1,178,547	\$ 1,085,633	\$ 1,049,957
	Median List Price	\$ 1,180,000	\$ 1,170,000	\$ 992,500	\$ 1,095,000	\$ 850,000	\$ 839,950
<b>Sold Price</b>	Average Net Sold Price	\$ 1,290,211	\$ 1,231,067	\$ 1,142,288	\$ 1,129,399	\$ 1,047,218	\$ 1,008,895
	Median Net Sold Price	\$ 1,160,000	\$ 1,125,000	\$ 948,250	\$ 1,058,000	\$ 830,000	\$ 826,000
<b>List Price \$/ Sq Ft</b>	Average List Price / Sq Ft	\$ 448	\$ 420	\$ 431	\$ 412	\$ 380	\$ 342
	Median List Price / Sq Ft	\$ 434	\$ 428	\$ 418	\$ 405	\$ 361	\$ 333
<b>Sold Price \$/ Sq Ft</b>	Average Net Sold Price / Sq Ft	\$ 435	\$ 403	\$ 417	\$ 396	\$ 369	\$ 332
	Median Net Sold Price / Sq Ft	\$ 423	\$ 413	\$ 406	\$ 394	\$ 362	\$ 322
<b>Days on Market</b>	Average Days on Market	63	73	64	66	50	49
	Median Days on Market	27	54	40	31	21	16
<b>Size of House</b>	Sq/Ft (Total)	2867	2892	2,486	2706	2548	2843
<b>Age of House</b>	Year of Construction	1975	1959	1954	1960	1953	1956



Looking at the trend for median sold \$/sq ft going back to 1996 (earliest year for which MLS data is available), prices have been on a steady rise since 2011. The number of transactions has picked up some in 2018 after several flat years, but nothing like 2012 and 2013, when there were 162 and 176 transactions, respectively.

Look for an updated version of this article on my blog at [treymcwhorter.com](http://treymcwhorter.com). You can see this and other analysis posted there, and I hope you will check it out.



# TARRYTOWN

## Introducing "Get To Know Your Neighbors"

We are all very fortunate to call Tarrytown home. But, Tarrytown is more than just a place to live; it is a vibrant community brimming with family-friendly neighborhoods, chock-full of fascinating, talented people. Our variety is what makes us so both unique and extraordinary. However, sometimes, we get so busy, we lose sight of how interesting and diverse we've become.

We believe that getting to know the people who live nearby will help us create a sense of belonging and shared identity. We have created a column entitled, "Get to Know Your Neighbors" which we hope will strengthen connections, build trust in our wider community, and contribute to a happier neighborhood for everyone.

If you know of a person or a family that you believe is making Tarrytown a better place to live, please let us know. We would like to introduce them to your neighbors.

Email [Kelly@peelinc.com](mailto:Kelly@peelinc.com) to be featured in a future issue.



## Recipe from The Kitchen EARTHQUAKE CAKE

1 cup coconut  
1 cup chopped pecans  
1 - 2 layer pkg. German chocolate cake mix  
8 ounces cream cheese, softened  
1/2 cup melted oleo  
1 - 1lb. pkg. confectioners sugar

Sprinkle coconut and pecans in greased and floured 8 x 14" cake pan. Prepare cake mix using package directions. Pour into pan. Beat cream cheese and oleo in mixing bowl. Add confectioners sugar; mix well. Pour over batter. Bake at 350° for 45 minutes or until cake tests done. Yield 15 servings.



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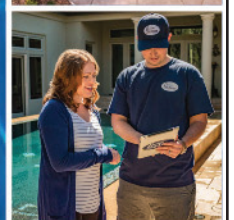
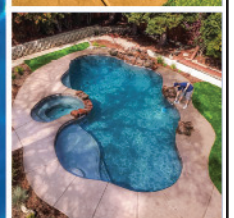
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# TENNIS TIPS

By USPTA/PTR Master Professional Fernando Velasco

## How to execute the Two-Handed Backhand Volley



STEP 1



STEP 2



STEP 3



STEP 4

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 player Robyn Fuller from the Grey Rock Tennis Club demonstrates the proper form and technique.

**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.

**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.



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## HOW CAN I GET IN SKI-SHAPE?

