



Newsletter

Club of the Year, Seven in a Row!

Hats off to our tennis staff, but the fact is, the biggest factor in winning the Marin County Tennis Club of the Year is the membership. The membership speaks for itself. Our membership is a collection of avid tennis players who look at the game from a standpoint of improvement and competition. Combine that with the total fitness package we provide and anyone who is both serious about the game and hopes to become a top athlete ends up becoming a member at Mt. Tam. As for the programs, Team Tennis, Friday Night Exhibitions and the free clinics we provide every month are very unique to the industry and make a powerful statement that our tennis staff cares about our members.



It's Time to Plan Your Summer Camp

This year we have two different formats. The first two camps are dedicated strictly to swim and tennis and take place the weeks of June 18th and 25th. We scheduled these two camps early in the summer so that those attending can have the rest of the summer to enhance their skills and hopefully better enjoy these sports during their family vacations this summer. There will even be a water safety component. The four Mt. Tam Multi-Sport Camps will fill quickly. Those dates are the weeks of July 9, July 16, August 6 and August 13. This traditional camp has everything! Swim lessons, tennis lessons, crafts, lunch by the pool, yoga and plenty of sports and games. The camp is for children 6-12 and is from 10am to 3pm with before and aftercare available. What more could you ask for!



Online registration for the camp is available for all members. Also, the flyer and registration forms can be found at the activities board. If you have any questions, please email: info@mttamrc.com Check out the back page of this newsletter to review a typical day for a camper.

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

April 2018

Easter Sunday

April 1, Club Hours 7am-2pm
No Fitness Classes all day.

Outdoor Pool Opens?

The date is not set, but historically we have opened the outdoor pool in April. The determining factor is having at least five nights in a row of the temperature staying above 50 degrees. April also is about the time that our solar system becomes effective enough to have a positive impact.



Breaking News

There is no breaking news, but we thought the headline would catch your attention and remind you that if you are wanting to schedule a birthday party this summer at the outdoor pool, you need to do it now. The dates book up quickly as we only allow one per week, always scheduled at 11am on weekends. The party can easily segue to the Café at noon for the food portion of the party. We always schedule the food service in our Café so that your party has privacy and there are no weather concerns. No rental charge and a limit of 15 children is mandated. You will need to hire a dedicated lifeguard for your event. Tish Borden, Aquatics Director, can help you with that hire.

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Fitness News and Updates

Tai Chi for Balance

Teacher: Jake Carrol, Tuesday and Thursday 7:30-8:30 a.m.

Description of Class: Authentic Tai Chi focuses on relaxing through stress to heal the body and mind. Through powerful, simple movements we let go of old tensions and build stronger, younger, healthier bodies.

Five years ago, by accident, I started my Tai Chi practice. From my first moments of doing Tai Chi, my life changed. I had never

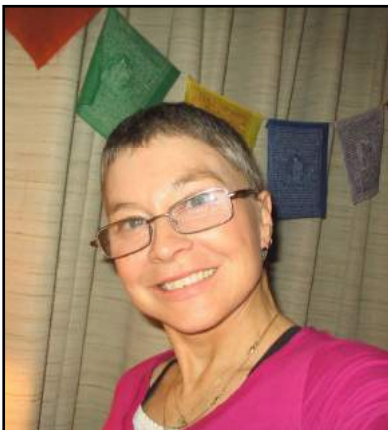
felt anything like the quiet yet strong, gentle yet undeniable power of Tai Chi. My hobby quickly became my obsession, and I've devoted my life to my art. I teach Yang style Tai Chi, specifically the large frame of Yang Cheng Fu. My lineage stretches back unbroken to the founder of Yang style, Yang Lu Chan, who lived 200



years ago. My teacher, Sifu Michael Paler, is one of only four westerners invited to China to become recognized lineage holders. After training with him exclusively for the traditional three years, I am ready to teach publicly. I'm very excited to share with everybody the unique art that is authentic Tai Chi.

