



**January Newsletter 2016**



Dear Members,

Speaking on behalf of the PRC staff, we wish you a very Happy New Year 2016!

Thank you for such a very memorable year 2015 at Petersburg Racquet Club as we welcome in 2016!! We are very thankful to have all of you who make up our wonderful membership and appreciate all the positive long term relationships represented within. With your ever present support and participation in all the tennis opportunities here at PRC, you really make the club a very special place.

Thanks once again and we look forward to seeing you on the courts in 2016!

### **Save The Date**

Save the future date for upcoming events beginning in February!

### **Shop News**

On Sundays the shop phone lines opening to take calls for Monday / Tuesday court time has changed from

**February 13th** Family Fun Day  
**February 20th** PRC Chili Cook Off

12:00 to 12:30 beginning Jan. 3rd.



### Business Office

IF you have any questions about your account please contact

Gail Jones @ [gailjjones@comcast.net](mailto:gailjjones@comcast.net)  
 Brian Hodge @ [bhodge@prctennis.com](mailto:bhodge@prctennis.com)

### PRC Junior Tennis Programs

Session 4 January 4th - February 12th

Reminder to take advantage of the "prepay" pricing option for the session.

All prepay for sessions must be done the first week of a 6 week session and must be paid for using cash or check. No credit cards will be accepted.

### Tennis Tip of the Month

#### How to Keep the Mental Edge

1. Stay with your game plan. Don't change it because you are leading. Finish him/her off with the strokes and strategy that got you there.
2. Use positive phrases to maintain concentration and appropriate arousal. When you need it, repeat any of the following affirmations as much as possible: "I am winning this match." "This is mine." "I deserve this one." "I love this challenge."

### New Rackets

Come in and try our newest line of game improvement rackets!

**Wilson** Ultra 110, **Wilson** Ultra 100 LS, and **Wilson** Ultra 100 S.

These racket are of the highest grade construction and quality. They are very user friendly both in weight, maneuverability, and power.

These rackets will not be sold online by Wilson and can only be purchased through the shop.

If charging \$279 includes stringing (Wilson Synthetic Gut)

\$250 when using cash or check includes stringing (Wilson Synthetic Gut)

**Look for an additional line of rackets coming out in early 2016!**

3. Smile when the critic comes knocking. Don't fight him. Laugh at him. You are in control and busy enjoying the competition.
4. Keep your eyes focused on specific targets--Strings, ground, where you want to hit the ball. Avoid looking around.
5. Breathe deeply and rhythmically to maintain physical relaxation. Make this a routine. Players tend to constrict their breathing under stress.

In the final analysis, closing out a match is no different than any other aspect of competition. Like every point in the match, it requires total focus, intensity, and appropriate arousal level. Stay loose, stick to your game, focus on each point, and enjoy the challenge. Diffuse the inner critic with a smile and you are on your way to having and keeping the mental edge.

## Petersburg League News

Spring Season planning dates:

**December 10** Player registration opens

27 Initial roster deadline

29 Create Schedules

31 Send schedules for facility review/coordination

**January 2** Publish schedules

6 Season begins

## PRC Events- Upcoming

**Saturday Feb. 13th 1:00-4:00** Family Fun Day - Come out and enjoy an afternoon of tennis with the family. There will be light snacks and beverages combined with fun tennis mixers for both the kids and adults.

**Saturday Feb. 20th 4:00- 7:00** Save the date- 3rd Annual Chili Cookoff Tennis Mixer! This is a mixed doubles event. Cook up your favorite chili recipe and enter the chili cookoff.

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