



# Newsletter

## Summer and Camps Are Next!

The Multi-Sport Kids Camp at Mt. Tam is in its 22nd year! The campers have lots of fun, and they learn a lot, too. There are seven hours of tennis in each camp, which serves as a good introduction to tennis or an opportunity to refine tennis skills. It is coached by Steve Summer, our Mt. Tam tennis pro. Swim lessons are Monday through Thursday, ending with the Swim Olympics on Friday. Our swim teachers are experienced and love what they do. The swimmers are divided into small groups according to level, and our goal is to improve their swimming at whatever level they start. There is time for open swim, and then there is also time for yoga, indoor soccer, basketball, bocce ball and time for many games from silent ball to trivia! Lunch is by the outdoor pool, weather permitting.

New this year! We are offering two types of camps. The first two, appropriately named the Tennis and Swim Academy, will take place on June 17-21 and 24-28. The second camp is the Multi-Sport Kids Camp that has a greater variety of activities. The dates for these camps are July 8-12, July 15-19, August 5-9 and August 12-16.

Registration begins February 15. If you would like more information, please email [camp@mttamrc.com](mailto:camp@mttamrc.com) or go to the web site. Again this year, the Camp Director is Lisa Meakin, an accomplished swim instructor and also qualified to help others obtain a lifeguard certification. As always in the past, we focus heavily on the safety of your children.



## February 2019

### Presidents' Day

Monday, February 18  
Club Hours 7am-9pm

Only a few special fitness classes in the AM. These classes will be posted by Friday, Feb. 16. We have added these few classes for loyal enthusiasts, but attendance is generally limited.



### Soon to be Swinging

Saturday, March 16

Careful, this activity may be addictive. This is a full night of dancing and fun. Starts at 7:30 pm with the great coach, Kelly Casanova, teaching the beginners. At 8:30, the Intermediates take the floor for a 15 minute brush-up, and then the rest of the evening is open dancing. Remember, this is West Coast Swing, one of the fastest growing dance styles around...very physical and very active. What also makes this night so fun for everyone is that there are always very high quality dancers who attend and put on a show and are fun to watch.

#### Club Hours:

Monday - Tennis courts closed: 8am - Noon  
Monday-Friday - Club Hours 5am - 11pm  
Indoor pool closes at 10pm

Weekends: 7am - 9pm

#### Childcare Hours:

Monday - Friday: 8:15am - 1pm  
Saturday: 8:00am - 1pm  
Sunday/Holidays: 9:00am - 1pm

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## Fitness News and Updates

### We Got You Covered

In addition to our regular, Bob Collins, and newly-certified CPT, Corey Colavito, the gym floor staff are always available to answer questions, help with a machine, proffer a fresh towel or cold glass of water or just offer a warm greeting. A big thank you to our Gym Floor Squad for keeping our gym safe and welcoming...they include...  
-Will Jackson, who covers Monday and Tuesday afternoons and also mans the Reception Desk  
-Nick Granovsky, who works the floor Tuesday and Thursday mornings and also works at the Café weekends.  
-Navid Banie, new addition that covers the gym floor Monday and Wednesday mornings.

### February Fitness Schedules Updates

**-Monday "Spin with Sherri"** 6:30 to 7:30pm. Please welcome long-time MTRC instructor Sherri Sabin back! We are excited to have Sherri join our team of spin instructors. In addition to qualifying for the US Olympic cycling team, Sherri is a Zumba instructor (her MTRC class is Thursday nights, 6:00-7:00pm in the Mind/Body Studio) as well as a SUP/Yoga instructor. Please join Sherri for a fun and enthusiastic spin class!

**-Wednesday "Spintacular!"** with Andrea at a new time: 10:30 to 11:45am. Andrea brings her unique Lance Armstrong training to her cycle class. Andrea's cycle class focuses on replicating the experience when riding outside (minus traffic), and includes isolation drills which help the rider focus on different areas, finally reincorporating those areas to create a more powerful, more intentional ride. The last few minutes of class will include stretching and then a brief core workout off the bike. Join her for new and inventive ways of training on the bike every Wednesday starting promptly at 10:30 a.m.

**-Friday "Ride and Define"** with Maggie at a new time: 10:30 to 11:45am. Maggie delivers her signature spin class, "Ride and Define," which incorporates sculpting, aerobic drills, and core strengthening work every Friday morning, beginning at 10:30 on the dot! This one hour and fifteen-minute workout is comprehensive: Cardio, strength, and stretch. We work our ride for 50 minutes, we focus on upper body and abs with weights and mats and we finish with a good stretch. Come raise your fitness game Friday mornings with Ride and Define! Bring a friend and enjoy these new and fun spin offerings!

