



# Newsletter

## September 2018

### Congratulations to Our Teams Again

The 18+ Daytime USTA 3.5 team, captained by Nicola Twrst went on to sectionals last August 19th. They went up against Diablo CC, Sunnyvale TC, and Meadow STC and finished 1 & 2, but nice weather, good food, and great sportsmanship, made the entire experience very successful. Pictured to the right, our Twilight team became the first in years to when their division for the Club. Again, another fun and enjoyable competitive experience.



### Change the Court Reservation System?

For years, some members have had issues with the court reservation system. As arbitrary as it is, it tends to favor those having the time and discipline to phone promptly at 8:00 and noon, wait in a queue and then find out that the courts were already assigned.

In an effort to democratize access, we will pilot an online reservation request system starting in November. An online form with dates and time slots for the month will be available for 2 to 3 weeks in the prior month for all members to submit requests for reservations on courts 10 and 13. Courts 5 and 6 will be handled by phone as they are now. An email with the link for the online form will be sent two to three weeks in advance. The form will list the primary time slots for the entire month, and each member can select one slot per day and up to eight (8) time slots for the month. The selection is just a request, not a reservation. The court assignments are not based on first-come-first-served. A few days before the 1st of each month, the court assignments are randomly selected by the system without favoring either a specific member nor the date the request was made.

Unassigned slots will be available two days before as they are now. The intent is to reduce the rush to the phones, allow greater access to reservations for all members and improve the efficiency for the staff. We look forward to feedback during the pilot so that we can improve its responsiveness to the members as a whole. We hope the system enhances your time at the Club.

#### 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

### Labor Day

Monday, September 3

Club Hours 7am—9pm

Limited special fitness class schedule  
Outdoor courts feature supervised challenge courts from 11:30am to 3:15pm with BBQ.

### Grand Slam on Grand TV.

Check out the U.S. Open women's and men's finals on the big screen TV in the Café. They are at 1pm on September 9th and 10th. We will have a few Club pros on hand to field questions and provide insights.

### Swing is Back!

Saturday, October 20, 7:30 to 11:45pm

Featuring a beginner lesson taught by Kelly Casanova, two-time US Open Swing Dance Champion for the first hour. The dance begins for the more experienced at 8:45 pm with a D.J. featuring West Coast Swing music. The Café is open for the entire event. Admission is \$15 for the lesson and dance for the general public and \$10 for Club Members or just the dance, \$5 for members.



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## Fitness News and Updates

### Changes to the September Schedule

Stein's Tabata class:

12:15 to 12:45 Mondays, Wednesdays and Fridays

Pam's Zumba Gold class:

11:00-12:00 on Wednesday

Friday Yoga Flow L2-3:

9:00-10:15

Yoga meditation 12:05-1:20 will take a hiatus

Please try Monday Latin Spin for early birds from 6:15-7:15 a.m. with Karen! A great way to start the week with exciting music and energy.

Do you know about the breath-focused Prana Yoga offering from our resident monk Sutat? Wednesdays from 12:00-1:30 p.m.? Try this unique method of yoga for core and breath work.

Mandy offers her signature RIPPED class Fridays from 6:30 a.m. to 7:30 a.m. A combination of cardio, weights and athletic drills will challenge you in every way.

Maggie teaches her Cardio/Weights PUMP class every Tuesday from 8:45-9:45 a.m. Balance, weights, resistance training and cardio all make an appearance in this fun and exhilarating hour.

### Tai Chi Reminder

Tuesday and Thursday, 7:30 to 8:30 am.

This class will introduce you to a diverse set of traditional Chinese Internal Arts practices that coordinate body, breath and mind. Tai Chi has been scientifically proven to improve health and provide practitioners with an overall feeling of calm and well-being. We will practice different taichichuan and qigong forms, including the traditional arts of yiquan and yijinjing, as well as other forms of this ancient martial art. Cultivate and balance your life force with this internally-focused method which incorporates various breathing, movement, meditation and awareness exercises into a relaxing yet mentally stimulating hour. Instructor David Bearden has been practicing Internal Chinese Arts for 20 years.

