



# Newsletter

## August 2018

### Only Two More Weeks of Camps

These are the last two opportunities to enroll in the Multi-Sports Summer Camps, the weeks of August 6-10 and 13-17. These two Multi-Sport Camps offer a variety of fun physical activities including free swim, swim lessons and pool games in our outdoor pool, group tennis, basketball and yoga/stretching among others things.

Camp Director Lisa Meakin runs the show with the help of Holt Hanley as Camp Assistant Director with Camp Counselors Raina Lal, brothers Nick and Henry Gardner. Steve Summer runs the tennis program and provides camp after-care on Tuesdays and Thursdays.

For more information and enrollment, you can access our website at [www.mttamrc.com](http://www.mttamrc.com) or pick up a brochure from our Reception Desk. Alternatively, you can contact us by phone at 415-924-6226. Members can sign up and pay for camps online. Jodie Hawley in the Accounting Office is available to help you at 415-924-6226, Ext. 190.



### Fitness Special Event

Starts Wednesday, August 1, 6:30pm

Every once in while, we like to feature a special fitness class to highlight and promote one style of our many classes. This month we feature Efren Buzzo and his Zumba class extraordinaire. This special class will only be held this one month every Wednesday and Friday evening, always at 6:30pm for one hour. These are dance fitness classes that are fun, energetic, and make you feel amazing. A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Perfect for anybody and everybody!



### Our Apologies...

Last month, the service we use to process our EFT automatic payments ran into some issues and was unable to process this transaction properly. Members received notification of this issue, but not the cause. This process is automatically run on the 26th of each month, but this time it was interrupted. We are sorry for the notice that many members received, but there should be absolutely no impact on your account.

#### 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

### Getting to Know You

Kelley has been a certified Kripalu yoga instructor since 2001 and teaches at health clubs, studios, companies and also privately. Yoga means "to yolk" or unite, and what Kelley offers to her students is a time-out from daily life to let go of distraction and become whole, as well as to stretch, strengthen and balance in a safe, supportive atmosphere. She teaches in a way that's like a moving meditation, and gives her students luxurious time to take refuge in the present, find compassion and let go. She also brings in seated meditation and provides guidance around several techniques, including breathing, practicing gratitude and simply (though she knows it's not easy!) watching one's thoughts.

Kelley brings her extensive tennis experience to her classes- she played Division One tennis at Dartmouth and was undefeated junior year, then competed on the satellite circuit. More recently, she has teamed up with Mt. Tam's very own Bo Lal to twice win the Marin Seniors- and knows that tennis players in particular have imbalances and often issues with their shoulders, knees and backs. She welcomes players and anyone interested in this wonderful, ancient practice designed to make us feel better!



## Swim News and Updates

### Three more weeks of Learn to Swim better!

It has been a great summer turning Minnows into starfish and starfish into dolphins, rays and sharks!

The Learn to Swim Better summer swim program has three more weeks; July 30-August 3, August 6-10 and August 13-17. Many swimmers ages 3-14 improved their swimming technique. It is a fact that swimming every day for a week really helps swimmers progress. Sign up and polish up your swimmer's stroke!

If you couldn't work on your swimming this summer there is still opportunity!

### Coming Soon to a Pool Near You

Coming up in Mid September is Tish's Kids Swim Clinic, open to swimmers who can swim ½ length through teens wanting to stay in shape. There will be more information to follow in Mid August.

Swim Fit will start up again on September 18 on Tuesdays and Thursdays from 10:30-11:30. This is a small group for intermediate swimmers who would like to work on their technique, endurance and speed.

## Important Fitness News About Children

Kids love it when you start a sentence with the phrase "When I was your age..." But really, for those reading this who are 40 and older, when we were young, strength training was considered risky and unsafe for youth and adolescent athletes. The fear was that exercising in this fashion would "stunt growth" or expose kids to exercise that they couldn't handle.

This extended to the sports rehab world as many physicians believed that, for kids, "playing" was adequate rehabilitation after injury. Turns out, kids suffer from the same post-injury problems that adults do and need guided reconditioning and strengthening.

Subsequent research, of course, has determined that not only can kids safely strength train, getting stronger can help young athletes of all ages stay strong and healthy.

Considering the new research, the American Academy of Pediatrics came out in 2008 with a policy statement endorsing strength training after age eight. But while young athletes can increase strength - by way of improved nervous system control of muscle - they can't build a great deal of muscle without testosterone, something that starts after puberty.

