



# Newsletter

December 2018

## Members' Holiday Party

Sunday, December 16, 5-8pm

Come mingle with new and old members, share stories and seasonal greetings. As in the past, we will have a tasty buffet and hosted beer and wine. You must make a reservation so that we can make appropriate plans. Reservations open on December 1 and close on December 12. Guests are welcome for \$25 per person. Because we provide free alcohol, attendees must be at least 21 years of age.



## Lights, Camera...Action

We are bringing an entire new experience to our tennis players. It begins with new LED lighting on courts 1 and 2 and includes a new camera system on Court 1 that will provide everything from recording, live streaming, data accumulation and the ability for any captain to go online to see what court conditions are. The lighting was a long process to research and find what would work with our light pole configuration. The camera serves a whole other purpose. For years, captains have wrestled with trying to see if the courts were playable during the wet months of the year. They would call the Front Desk, who in turn would try to find a pro who could make the best guess. These new cameras certainly won't change the weather, but they will sure help to see what court conditions are in real time. This surveillance will be available to all the members, and even non-members that may be traveling to a match here from a great distance.

## Holiday Club Hours

Christmas Eve: 7am-2pm

No Fitness Classes

Christmas

Club Closed

New Year's Eve

7am-2pm, Café hours 8am—2pm

No Fitness Classes

New Year's Day

7am-7pm

No Fitness Classes, Café hours 8am—2pm

## Basketball Court Parties

Private parties may be held on the basketball court only on Saturdays at 4pm for one hour, but you must ...

1. hire a Mt. Tam Supervisor who can also provide bar service at 5pm.
2. book this event by the 25<sup>th</sup> of the prior month.
3. have at least 15 people attending.
4. provide your own food or make special arrangements with the Club (especially for larger groups).
5. clean up after and use the facility in a safe and respectful manner.
6. not use the pools, hot tub or any other part of the facility unless approved ahead of time by management and you have a certified lifeguard on duty.

## Photos for Members

For your safety and security, please take the time to stop at the Front Desk and have your photo taken so that it can be added to your membership profile. This will prohibit anyone else ever using your card or charging to your account and will help us find you in case of an emergency.

### 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

### Address correspondence to:

Mt. Tam Racquet Club

P.O. Box 116

Larkspur, CA. 94977

(415) 924-6226

email: [info@MtTamRC.com](mailto:info@MtTamRC.com)

[www.MtTamRC.com](http://www.MtTamRC.com)

<http://www.facebook.com/mttamrc>

## Fitness News and Updates

### A Few December Changes

- 1-MELT on Wednesdays with Megan Scott will move to 6:30-7:30 p.m.
- 2-Zumba with Sherri Sabin will begin Thursday nights from 6:00-7:00 p.m. in the yoga room.

### Zumba with Sherri Sabin Is Back

Thursday, December 6th!

Join long-time MTRC instructor Sherri Sabin for a fun hour of international music and dance on Thursday evenings from 6:00-7:00 p.m. in the Mind/Body studio.

We couldn't be happier that Sherri has returned from an assignment with Chevron in Texas, and hope that you will join us in welcoming her back to the Mt Tam roster of outstanding instructors. Look for Sherri, an Olympic cyclist, as a regular substitute instructor in our spin program as well!

Sherri Sabin is rejoining the Mt Tam team after being away in Texas for three years. Sherri started the Zumba program at Mt. Tam in 2007 and taught three times a week for eight years. She will be teaching Zumba on Thursday evenings in the Mind/Body studio from 6:00-7:00PM.

Sherri Sabin has been teaching group exercise classes for over 25 years. She has a B.S. degree in Exercise Physiology from the University of Oklahoma, where she competed in track and cross country. She is an AFFAA certified group exercise instructor and she maintains Zumba, Cycling and Paddleboard Yoga certifications. Sherri's passion for health and wellness includes a career in corporate wellness, training athletes and qualifying to compete in two USA Olympic Trials in cycling. Her philosophy for teaching is to have fun, enjoy the experience and to teach a class for everybody and every body.



### Zeena Quinn=Balance and Stretch

This low-impact, high resistance class focuses on strength, coordination and balance. This class leads to health and fitness by using your own body as resistance via isometrics and correct weight techniques. Training will include a warm up, a series of full-body intervals with weights, stability ball and other gravity challenges, as well as stretch cool down. Welcoming all ages and levels-every experience can be adapted to individual needs and abilities. Shoes are preferred, barefoot ok. Bring your yoga mat.