*By Kelly Cunningham, MD, Sports Medicine specialist and Founder. Austin OrthoBiologics.*

Dr. Cunningham spent 15 years as a traveling doctor for the men's Olympic downhill team, accompanying the athletes throughout the US, Canada and Europe on the World Cup tour. He was able to pick up tips from some of the world's finest altitude athletes and their trainers.

**Ski conditioning begins about 6 weeks prior to travel, and involves three phases:**

**Muscle training | Stamina | Agility**

**Muscle training** for the skier or boarder utilizes stretching, closed & open-chain strengthening exercises, and emphasizing the core muscle groups of the spine, hips, quadriceps & hamstrings. For most recreational athletes, low-weight/high-repetition sets will be best. Another option may be a personal trainer or workout club pro to help you design a program to strengthen your core without over-stressing your joints. Joint pain is a common skier injury so muscle training will aid in prevention.

**Stamina** is crucial for a recreational athlete, especially at altitude. (That's another discussion for later!) Cardio conditioning can be as simple as running, jumping on a bike or elliptical, preferably using "interval" periods to increase your heart rate. Sports like tennis, swimming, and basketball have built-in interval training as part of the sport.

Speaking of sports, these are great for honing the **athletic agility** that helps prevent ski injury, especially at the end of a long, fatiguing ski or snowboarding day. These are "ski-adaptive" sports. "Ski-specific" training involves side-to-side training tools that focus on the specific ski muscles and coordination. Slide boards, closed-chain waist belt regimens, in or out of ski boots, are popular.

The goal is to decrease fatigue-related injury but also to increase your enjoyment, help you relax, and enjoy the sport!

If you have a history of joint pain or arthritis (DJD), consider your options before you head to the slopes— perhaps 3 to 4 weeks before your trip, you might want to explore PRP or stem cell injectable treatments in Austin as a autologous, potentially regenerative medicine alternative to steroids to ensure that you get the most out of your trip.

*Austin, Texas, resident Kelly Cunningham, MD is board certified by the American College of Orthopedic Surgeons, and an active member of the Arthroscopy Association of North America and the International Cartilage Repair Society*



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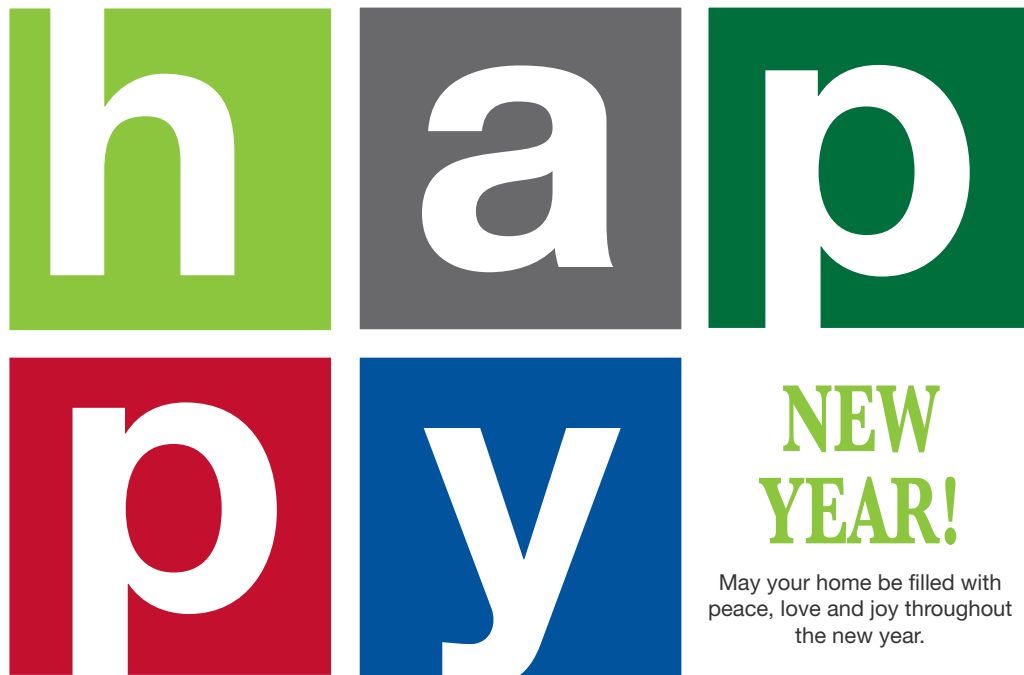


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