Muscles won't look bigger after strength training, but the improvements in both strength and body control will protect bones and joints from sports-related injuries and improve performance in nearly any sport.

Done properly strength training is a great tool to improve health and performance. Done improperly, with an emphasis on pushing too much weight, it's a recipe for injury and burnout. It's advice similar to that urging that kids shouldn't train for or run marathons, instead focusing on shorter distances.

Too much, too fast, too soon is often the prelude to injury among athletes of all ages. It's the fear that some sports medicine professionals have about CrossFit. YouTube videos of young kids deadlifting 80 lbs. are amazing but raise serious questions of safety. Though CrossFit for kids isn't simply a miniaturized version of adult CrossFit, it still incorporates Olympic style weightlifting - deadlifts, power cleans, etc. - into the program, a style of training not necessarily safe for young athletes.

The reason? Most, if not all, children don't have the technique or strength to perform Olympic weightlifting. "Maxing out" in a weight training program is best saved for older, more neurologically coordinated and physically mature individuals.

The reality is that some of the more technically complicated lifts are difficult to coordinate for kids, even if they are being coached. Body control is a developing skill, in some more so than others.

Kids should be using higher repetition, lower weight exercise with an emphasis on technique and movement skills. So, in terms of resistance, **Gravity Is The Greatest Good.**



## Tennis Tip

The US Open begins August 26, and if history repeats, you will see a number of Americans do quite well. Why? It's not about playing at home, it's more about the surface. Americans, for the most part, spend about 95% of their tennis time on hard courts, much like what you see at the US Open. This familiarity allows them to model their game best for their skills. Heavy ground strokes, occasional attacks to the net, but most important, serve returns. If you learned playing on clay or grass courts, the serve returns are handled completely differently. On hard courts you need to be able to both take a swing or block the ball back. On clay you can almost always take a big swing, and on grass you most often need to block or chip the return. Hardcourt play requires improving both skills, not just at the top levels, but at all levels.

## Free Clinics for August

Free Clinics Tuesdays August 7, 1pm.

Free Clinic Saturday, August 11, Noon

## USTA League Update

Our 3.5-A USTA team made it to playoffs last month! The captains were Suzanne Dolan and Penny Wright-Mulligan. Also the 4.5 team did quite well, making it to the Marin playoffs before going down to HP/Tiburon T.C. in a closely contested match. On the men's side, the 18M 4.0 team captained by Scott McIntock lost a close 3-2 match in the playoffs final.



## USTA League Update

This year, USTA daytime teams came to Marin County. These are teams where matches must be played before 11:30 am Monday thru Friday. Mt. Tam sponsored two teams 18+ 3.5 C captained by Nicola Trwst and 18+ 3.5 D captained by Dana Vilas. Nicola's team made it through playoffs finishing in first place. The team will be heading to Monterey/Carmel Valley for sectionals the weekend of August 17-19. Nicola's team roster is: Top L to R: Suzanne Dolan, Penny Wright-Mulligan, Sue Pearlstein, Nina Trowbridge, Sandra Scott, Sue Campagne. Bottom: L to R: Christa Keeling, Nicola Trwst, Karen Mangan, Char Maassen. Not in photo: Jodi Krawitt, Martha Martinez, Melissa Shirley, Renée Ward, and Anne-Andréé Wilson.



## Member of the Month

For many, Krista Keeling is a real hero and great example to follow (if you can keep up with her), not only on the tennis court but also in life. To say that Krista is an avid tennis player is an understatement. She plays daily with just about anyone who can keep the ball in play. She began tennis at the age of 50 plus, after finding out that the Bay Area winds were a bit fickle, and her passion for wind-surfing was at risk. She took one tennis clinic and that brief moment and introduction to the game got her hooked. She has been one of the Club's best singles players in every league possible. She is what tennis pros call a natural competitor, competes hard, always gives her best and win or lose, she is always thankful to be playing.



## Back to School Already???

Every Fall, there is a new class entering Hall and Redwood. They quickly find out that, after school, many of their new friends head off to Mt. Tam to workout, swim, play tennis, basketball and probably most often, eat French Fries in the Café! Consequently, we are suddenly overwhelmed by many non-members that are not aware that this is a private club. We also have to deal with the fact that many of the younger members are not aware of the restrictions that we have concerning guests' usage. When they find out that their new friend can only visit the Club once a month and, if they are under the age of 18, need to have a parent's signature on our guest card, it can be difficult.

