



**SALT LAKE**  
SWIMMING & TENNIS CLUB

WWW.THETENNISCLUB.ORG

# THE COURT REPORTER

November 2010

## MESSAGE FROM THE MANAGERS

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After month-long search, Rod Horton was named Director of Tennis at the Salt Lake Swimming & Tennis Club. We're excited by Rod's energy, enthusiasm, and vision for our tennis program.

Rod Horton has 25+ years of teaching experience. Previous experience includes playing high-level Junior tennis and a very successful college career at Weber State University. While at Weber State, the team won conference championships 3 out of 4 years; Rod served as team captain his junior and senior years at Weber State.

Rod's coaching career started with the University of Utah Women's tennis program as an assistant coach. He is a USPTA P-1 rated teaching professional and has spent much of his career mentoring aspiring Junior players to achieve a higher level of success, not to mention numerous adult teams that have gone on to sectional and national playoffs.

Rod is the recipient of Utah Tennis Association's 2003 David L. Freed Award for achievement in the tennis

industry, and has headed up several fundraising and charity events throughout his career. Rod is presently working with numerous high performance players from all ages—adults and youth—and brings a lot of passion and desire to his new position as Director of Tennis at the Salt Lake Swimming & Tennis Club.

Last year Rod achieved the rank of #81 in the U.S. in the 45 years and older singles division and is seeded #8 in the USTA National Men's 45s Indoor Championship Tournament November 8-13, 2010 here at the Club. Welcome to the Salt Lake Swimming & Tennis Club, Rod!

Cheers,

Ian Rothfels & Laurie Staton



### Jr. Tennis Schedule:

#### *Senior Elite*

Time: M & W 4:30–6:00pm

#### *Academy*

Time: T & TH 4:30–6:00pm

#### *Flight*

Time: M & W 6:00–7:00pm

#### *Stars*

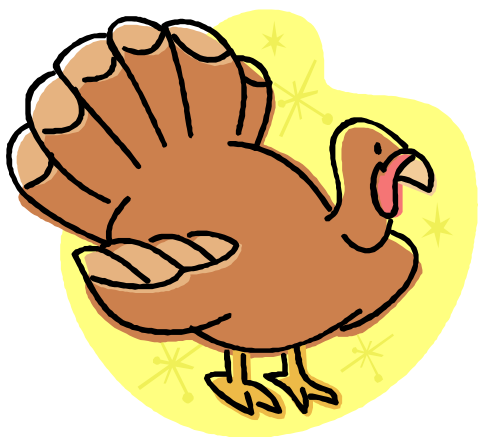
Time: T & TH 3:30–4:30pm

### Masters Schedule:

M-F: Noon-1pm

(Check Club website for schedule)

## NOVEMBER EVENT SPOTLIGHT



**Men's 45 s Nationals – November 8–12, 2010;** Join us for some awesome tennis with top-10 nationally ranked players, including Rick Leach (#1), Andy Stoner, Thomas Kong, Mario Tabares, Kelly Ward; locals include Rod Horton (#8) and Warren Pretorius. For tourney updates, click on the link at [www.thetennisclub.org](http://www.thetennisclub.org).

**Annual Turkey Tournament – November 16–17, 2010.** Come to play and play to win a turkey or a pie! Register by 11/12; forms are at the Front Desk.

**10th Annual Grand Slam Invitational - November 29th – December 4th.** By invitation only to overall top point winners in Grand Slam/Grand Prix Challenge.

## CLUB CORNER

### Marathon Women Rule!

St. George Marathon finishers Julie Cantera and Michelle Marsh finished in 4:45. Way to go, marathon women Julie and Michelle!

### Share your Shots on Photobucket!

Keep your photos and videos of tennis matches, swim meets,

workouts, and Club events in one place at [www.photobucket.com](http://www.photobucket.com). Log into the Salt Lake Swimming & Tennis Club account with Username: [thetennisclub](http://www.thetennisclub.org), and Password: [sugarhouse](http://www.sugarhouse.com), and click on Upload. After uploading, you may add titles, descriptions, and tags.



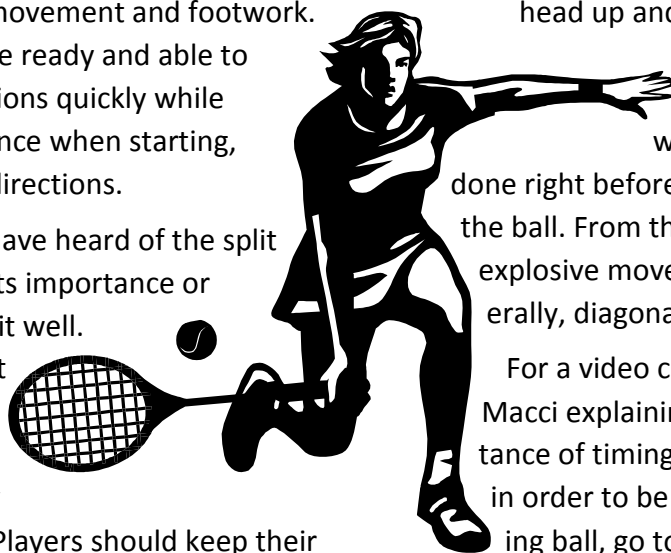
## TENNIS TIP OF THE MONTH: THE SPLIT STEP

Tennis is a game of movement and footwork. A tennis player must be ready and able to move in various directions quickly while maintaining good balance when starting, stopping or changing directions.

