

The Ranch Review

www.riataranch.net

July 2014

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A Newsletter for Riata Ranch Residents

Fit and Fun: Health Tips for You and Your Children

Getting fit and staying fit can be a fun process. That's true for individuals, and it's especially true for families.

Fitness is an important topic, especially when your daily routine involves a lot of sitting, whether at work, at school, or at home in front of a computer or TV screen.

The habits that we learn as children are often the habits we carry into adulthood. As parents, we can help our children build healthy habits and find new, fun ways to motivate ourselves and our children to get active.

Below are some ideas for getting off the couch and having some fun while getting fit:

- Take an active vacation: It's tempting every day to think of your vacation as a time to sit and relax. But isn't that what your body does everyday? Instead, you can plan a trip that includes hiking, biking, skiing, and other activities that the whole family can do together.
- Visit a local park: It doesn't have to take a whole day, but you could spend a few hours playing at a park. Take a ball (football or soccer), a Frisbee, or a hacky sack, and play. You can invite some friends to join you, too. And remember: It's not just about the kids moving around – it's your time, too!
- Hold a block party: Call your neighbors, and block off the closest cul-de-sac for a get together that includes fun and active games. From freeze tag and relay races to hide-and-seek and kickball, there are hundreds of activities to choose from that are fun for everyone.
- Go for a hike: Find a local area where you and your family can go and hike for a few miles. Spend time outdoors, and enjoy what nature has to offer while you all get fit!

For more ideas about fun activities, visit the American Alliance for Health, Physical Education, Recreation, and Dance's Web site at: www.aahperd.com.

The Goal: Be instrumental in encouraging children to develop the good habit of moving through space, nurturing their physical power, and getting fit.

For more information about healthy activities, contact your health care provider or your Concentra health specialist. For more information on the importance of fitness for children, visit the Centers for Disease Control and Prevention's Web site at:

[http://www.cdc.gov/
healthyyouth/physicalactivity/](http://www.cdc.gov/healthyyouth/physicalactivity/)



IMPORTANT NUMBERS

EMERGENCY

Sheriff.....	713-221-6000
Fire Department.....	281-855-1110
Cy-Fair Medical Center.....	281-890-4285
Memorial City Hospital.....	713-932-3000
Poison Control.....	800-222-1222

SCHOOLS

Cypress Fairbanks ISD.....	281-897-4000
Postma Elementary.....	281-345-3660
Rennell Elementary.....	281-213-1550
Spillane Middle.....	281-216-1645
Cy-Fair High.....	281-897-4600
Cy-Falls High.....	281-856-1000
Cy-Woods High.....	281-213-1800
Cy-Fair College.....	281-290-3200

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HOA, SCS Mgt.....	281-463-1777
United States Post Office.....	800-275-8777

LIBRARY

Cy-Fair College Library.....	281-290-3210
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NEWSLETTER INFO

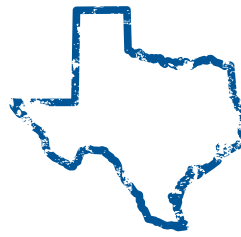
NEWSLETTER

Articles.....	riataranch@peelinc.com
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ARTICLE SUBMISSIONS

Do you have an idea or suggestion for the newsletter? Want to submit a photo, article, or both? It's easy!! Email your articles to riataranch@peelinc.com by the 10th of the preceding month. So if you get your ideas in before the deadline, you should see them in the very next month's newsletter.

We are glad to hear all of the positive feedback and we intend to continue to improving the look and feel of the newsletter according to what you tell us. So get as involved as you like! We look forward to hearing from you.



CYPRESS TEXAS TEA PARTY

The next meetings of the Cypress Texas Tea Party will be on:

Saturday, July 12, 2014 12:00 PM - 2:00 PM

Saturday, August 2, 2014 12:00 PM - 2:00 PM

The Cypress Texas Tea Party meets every three weeks on Saturday, noon until 2:00 pm, at:

Spring Creek BBQ

25831 Northwest Freeway Cypress, Texas 77429

Map: <http://goo.gl/maps/OoNjY>

A schedule of our meetings and confirmed speakers can be found at our website, www.cypresstexasteaparty.org, or email us at cypresstexasteaparty@gmail.com



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Youth Art Contest - Enter by November 1

Kids 19 and younger may enter the "Get to Know" Texas State Parks Youth Arts Contest! There are five categories with rules and prizes, and you may enter as many as you wish by following three steps:

Visit a state park for inspiration!

Create an original work of art:
writing, photography, video or music.

Get instructions to submit your work at
www.KeepCyfairBeautiful.org




Last day to enter online or by mail is November 1st

Prizes in the national "Get to Know" contest include digital cameras, underwater cameras, camcorders, art supplies, binoculars, fishing rods, writing supplies and more. Texas State Parks will award Junior Ranger daypacks, caps and water bottles!