Zeena Quinn brings a lifetime of experience in dance, martial arts, sports and circuit training. Via these focused disciplines, Zeena teaches the physical dynamics of balance, coordination and strength combined. She has toured regionally with International dance troupes as well as the Brazilian martial arts form combining gymnastics, Capoeira, with Maestre Bira Alameda. In addition to ballet, and several challenging global dance styles, Zeena has practiced circuit training, racquetball, Karate & Judo. AFFAA, Group Training, Zumba.



## Swim News and Updates

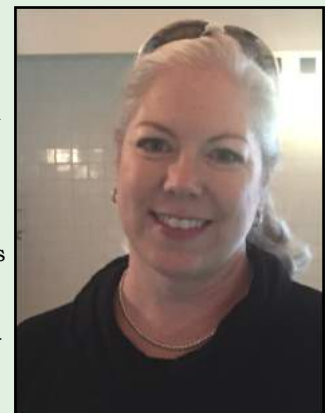
### Member of the Month

Leslie Hunter and her husband Norm, and their 3 children, have been members at Mt Tam since 2002, initially because of our beautiful 25 meter indoor pool and close proximity to her husband's office. Some of us tend to just utilize a small portion of Mt Tam and forget there is so much more! Leslie is a good example of how to get the most out of your membership. She can be found everywhere! She has been part of the masters swim group for the past 18 years. She rarely misses a workout, loves to swim and thinks (hopes) her strokes and times have improved. She knows it keeps her sane on hectic days! She is also a regular in the fitness room, weight training or working out on her own. Spinning with Ken and Angela is another favorite activity she pursues. She chooses spinning to work on her cardio and leg strength for swimming, but over the years she has taken numerous other fitness classes: stretch classes, step aerobics with Bryan Wonder and Feldenkreis.



### Masters Swim Has a New Coach

Please welcome Shari Cruse to Mt Tam Racquet club's team of fine coaches. Shari loves coaching USMS swimmers (United States Masters Swimmers) of all ages and abilities. She not only coaches Mt. Tam Racquet Club masters but is also the head coach for Symnut Masters Team that swims at Osher Marin JCC and at Indian Valley College. She is a USMS/ASCA Certified Level 3 coach, and a ALTS (Adult Learn to Swim) Certified Instructor. Every summer She runs an Adult Learn to Swim program, free to members of the community, made possible with a grant from the Swimming Saves Lives Foundation and private donor contributions. She also works privately with swimmers looking to improve technique to avoid or recover from injuries, and has worked with many triathletes. In addition to all of Shari's teaching skills, she is also a mother of 2, has an estate planning and administration law practice and is an Ironman 70.3 finisher!



## Tennis Tip

This is a bit of a long tennis tip, but we felt it is information you should have. Socially interactive leisure sports such as tennis, badminton and soccer may translate to a considerably higher life expectancy than running alone on a treadmill. Researchers studied the link between longevity and eight leisure-time sports activities among 8577 participants from the population-based Copenhagen City Heart Study. In this cohort, 1042 (12%) reported being sedentary and 5674 (66%) reported playing at least one of the selected sports. All the sports studied were associated with a longer life span; however, tennis was linked to the top gain of 9.7 years.

Participants were followed for as long as 25 years from time of enrollment in 1991 to 1994 until 2017, during which period 4448 died. Compared with inactivity, variable-adjusted longevity gains varied from a low of 1.5 years for solitary health club activities such as lifting weights to 3.7 years for cycling, 4.7 years for soccer and 6.2 years for badminton. The benefit from swimming came in at 3.4 years, and from jogging at 3.2 years, whereas calisthenics translated to a benefit of 3.1 years.

The average weekly volume for all sports activities was 411 minutes (approximately 7 hours), but varied widely from 58 minutes among swimmers to 386 minutes among cyclists, who devoted more than twice the time to pedaling as those participating in other sports. Tennis players spent an average of 103 minutes per week in their sport of choice.

Notably, tennis players more frequently had high household incomes and university degrees, parameters previously associated with [healthier lifestyles](#).

Tennis players and joggers had the cohort's lowest body mass index, both 23 kg/m<sup>2</sup>.

The authors note that other studies show that golf is associated with robust health benefits, with one large observational study [reporting](#) that playing golf regularly could raise life expectancy by approximately five years. Although having a limited social network was a risk factor for all-cause mortality, it did not diminish the association between the different sports and mortality, the authors note. They call for further study of the effect of social interaction during sports activity.

## Team Tennis Results

The last night of Team Tennis was a real thriller. Team 4 won over Team 2, 42-34 to take the final match but fell a bit short for the season title. What does that mean...well it may not make the evening sports news, but it does mean that a bunch of members enjoyed a night of fun tennis in a somewhat competitive atmosphere for the last six weeks. Here are the season results:

Team 2 - 116 points

Team 4 - 114 points

Team 3 - 114 points

Team 1 - 102 points

Thanks to the many subs that filled in, and we look forward to this program returning in mid-January.