We try to encourage these new visitors to become members, but your son or daughter can help in that process by making sure that they always check in their guests. Our policy has changed in order to handle the demand created by winter conditions. A non-member who purposely violates our guest policy will be banned from Club use for the following six months. We, of course, will still provide an opportunity to join, but if the visiting junior has demonstrated a lack of respect for the facility and our rules, he will be suspended from using the Club indefinitely.

Please also note that a non-member may not come in to "just use the Café." Anyone entering the Club must check in or register as a guest. The basketball court becomes a very popular space for juniors, so we will be making regular verification checks. This may seem a bit harsh, but we have two concerns...first, we want to keep this a private club for members use, and, secondly, for liability reasons, we need non-members to be registered.

## Just Wish You Were Here

How many times have you experienced a wonderful moment and wished your family or friends could have experienced that moment with you? Hopefully, some of those moments were at the Mt. Tam Racquet Club. So, we are providing 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, so when that number is met, we will have to shut down this offer.



## Back to School Reminders for a Healthy Life

**Trying to balance busy student life with health and wellness can be difficult for those pursuing a post-secondary education.** However, there are several ways you can maintain a healthy lifestyle while living on campus. Taking the time to map out your plan for wellbeing is not only important for your health – it can actually make you a better and more productive student. Here are some tips you can use to stay healthy once you go back to school!

### **Develop a fitness routine**

While you aren't expected to train extensively, it is a good idea to come up with some kind of fitness routine to help keep your body and mind active. Splitting up your study time so you can incorporate physical activity will improve your productivity and quality of work, as well as keep you healthy and fit. As long as you're moving, any type of exercise is good. Be sure to research your school's facilities and fitness options to see what's available to you. Try joining your campus gym, playing on an intramural team with friends or going for a jog around campus. Test out multiple activities and find what you like! If you can incorporate a fitness routine into your usual schedule 3-5 times per week, it will help you maintain focus when studying, keep you feeling fresh and awake during the day and help you sleep better at night.

### **Come up with a healthy eating regime**

When you're working on a group assignment until midnight or pulling an all-nighter to finish an essay, it can be tempting to order a pizza to satisfy your evening hunger. However, managing a nutritious diet is a big part of balancing a healthy lifestyle once you're back at school.

If you're on a meal plan, you may need to spend some time researching the healthy options you have available to you at the cafeteria. Choosing fresh fruit, vegetables, items from the salad bar and high protein items such as chicken, eggs or hummus make for nutritious meals that will give you energy. Try avoiding the burgers and pizza when possible, and reach for a sandwich with grilled vegetables instead. If you can't find what you're looking for, ask someone behind the counter – they may be able to make it for you!

If you're cooking for yourself, you can plan healthy meals using three easy steps. First, list out 3-5 possible meal and snack options for each day so you can mix up your choices during the week and add variety to your diet.

Then, keep your fridge fully stocked with fruits, vegetables and all other supplies you need to make sure you can stick with your plan. Lastly, preparing your meals the night before is a must for maintaining a healthy eating regime, as it will help you save time and alleviate stress from your morning routine.

### **Get a good night's sleep**

We all know we should be getting at least 7-9 hours of sleep each night – but as a student, that's not always possible. What's most important is the quality of your sleep. Instead of using sleeping pills or other supplements to make you tired, there are many natural ways you can prepare yourself for a better sleep.

As tempting as it is to check your email or scroll through Instagram before going to bed, turn off all your light-emitting devices at least one hour before you go to sleep. This will help you reach a deeper level of sleep so you can wake up feeling well-rested. If you're up late studying, drinking non-caffeinated bedtime teas are another natural and effective way to help you wind down. Try drinking a cup of herbal tea like chamomile about 30 minutes before going to bed to help you unwind from the day and achieve a good night's sleep.

Another challenge students face is inconsistent sleeping patterns, often due to different class times each day. To combat this, try going to sleep and waking up the same time every day, despite when your classes are. Being consistent with your sleep schedule allows your body to set a rhythm that makes you tired at a certain time of night and awake at a certain time in the morning, helping you to easily fall into a deep sleep at the end of the day and wake up feeling refreshed.

