



Newsletter

Winter Team Tennis Comes Down to the Wire

Coming into the 6th and final round of Team Tennis, the scoreboard was tied for Team 1 and Team 4. Team 3 mounted a strong offense as they won 38-36 to put them over the top as the winners of the Winter Team Tennis. Members from all the teams and many of the subs came out to toast the winners with champagne and enjoy some snacks provided by the club. Team 3 was comprised of Scott Harrison, Chiaki Hayashi, Kathy Walsh, Sarah Margulies, Bryan Baker, Robin MacNaughton, Sue Pearlstein, Kris Lienhart, Dana Vilas, Sam Hinkley, Eric Engstrom, David Stolberg & Harriot Manley.

Congrats to all the team members and subs who made this season possible. It was a close competition throughout the season and it was great to see that team members comprised 72% of the matches. Thank you for your commitment to supporting your team!

Our next Team Tennis will begin in the Fall. Organizer and Tennis Pro Diane will send out an announcement about 1 month prior to the start of next season.



March 2018

Daylight Saving Time Sunday, March 11

Water Usage Update

Just when you thought we were out of the woods, not quite yet, the rain has again disappeared and we will need to conserve going forward. This means shorter showers, and no shaving in the showers. Basically, it's common sense, as one member put it, that water belongs to everyone...please help.



CPR Class Schedules

March 24, Noon

We will hold this class on the basketball court, this will give us plenty of room for this very valuable class that is offered to all members and their guests. Please sign up at the Front Desk so we know how many will attend. The cost is \$30 per person, well worth the investment.

It's Always Springtime at Your Club

For the last two decades, the landscaping at the Club has been nurtured by long-time member Carlo Perozzi. Carlo, also known professionally as Il Giardinere, takes great pride in making sure that your first experience when entering the Club is an uplifting one by providing color and character to the entranceway. You should know that Carlo's background includes an early migration from Ancona, Italy in 1979. He, like so many other Italians, started off in the restaurant business, but found his true passion in gardening and landscaping. Many years ago he approached management, and asked if he could take over the garden in front, and from there he marched forward, adding and changing the venue on a seasonal basis. If you need help with your landscaping, please inquire at the Front Desk.



Club Hours:

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| 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: | By reservations only |
| Holidays: | 9:00am - 1pm |

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Fitness News and Updates

Mt Tam welcomes Linda Dold to our Fitness program this month!

Linda is an Aquatics Specialist, and comes to us with a long and varied background in several methodologies, including certified yoga instruction, Rosen Method Bodywork, Jahara Method Aquatic Therapy, Palliative Aquatics, Watsu/Shiatsu Massage Therapist and Personal Training.

She completed her university degree in Kinesiology at California State University East Bay and holds additional certifications in Feldenkrais and Alexander Technique. Trained in somatic therapy, Linda has taught aquatic bodywork and movement since 1991. Linda brings into her classes the knowledge of structural bodywork and years of professional experience with disabilities and chronic pain.

In addition to her outstanding accomplishments in the realm of fitness and health, Linda is a warm and engaging person with a calm and happy demeanor. We are thrilled to have her here at Mt Tam and encourage you to try her Thursday 9:30-10:30 a.m. Aqua Aerobics class in our indoor pool. She is also a yoga substitute here, and you may have experienced her brand of yoga when she filled in for Dr. Megan Scott in February-keep your eyes open for a Linda Dold yoga class in the near future!



Pick-up Basketball?

Years ago, we used to have a group of men that would come down to the Club on Tuesdays and Thursdays to play a fun game of pick-up basketball. That seemed to fade away, but we are wondering if anyone is still interested in having this program return.

Let the Front Desk know and we'll give it a shot. Also, as soon as the new spin room is done, this will open up some time in the current yoga room, and we hope to fill that time and space with Table Tennis; more info to come.