### Do You Know Amazing Michele?

Michele Vaughan is a health and fitness expert and has a Master's Degree in Kinesiology from Indiana University. She owned and operated five studios in the Bay Area specializing in Personal Training, Pilates, and Sports Conditioning. Her training clients include Professional athletes, Nike Sports Camps, Ross Valley Lacrosse, Southern Marin Lacrosse, university and high school students and many more. She is on the faculty at the College of Marin and Santa Rosa Junior College. She trademarked two workouts, The Balance Workout and Get Your Groove Back.

She has starred in numerous workout DVD's, including TRX-Core and More, All Body Express, Balletone and The Balance Workout.

She teaches ACE Personal Trainers and Group Exercise Curriculum at College of Marin, including: Master Trainer for TRX, Master Trainer for Twist Conditioning, NSCA Certified Strength and Conditioning Coach, ACSM Advanced Personal Training, ACE Personal Training, ACE Group Exercise Twist Sports Conditioning, ACE Lifestyle and Weight Management, Stott Pilates, Yoga 200, Yogaworks, Zumba 1 and 2, Zumba Strong, Crossfit 1 and 2 and P90X Plyojam.



## Swim News and Updates

### Lisa's Back for Swim Lessons

When she is at the pool and looks around at the clientele, she sees the most diverse age demographic of any sport. There are moms and dads with their babies, prenatal moms, children, teenagers, grandparents and great grandparents, all having a good time. Swimming is truly



for everyone, which is why she is so excited to be a part of this club and the swimming program. She loves working with people with all types of swimming and fitness levels: non swimmers, folks with disabilities, strong swimmers with a competitive background, children and adults.

Her fitness background is swimming and dance. She has been teaching swim lessons and lifeguarding for over 20 years. Along with lifeguarding and lessons at various community pools, she has been a rotational swim coach for a city team, worked in Learn to Swim programs for special populations, taught Lifeguarding and started a Junior Lifeguard program. She acquired her AEA certification in water exercise for both shallow and deep water in 2004. Since then she has added course work to her certification to obtain specialties in prenatal exercise, multiple sclerosis, nutrition and Pilates. She is also Red Cross certified in both Learn to Swim (WSI) and Lifeguarding.



*Don't forget about our great young children's programs that are designed to help them become comfortable with being in the water.*

## Tennis Tip

It's September and your tennis world is about to be impacted by the weather...no not cold, but rather hot weather, which has been the trend for most prior Septembers and Octobers in the Bay Area for some time. Most players realize that they have to be prepared for the heat by having plenty of water, but how about the playing conditions and how that impacts the game. First, the ball will move much quicker in hot weather, second, the sun is much lower in the sky and the side of the court you are playing can be significant. Maybe if you win the spin of the racket before the start of the match, getting the side you want may be more important than serving or receiving first. Second, rain comes around without much warning, be prepared to have irregular starts and insufficient warnings as to a cancelled or delayed starts. Third, wear clothing that is able to handle rapid and extreme changes in temperature...many layers is the common attire.

## Free Clinics for September

Free Clinics Tuesday September 4, 1pm.  
Free Clinic Saturday, September 8, Noon

## Team Tennis to Return

People have been asking about the Wednesday night team tennis...no worries, it will be back in October and will run for six weeks, finishing right before the Thanksgiving holidays. Sign-ups will begin on September 10th. If you want for info, you can contact coordinator Diane DeMartini directly at her email of [ddemar888@yahoo.com](mailto:ddemar888@yahoo.com).



## Junior Tennis Underway

Summer is over and the year-round junior program has started up again. We offer classes for all ages and levels.

**Red Ball** – Larger ball that moves slower, bounces lower and travels less distance than a regular ball. The court is only 36 ft. This class is perfect for kids 8 & under just starting out. Class focus is on hand eye coordination, basic form and FUN!

This class meets Mon/Tues/Thurs 3:30-4pm.

**Orange Ball** – The orange ball is the same size as a regular ball but moves slower and bounces lower. The court is smaller than a regular sized court but larger than the red ball court. This class is great for 8-10 yr. olds. Class focus is on form, basic rally skills and intro to match play. Class is offered Tu/Th 4-5, Wed 3-4pm.

**Green Dot** – The green dot court is the same size as a regular court and the ball bounces just a little slower and lower than a regular ball. This class is for kids 12 & under that are not ready for the advanced class. Focus is on more advanced technique, rally skills and match play. Class meets Mon 4-5, Tu 5-6pm.