### New and Cool

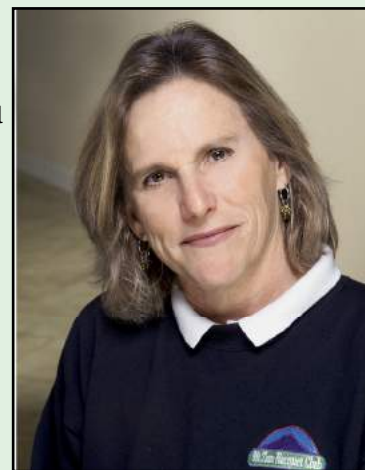
We are now offering Pilates and Yoga private and small group/duet training in the Mind/Body Studio with select instructors. Please see Fitness Director, Jodie Hawley for scheduling.



## Swim News and Updates

### Tish Is Not Going Anywhere

Despite the rumors, Tish Borden, our long-time Swim Director since 1997, is not leaving, she's just passing the baton to Lisa Meakin. She will continue to coach swim lessons. It was Tish who developed the masters swim program, summer swim program, Mommy and Me, coached many kids how to swim, but maybe most important, the Multi-Sports Camps that ran every summer. These camps are responsible for hundreds of children falling in love with sports and having a healthier life. Is there anything as important as that? Sometime we forget that clubs are more about the culture they create and the contributions to a community that take place...no one provided that more than Tish. She deserves having more time to explore other life treasures.



### Upcoming Swim Events!

Swim for a mile, swim for a month!  
**WE ARE ONE!** We are one team this year for our annual February fitness swim challenge, which begins February 1st! How many meters can you swim in the month of February? Once you sign up at the Front Desk, set your goal for the month and get your free swim cap. You are now ready to start on February 1st! You will be amazed at how much more motivated you are with a goal and also be part of a fundraising event. Mt Tam is always right there with us for this event. They donate over \$1000 to three school districts to be divided evenly to support local school foundations and to support us while we swim. Starting February 1st, you simply fill out a slip found by the water fountain in the indoor pool. Write your name and the meters you swam that day, and we will record it for you on our chart by the door to the indoor pool. See you in the pool!

### Did You Miss the Kids Swim Clinic?

That's ok! The next kids swim clinic begins February 26-April 4. The 3:45 group is working on side breathing and the basics of backstroke and breaststroke with a touch of butterfly. The 4:15 group is geared towards swimming 25 meters with emphasis on completing lengths in good form. The 4:45 group is made up of more experienced swimmers, and they work on turns and stroke refinement and cover about 1000 meters per workout. The 5:15 group is for teens! Their strokes are established but they are still trying to improve their technique for maximum efficiency. They swim 1500 meters per workout and work on endurance, speed, and pacing. Contact Tish for more information at [tishb@mttamrc.com](mailto:tishb@mttamrc.com)

## Tennis Tip

Don't watch the ball! Just kidding, but it's about time that we stop repeating this reminder and replace this phrase with something more memorable or descriptive. How about "Study the Ball," or "Act on the Ball" or even the old line, "Drive the Ball." For players to sustain a somewhat mundane command, there has to be some degree of interest created...a sense that there is a longer relationship with hitting the ball than just a sudden moment. The fact is, when contact is made with the ball, the ball and racket flex so that it stays on the strings longer for control and spin. Maybe it is best to think of hitting a 12-inch long cylinder rather than a round object. Give it a try and see if this helps.

## Bo's Casual Tennis

Fridays at 5pm

Bo, with the help of a few other pros, hosts an instructional drop-in program every week. Once a month, you are welcome to come to the program and not be a part of the paid instructional program. This month our walk-in date is Friday, February 22.

## League Updates

Tennis leagues are in full bloom in the middle of winter. We currently have 9 teams playing USTA Leagues, 4 playing Marin League and 3 playing the Sonoma, Napa, Marin League. Additionally, registration is currently open until 2/11 for the USTA 65+ League with one team already signed up. Registration for the USTA 18+ runs from 2/4 to 3/4.

Obviously, there is no shortage of opportunities for competitive play. If you would like to play on a team, you must contact the captain first. Contact Joel for the names of the captains of the various teams. Although all members are welcome to join a team at their USTA rating level, joining a team doesn't guarantee any playing time in the matches. Teams are organized and run by members who are the captains. If you would like to join a team to expand your practice list, let the captain know this when you contact them. Again, the captain has final say over the line up. Mt Tam (Joel) coordinates court time for the team matches with the captains.  
Good luck everybody!

## Court Reservation System Tested

After over a month, we are beginning to see the results of our new court reservation system. After so many years of using the phone system, it's understandable how any change would be hard to accept. But the fact that almost every other club in the country has gone to an on-line reservation system, made us think about our process. There was also always the issue of the phone system favoring those with the time to call at 8am or noon. What we have learned from our data is that approximately 30% more people are getting prime-time courts indoors. In addition, with some new modifications, we are detecting those who have been purposely violating the back-to-back playing restriction. This rule violation is particularly offensive during the winter months when court times are limited. We are committed to stopping this practice in our quest for fair and equitable court access for all members. Remember, all this goes away in a few months when Spring comes around and the weather opens up the outdoor courts for play.