Swim News and Updates

A Camp Story

By Tish Borden

More than 20 years ago, I was given an opportunity to start a camp. I had always wanted to have a camp, you know the kind you have in the woods in Vermont and campers stay for weeks in cabins around a lake. That camp wasn't going to happen for me in Marin, so instead I created the Multi Sport Kids Camp. There was no camp at the Club at that time so I was able to fill a void. The camp grew by word of mouth and changed and developed into a great summer tradition for families from all over Marin County and sometimes beyond. Children spent a week, maybe two or three and worked on their swimming and tennis skills, learned about being part of a team, made treasures to bring home and had a lot of fun playing. For 20 years I met so many children and parents in our community! Each camper made a unique impression and difference in my life which I will fondly remember. I hardly recognize some of the campers now as many are in their late twenties, but they always come by with a smile to visit and we remember their camp days! My counselors were the best! Many were once campers themselves. They were like family, chosen from people I knew, usually family friends or friends of my children. So now my camp journey is complete and I have passed it on to Mt. Tam so that they can create their own camp. Thanks to everyone who joined in the summer fun and thanks Mt. Tam for giving me a place to have my dream camp!



A Reminder About the Pool!

Our indoor pool is full when there are eight swimmers and, of course, everyone wants to get their swim in. As a courtesy when people are waiting, please limit your swim to an hour. The entire indoor pool is used for aquatic programs Monday thru Saturday from 9:30-10:30. In addition, Swim Fit uses lanes four and five on Tuesdays and Thursdays from 10:30-11:30, and Aqua Fit uses lanes four and five from 2:00-2:30 on Tuesdays and Thursdays.

The Challenge of the Year

Our annual 1500 meter swim at Mt. Tam on February 11 was a fun event to watch and be part of. A record 21 swimmers tried to better their previous times in the 1500 (60 lengths). There was plenty of cheering, laughter and music around the pool with some food and prizes. Some people trained for the big day and some swimmers just got in the pool and gave it what they had. Both methods seemed to work!



Tennis Tip

Coaches always wonder if singles players play enough doubles and visa-versa. For some, the physical demand of singles can be a little much, but for others, this crossover has three benefits that often go unnoticed. 1) Singles is great for groundstrokes, but because there is no threat from a doubles net player, the ball is fine with a soft or high clearance...not something that works well in doubles. 2) Serving and volleying in singles is challenging and often avoided, not so in doubles, and, for that reason learning lateral movement on the approach is enhanced with singles play. 3) Most great lobbers learn to master that trait in doubles, we all know that, but on the flip side, overheads are far more frequent in doubles and can help the singles player improve in that area.



Free Clinics for March

Free Clinics Tuesday, March 6 & 20, 1pm

Free Clinic Saturday, March 10, Noon

Don't forget that Diane, who supervises the Working Women's League on Sundays at 4:30, also teaches a special strategy class once a month.

Special Camps for Swim and Tennis

This year the summer camps take on a new look for the first two weeks, June 18 and 25. We know parents would love to see their children learn to play tennis and swim proficiently, so that they could use the rest of the summer to further progress. More and more families are looking for activities they can all do together, and both tennis and swimming fit right in to those goals. Also, many families are planning their summer vacations in the last part of the summer and having their children be able to play tennis and swim would be a real plus while at any location or resort.



More Tennis Exhibitions Underway

Friday, March 23, 7pm

One of the unique characteristics at Mt. Tam is the level of tennis often seen on the courts. It's random, but in the case of a scheduled exhibition, it's there for everyone to enjoy. Once a month on Friday night, Bo puts together one of these exhibitions that provides great entertainment and a nice social atmosphere for the Café to enjoy. This time out we host Gernot Kerschbaumer, former top junior and college player from Austria. He currently lives in Mill Valley and works at Oracle.



Parking At the Club...

Ever since we started having more a.m. fitness classes and early morning leagues, parking can be a challenge. This challenge can be complicated by those who park improperly and in areas where parking is not allowed or just park at an improper angle, taking up two spaces. With so many members driving large SUV's these days, we have to be extra safe when parking, or when opening and closing any door.