## Free Clinics for December

Free Clinic Tuesday, December 4, 1pm.

Free Clinic Saturday, December 8, Noon

## Bo's Casual Tennis Night

Fridays at 5pm

This month, Bo will feature a special gathering for juniors looking for others to play with. You don't even need to play. Just come down and register so a roster can be created which will include your email and/or phone number, along with your level of play, age and times you like to play. We hope to create a larger and larger roster over the coming months as this is very important to help juniors find compatible players and make new tennis partners.



## Remember, Courts are Closed on Monday Mornings...

We have, since the inception of the Club, closed the indoor tennis courts on Monday mornings so that we could either wash them or do other maintenance. Due to the fact that maintenance can vary from week to week, we allow the teaching pros to have priority in using the courts from 8am until noon. This is with the understanding that the teaching pros may have to move from court to court when we are doing a maintenance project. Because the teaching pros will be using baskets of balls, which frequently roll over to the neighboring courts, we do not allow members to play on the courts out of concern that they might trip on one of these stray balls. Members are welcome to use the outdoor courts at any time as long as we are not washing them.

Another rainy day ritual at the Club is putting the courts aside for special activities. Challenge Day on Wednesday morning at 9am, Working Women's Group on Sunday at 4:30pm, and the Free Clinics have been created and run to provide an opportunity for members to have access to the courts without reserving a court. We also try to monitor the Challenge Courts as much as possible to make sure they run smoothly...not an easy task. It has been suggested that we have the courts designated according to level of play; historically that has never worked as not everyone has a rating and, maybe more important, has a proper self-evaluation of their game.

It will always be a "challenge" to have members use the Challenge Courts properly, especially with league play being so divisive concerning level of play. But for those new members, players who just can't schedule ahead, these walk-in programs are a must.

## Wild Holiday Sale in the Pro Shop

Stuck with last minute shopping and don't want to deal with the crowds at the malls? Bo will keep his Pro Shop open on Christmas Eve so that you can either purchase a product or buy a gift certificate. On top of that, he is providing a 25% discount on all items. Need rackets, shoes or stringing? Take advantage of this exceptional discount or buy a gift certificate for a future string job that most tennis players will certainly need.



## Active Isolated Stretch Therapy

**Session Description:** The AIS is a form of assisted stretch therapy on the table that can increase your flexibility, reduce aches and pains and improve overall performance and recovery while making your workouts more effective. Clinical studies have shown AIS can increase flexibility by up to 52% in just one session. Athletes have found that they recover more quickly between training sessions and gain an improved active range of motion better than with other stretching methods. AIS helps with proper body alignment and posture, increased circulation and energy and improves muscle, nerve and joint function.

### AIS PRICING:

Single Session: 50 min/\$120

Single Session Stretch and Strength combo 75 min/\$140

NEW CLIENT 3 PACK: \$330

For more information or to make an appointment, please contact or email Jennifer Ogg, CPT, AIS Practitioner at 415-637-5336 or [joggfit@gmail.com](mailto:joggfit@gmail.com)



## Preparing for the Holiday Guest

Many members are not aware of our guest policy, but one of the features is the opportunity to buy a House Guest Pass for house guests. These passes allow guests to come and go as if they were members. Guests must be staying in your home. Here are the guidelines for these passes:

<u>Full access including Tennis</u>	\$100/week	\$250/month.
	\$10 each additional person per week	
	\$20 each additional person per month.	
<u>Fitness/Swim only</u>	\$50/week	\$150/month.
	\$5 each additional person per week	
	\$10 each additional person per month.	

## Still Testing the Court Reservation System

As many of you know, we have been running a series of tests to see if there is a better system for reserving courts. The current system of calling at 8am and again at noon, 48 hours in advance has always been challenged by the fact that on certain winter days, the number of calls outweighs the number of courts substantially. In addition, even with the new caller I.D. system, we still find people working the system, which often results in the same people getting the same courts way too often. Many have commented "Why change, it works for me?" The answer is simple, we may or may not change the system, but we feel that not looking into alternatives is not fair to everyone, including those who work at the Front Desk, who often have to deal with some very frustrated members over the phone.

Please understand that most clubs across the country have an on-line reservation system, and in most cases it works quite well. But those clubs often have plenty of court time and if they are indoors, there is always a court fee associated with those reservations. The court fee helps naturally monitor play. In our system we have always tried to create an environment conducive to open play and challenge courts.

We want to reiterate, this program will only address the few morning and evening indoor court times that are most in demand on weekdays and the morning indoor courts on weekends. All of the current programs that encourage drop-in tennis would stay in place.