## Who's Racket is It?

Racket sports of all types are popping up everywhere, Pickleball, Padle (not Paddle), Platform Tennis, you name it and it is happening. We have been asked why not here at the Club? The answer is simple, in order to host these sports you have to convert your tennis courts to the configurations required. You can put up temporary boundaries and lines, but the real game requires permanent dimensions. There is also the issue of noise...these new solid racket sports are very loud and noisy, and not comfortable for many tennis players next door. There are solutions in the works, and we will be the first to try to jump on those solutions.

## Junior Program Updates

The junior program is in full swing after the holiday break. Now is the time to get your kids back on the tennis courts. We offer classes for all ages and levels. Please contact Steve Summer at the club before signing up to make sure your child is in the right class and that there is space available.  
Red Ball - (5-7yrs old 36 ft. court) Mon., Tue, Thur 3:30-4  
Orange Ball (7-10yrs old 60 ft. ct) Tue, Thur. 4-5, Wed 3-4  
Green Dot (10-12 yrs. old full court) Mon. 4-5, Tue. 5-6  
Regular Ball - (Invitation only) Mon. 5-6:30, Wed. 4-5:30

## Free Clinics for February

Free Clinic Saturday, February 9, Noon  
Free Clinic Tuesday, February 12, 1pm

## If You Notice a Difference...

We have stepped up our maintenance program by taking advantage of new products. By using new types of paint that have zero odor, we are able to get to many areas during the day without imposing on you. We are also sprucing up the locker rooms by having a new crew come in after hours to do their work. This may result in a few days of closure to areas like the steam room, but these projects have to be done. We have always been reluctant to interrupt usage, but sometimes you just have to take the leap...the rewards are worth it!

Many members may have noticed this with the indoor pool when we put in several fans to see how we might address the condensation and lack of air circulation. This has been an experiment to find out what possible new solutions might exist to address the air quality for the indoor pool.

Another area we have our maintenance sights on is the Café. For years we have been mulling over the idea of changing out the counter tops. Not an easy project, and again will result in a few days of closure, but like we said, upgrades are good.

Lastly, we will complete the outdoor lighting for the final four courts. This project has to be timed around the weather, which makes it very difficult to schedule. During the installation, the courts 3,4,5 and 6 will be out of commission for at least two days. We hope to execute in late April.

## Masters Swim is Happening

Another way to get your meters in for February challenge is through the Master Program. It takes place every Monday, Wednesday and Friday from 9:30-10:30am and is coached by Shari Cruse. It includes stroke technique and a workout. Don't worry! You will be able to do it! There are many different levels. It is only \$30/month for three supremely coached workouts each week. There is also...Swim Fit!

If Masters seems too much for you at this time, try Swim Fit which is on Tuesdays and Thursdays from 10:30-11:30am. Come work on your technique for all four strokes with others and enjoy a short workout in a small group. For the advanced beginner and intermediate swimmer. \$75 for six classes coached by Tish Borden.

Karlyn Pipes, USMS record holder in most events in her age group is coming back to Mt. Tam to coach a faster freestyle clinic on March 14<sup>th</sup> and again on March 16<sup>th</sup>. More information about her wonderful, helpful clinics to come!



## It Takes Two to Tango

Or in this case maybe more. David Caditz has been coming to the Club occasionally with a special group of experienced Tango dancers and using the upstairs yoga room. That got the attention of a few members, which led to wondering if they too could learn to Tango. The result is a beginners class taking place on February 10 at 3pm. If you want more information, feel free to call David at 415-202-3306.



## It's That Time When New Year's Resolutions are Challenged

When it comes to exercise, we think about how to "get" fit. But often, starting out is not the problem. The big problem is maintaining it, so here are few tips.

**1 Work out why, don't just work out.** In other words, have goals and benefits that are compelling and valuable.

**2 Get off to a slow start.** There is no race, it's a long-term commitment, so take your time and avoid injuries.

**3 You don't have to love it.** But don't feel you have to really enjoy exercise, it's not always a walk in the park, but a walk in the park doesn't hurt.

**4 Be kind to yourself.** Individual motivation – or the lack of it – is only part of the bigger picture. It's the process and not the product you want to feel good about.

**5 Don't rely on willpower.** The fact is, if you need willpower to do something, you don't really want to do it

**6 Find a purpose.** Anything that allows you to exercise while ticking off other goals will help

**7 Make it a habit.** Doing physical activity regularly and planning for it helps make it a sustainable behavior. Missing sessions doesn't.

**8 Plan and prioritize.** The first is 'action planning,' where you plan where, when and how you are going to do it and you try to stick with it.

**9 If it doesn't work.** Change it. If previous exercise regimes haven't worked, don't beat yourself up or try them again – just try something else.

**10 Add resistance and balance training as you get older.** Resistance training (using body weight, such as press-ups, or equipment, such as resistance bands) is important, she says: It is going to help keep muscle mass or at least slow down the loss.

**11 Up the ante.** Look for a change in your speed or endurance or strength. Keep challenging yourself to improve.

**12 Get out of breath.** The real measure is that you are really out of breath and breathing harder.

**13 Be sensible about illness.** Take a break; it's that simple.

**14 Winter is not an excuse.** Especially here at Mt. Tam, plenty of indoor activities.