We also want everyone to be aware that there has been surge in car break-ins in the Bay Area in the last year. These thieves hit quick and are difficult to stop, even with constant surveillance. They hit any large parking lot by pulling up next to the car and waiting for the best moment to break the window and steal what they can see on the seats. To prevent this, keep all your items in the trunk so there is nothing visible for these criminals to spot. According to the Marin County Sheriffs Department, these crimes, "smash 'n dash", are on the rise and will escalate in the future as they are hard to stop. There is a reason that San Francisco has earned the nickname of the "Glass City."

While the schools are in session, the crosswalks and local streets are busy with young people. Be careful on Doherty because there are only three crosswalks in a very long stretch, and many youngsters will try to cross at any point...there is a good reason that the speed limit is 25 miles an hour. You see this happen quite frequently when members are leaving the Club and trying to go across the street to the shopping center. They often will shortcut the route and take the risk of crossing that high traffic zone rather than walk the extra 100 feet to the proper cross walk. We're a health club and we want you to be safe.

What Makes a Great Summer Camp?

If you want your children to be babysat for several hours during the summer, hire a babysitter. If you want your children to be watched over and entertained, have them attend a summer camp that does just that and no more. If you want your children to have fun and receive quality education so they can learn new skills, have them attend the Mt. Tam Racquet Club Summer Camp. For over 20 years this camp has focused on hiring top instructors to coach and supervise during the summer camps. The goal has always been, and will continue to be, both a fun week and also a productive week. We want, and we believe most parents also want, kids to finish the week as better athletes and have a memorable experience.

Here is a average day in the life of a camper...

-Start at 10am at the outdoor pool (some children come earlier to convenience their parents work schedule and are supervised for the hour). For the first couple of hours they work on crafts, projects, art and other fun activities, but the focus is mainly on swimming. For those who are proficient at swimming, there are relays and competitions.

-Break midday for a healthy lunch and plenty of time to socialize with other attendees. One of the most important aspects of attending a camp is that of meeting others and making new friends that may come from a different school district.

-Afternoon is dedicated to tennis and team sports. Tennis is always taught indoors so the weather, cold, hot or windy, never plays a factor. The instruction has a ratio of four to one and is supervised by a USPTA Elite Pro. While one group is on the tennis court, the other is on the basketball court playing games like soccer, field hockey, relays, agility classes, yoga and more...oh, and also basketball!

-Another break in the midafternoon session for some refreshments and energy-charging food, then back into action. The goal is to keep every child as active as possible for the entire day.

-The day ends at 3pm and again, for those parents who need a little extra time to finish their day at work before picking up their little ones, we can provide childcare.

-At the end of the week, the children have a graduation ceremony "The Olympics", and are awarded for their participation, along with a framed picture that hopefully someday they will be showing their children when they send them off to camp!



It Takes a Special Trainer to Make a Special Difference

Norwegian by heritage, Stein-Erik Skaar is an avid outdoorsman and sportsman. Whether it's trail running, mountain biking, surfing, skiing or snowboarding, rock climbing, or boot camping; training hard on strength and endurance has enabled him to help others reach their goals as well as reach his own. He currently teaches Bootcamp on M/W at 6:30am, Tabata Intervals on M/W/F at 12:15pm and The Grind on Tues/Thurs at 11 am. All of his classes are high intensity cardio classes with an emphasis on strength in functional training.

Certified as a Personal Trainer through the American Council on Exercise(ACE), Crossfit and TRX qualified in Functional Training, Suspension, and Group Suspension Training, TRX Rip Training, and having studied under Mark Twight and Bobby Maximus' tutelage at Gym Jones in Salt Lake City, he brings his knowledge and experience to every class he teaches at MTRC. He also works as the strength and conditioning coach for the MCAL Champion Redwood Lacrosse program.

His Words to live by.... "Work hard, train hard, play hard. Life is too short to not experience all of the activities life has to offer us. Like anything in life; if it's worth doing, it's challenging. You will need to work, but the type of training I prescribe is efficient, high energy and challenging. It will soon become addictive and bring you closer to your goals, whatever they may be."

You can find Stein in classes or personal training in the gym with either individuals or groups.