While most players have heard of the split step, not many know its importance or why you need to time it well.

The split step is a slight upward hop that, on landing, enables the player to move quickly

to the oncoming ball. Players should keep their



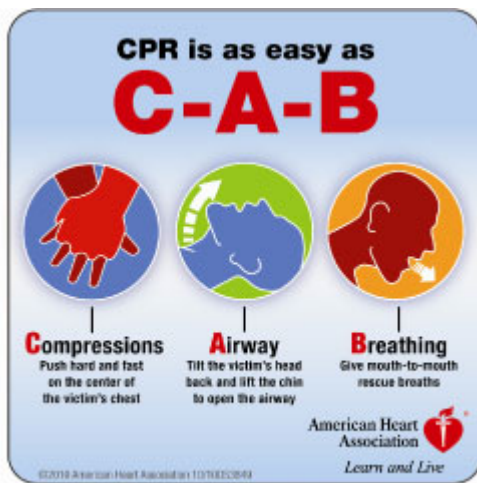
head up and maintain good upper body posture with their weight forward. It is extremely important to time it well, so the split step should be done right before the opponent makes contact with the ball. From the split position players can make explosive movements in any direction, either laterally, diagonally or vertically.

For a video clip of Master Professional Rick Macci explaining and demonstrating the importance of timing the split step before hitting a shot in order to be in a better position for the incoming ball, go to [www.tennisresources.com](http://www.tennisresources.com).

## LIFESAVING NEW GUIDELINES FOR CPR

WebMD Health News announced October 18, 2010 that new guidelines were released by the American Heart Association recommend that the three steps of cardiopulmonary resuscitation (CPR) be rearranged.

The new first step is doing chest compressions instead of first establishing the airway and then doing mouth to mouth. The new guidelines apply to adults, children, and infants but exclude newborns.



**The new way is C-A-B -- for compressions, airway, and breathing.**

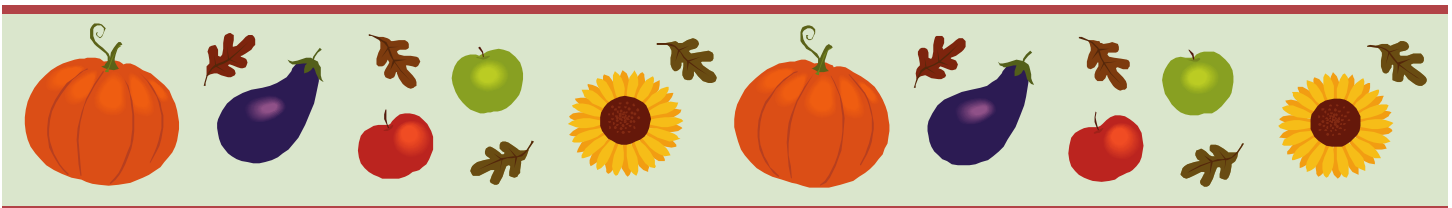
"By starting with chest compressions, that's easy to remember, and for many victims that alone will be lifesaving," says Michael R. Sayre, MD, chair of the emergency cardiovascular care committee for the American Heart Association and co-author of the executive summary of the 2010 AHA guidelines for CPR and emergency cardiovascular care.

The old way was A-B-C—for airway, breathing and compressions. The old approach, he says, was causing delays in chest compressions, which are crucial for keeping the blood circulating.

### How to Do the New CPR




Here is a step-by-step guide for the new CPR:

1. Call 911 or ask someone else to do so.
2. Try to get the person to respond; if he doesn't, roll the person on his or her back.
3. Start chest compressions. Place the heel of your hand on the center of the victim's chest. Put your other hand on top of the first with your fingers interlaced.
4. Press down so you compress the chest at least 2 inches in adults and children and 1.5 inches in infants. "One hundred times a minute or even a little faster is optimal," Sayre says. (That's about the same rhythm as the beat of the Bee Gee's song "Stayin' Alive.")
5. If you're been trained in CPR, you can now open the airway with a head tilt and chin lift.
6. Pinch closed the nose of the victim. Take a normal breath, cover the victim's mouth with yours to create an airtight seal, and then give two, one-second breaths as you watch for the chest to rise.
7. Continue compressions and breaths -- 30 compressions, two breaths -- until help arrives.—  
Kathleen Doheny



# COME TO PLAY

## NOVEMBER 2010

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5 Free "Stroke of the Month" Tennis Clinic, 10:30-11:30am	6
7	8	9	10	11	12 Deadline for Turkey Tourney entries	13
← USTA Men's National 45s →						
14	15	16	17 	18	19	20
← Turkey Tourney →						
21	22	23	24	25  Club Hours: 6am-2pm <b>Thanksgiving</b>	26	27
28	29	30	← Grand Slam Invitational →			