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Junior Hurricanes Soccer League (JHSL) in Cy Fair!

Recreational soccer league for Boys and Girls U4 – U10 Years Old. Open registration for all players. Please register at:

WWW.CY-FAIRSPORTS.ORG

LEAGUE HIGHLIGHTS:

10 weeks: September thru November
Professionally Trained
Practices on Tuesday at Schiel Road Complex
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KIWANIS CLUB OF CY-FAIR HOUSTON

*YOU ARE CORDIALLY INVITED TO ATTEND
A Kiwanis meeting in June at the Hearthstone Country Club
At 12:15 pm. Reservations requested.
Call George at 832-467-1998.*

Dates: We will meet on July 1, 8, and 15. Join us for lunch, followed by a short, informative program. We welcome your visit and invite you to consider membership in this service oriented organization.

Why join Kiwanis? Kiwanis is an international service organization focused on changing the world one child and one community at a time. The Cy-Fair Kiwanis Club of Houston seeks to serve this community through sponsoring Key Clubs for high school students, Builders Clubs for middle school students, and Aktion clubs for adults with disabilities. Also, we sponsor Boy Scout and Girl Scout troops. We provide support to various other organizations in the community that serve children and families.

What is Kiwanis? Service is at the heart of every Kiwanis club, no matter where in the world it's located. Members stage nearly 150,000 service projects and raise nearly US\$100 million every year for communities, families and projects. In addition, Kiwanis members actively participate in many service projects in their home communities.

Kiwanis members don't just do service—they have fun. Members make new friends by being part of a club where they attend meetings and participate in social events. Kiwanis clubs also provide excellent networking opportunities for professionals. Members meet new people from all over their region and the world through service projects, fundraising and attendance at district and international conventions.

Visit the Cy-Fair Kiwanis Club website at:
www.KIWANISHOUSTONCYFAIR.COM



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2 STORY \$2390**

(RIATA RANCH RESIDENTS ONLY)
EXPIRES JUNE 30, 2014

*Price includes Sherwin-Williams super paint, caulking and pressure washing. Wood repair replacement is an additional charge.

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TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



CAPTION 1



CAPTION 2



CAPTION 3



CAPTION 4



CAPTION 5

The Modern Game: The Forehand Approach Shot

In previous newsletters, I offered tips on how to execute the basic strokes for players who are just beginning to play tennis or who want to resume playing.

I am now offering suggestions on how to play the “modern” game mostly geared towards players who are happy with hitting the ball over the net and controlling the point with consistency. These players may be already playing for leagues or in tournaments and are looking for more “weapons” on the court.

In this issue, I will offer instructions on how to execute the Top Forehand Approach Shot. This shot is used when an opponent hits a soft shot that has bounced high over the net. The player will take advantage and will charge to the net, thus hitting with top spin high over the net and hit with power. When the ball hits the court, it will take a big hop, forcing the opponent to fall back close to the fence, or to hit the ball on the rise. This shot can be used as a “winner” or as an “approach shot.”

In the illustrations, Christian Smith, one of the top players of the Grey Rock Tennis Academy, shows the proper technique to execute this stroke. Christian is coached by the Director of the Tennis Academy, Darin Pleasant.

Step 1: The Back Swing: When Christian sees the opportunity, he makes a quick turn of his upper body and takes the racket high and back. The head of the racket is now at shoulder height, his shoulders are turned, the left hand in front of his body for balance. He has loaded his right hip to help him drive his weight forward. His grip is relaxed and his wrist is “laid back” to allow maximum

point of contact.

Step 2: The Point of Contact: The success of a top spin shot is keeping the ball on the strings going from low to high in a 30 degree angle and accelerating the racket head around the outside of the ball. Christian started the swing high and “looped” it to allow the head of the racket to drop down. He will be brushing around the outside of the ball as he makes contact with it. His right shoulder is almost opening and his weight has now been shifted toward the front.

Step 3: The Follow Through: In order to get maximum control and power, Christian is keeping his left arm in front as he extends through the shot. He has “snapped” his left wrist and has the head of the racket facing down. His weight is in the process of shifting forward.

Step 4: The Finish: Christian’s upper body acceleration forced his head of the racket to “wrap around” his left hip, thus creating the most power and topspin on the ball. His legs are already in position to move forward the net for a volley.

Step 5: The Ready Position: Once Christian hits the ball, he must get ready to volley if the ball was not a “winner”. By the smile on his face, his forehand approach shot was successful and is waiting for an easy return to “kill” the next shot. His knees are slightly flexed, he is in a good athletic stance and his eyes are focused on the oncoming ball.

Look in the next Newsletter for: “The Modern Game: The Backhand Approach Shot”

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ONLINE**

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