**Advanced** – This class is for the kids ready to start playing tournaments. We will work on more advanced parts of tennis including spins, shot selection and conditioning. Mon 5-6:30, Wednesday 4-5:30pm.

If you have any questions about the program, please contact Steve Summer at the Club.

## Member(s) of the Month

A bit of a twist this month by having a multitude of people. Not enough credit and appreciation given to those who captain any of the tennis teams at the Club. It's a crazy obligation to take on, requiring countless amounts of time either on the internet or the phone. Much of the task is putting together a team that will show up and then dealing with the last-minute substitutions.

The other very difficult part of the job is trying to navigate through a roster to determine the best possible line-up for a match, while not impacting another members' feelings or self-evaluation. All and all, we at Mt. Tam, especially the Pro Staff, very much appreciate all the efforts they put in to make the league program successful. Starting today, if you are a captain of a team, please contact either Rod or Joel and receive a \$50 gift certificate to the Café, probably most likely used for coffee to help you get up in the mornings after dealing with late night issues concerning either the roster or the weather.

## What's Next in Tech...

Change is normal these days, we all get that, but change for the sake of change might be overdoing it. That's why we have always tried to find new technology that actually serves a purpose and makes our lives healthier and more comfortable. The solar system on the roof, the new cardio monitoring in the spin room or the new software that runs the Club, are all good examples of new technology that can truly help. On the other hand, the computer chip in the tennis racket, the new high end court video monitor or the new check in system that provides facial recognition, all turned out to be either useless or a waste of money. After all, collecting data is great, but without proper analysis or review to find correct inaccuracies, data is pretty much worthless.

There are also a number of very fancy new workout machines that allow a member to insert their membership card for them to keep track of their progress and to adjust the machine to their individual needs. At first glance, it sounds great until you find out that when they break down they are out of commission for a least two weeks waiting for the only technician on the west coast to finally come and fix them.

The ball machine is another good example. The current provider and technician lives right here in the Bay Area and can usually be here to help with the machine within a day or two...but like most other pieces of equipment that see constant use, we actually have an old backup machine just in case.

Yes, technology is charging ahead, but service is lagging and you need to stay on top of that, all the time.

## September, Last Month to Get Your Friends On Board

We started this program in August, but will have to end it in September. To review, we offer a one-time membership special during the months of August and September. Those who have had a single membership for more than a year may upgrade to a family membership for FREE. The only thing that will change will be your monthly dues. You also can invite and bring your friends to the Club and, if they join, you will earn one month free dues. Additionally, your friends will also receive one month free. School is starting and winter is coming, so this offer is good only for the months of August and September. We have a limited membership, and when that number is met, we will have to shut down this offer.



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## September Should be Your New Year

Everyone looks at January 1 as the beginning of the New Year, and according to the calendar that is true. But if you were to look at the lifestyle of most people, especially those with family, the real changes in life take place in September when summer is over and school begins. It's this time of year that your schedule changes, your focus changes, and often your goals change. So we here at Mt. Tam would recommend that this is a good time of year to get in shape and begin to attend the over 80 classes we offer every week! Now that the school year is back in full swing, classes are filling up! Here are six tips for making the most of your favorite exercise class:

- If you have to leave early, find a strategic spot near the exit. This will eliminate the need to 'infringe' on the space of other exercisers when you have to leave, and allow you a speedier and safer exit.
- Check in with the instructor. Do you need modifications for an injury, or special attention during class? Are you new and just learning proper form? Take the time to introduce yourself. All of our fitness instructors know how to modify exercises, and will give you cues during class.
- Don't drop your weights. You risk injuring yourself, someone else, or the flooring. Instead, bend down and place the weights on the mat then resume exercising.
- Encourage yourself and others. A supportive environment where fellow exercisers cheer each other on, breeds success.
- Put away your equipment. Wipe and neatly put away your equipment after class. This allows a safe exit, and a cleaner environment for the next users.
- Finally, give us your email so that we can notify you in case of a last-minute cancellation. Occasionally we have to cancel a class, and we would like to let you know. Leave your email and a list of the classes and times you attend with the Front Desk, or give your email to your instructor(s) so we can let you know of any changes.