Judi Durham Does it All

Judi started teaching for MOMS on the Move in 1991. MOMS on the Move was an aerobic step class for pregnant and post-natal women. She taught at Symmetry, Elan and Gold's Gym for several years including childbirth classes in the evenings, and eventually became a labor and delivery coach attending births as well. She began teaching regular step and sculpt classes in 1993 for Sally Carey, the owner of Symmetry and also at World Gym Marin. She is AFFA group X certified as well as a certified ACE personal trainer. She is also teaching yoga, barre and spin classes.



It is safe to say she has entrenched herself in the fitness industry and has a very well rounded teaching background in almost every genre.

Swim Updates

What a Month

Let's go back and talk about February. The totals for the February Fitness Swim challenge were not completed in time for the March newsletter, so here they are!

Thirty nine MTRC swimmers participated in the challenge this year. More than ever before! They covered 1,150,750 meters, approximately 715 miles. No matter how many meters we personally contributed, we were ONE heck of a team this year! Our effort was recognized and supported by MTRC in the way of a monetary donation to three school districts. They are Larkspur Corte Madera School District, Kentfield School District and Redwood High School.

Three of our swimmers stand out and need mentioning!

Bob Sinnott swam 205,00 meters (127.5 miles)

Sally Marshall 101,00 meters (63 miles)

Bill Marshall 85,450 meters (53 miles)

Thanks everybody for meeting the challenge! Thanks MTRC for your donation.



New Lifeguards Getting Ready

Summer is fast approaching! Do you know someone who is a lifeguard or swim instructor who would like to work at Mt. Tam this summer? Please pass this information on.

Lifeguards need a current lifeguard certificate and current CPR for the professional rescuer and one season experience. Swim instructors for The Learn to Swim Better program need at least one season of teaching with current CPR certifications. Please contact Tish at tishb@mttamrc.com for more information

Learn to Swim Back Again

What is Tish Borden's Learn to Swim Better program? It is offered only in the summer at MTRC. The sessions are one week long, Monday thru Friday for 30 minutes. It is for children four and up for all levels of swimmers. Starting with minnows (non-swimmers), Starfish, swimmers who swim a bit on their own)



and on to Dolphins, Rays and Sharks who are working on various lengths and skills for all four competitive strokes. For more information, please contact tishb@mttamrc.com

Tennis Tip

Playing on the challenge courts is, as the name implies, supposed to be a challenge, but it should not be a challenge to get on the court. There are two issues that come up on occasion. First, someone fails to sign up properly or others try to manipulate the process so they can play with their friends. The latter is an issue that can be addressed by understanding that any player can improve their tennis in any situation. Those times when you are on the court with someone not as accomplished, work on part of your game that you tend to shy away from during competition. Maybe chipping and charging, serve and volley more or even practice executing lobs on serve returns. Improve your skills of communication with a new partner. Whatever you need to improve can be practiced on the challenge courts, not necessarily the case during league or tournament play. Take advantage of that, no matter who you are playing with on the challenge courts.

Free Clinics for April

Free Clinic Tuesday, April 3 1pm

Free Clinic Saturday, April 14, Noon

Attendance has been off a bit for the Tuesday clinics...so for a while we will be cutting back to once a month on Tuesdays.

Pickleball Craze

There's no question that Pickleball is becoming more and more popular on a national scale, but there are still questions on the local scale. First, in order to play this sport properly, you need a dedicated, designed for Pickleball court, which means removing current tennis courts. Second, it's very noisy and not a natural fit next to competitive league tennis matches. For now, not the right fit for us, but other similar sports may work, like Pop or Tech tennis that can use normal tennis courts.

More Tennis Exhibitions Underway

Friday, April 20, 7pm

This has become a monthly tradition here at the Club and as it turns out, a wonderful social event that includes great tennis and instruction hosted by Bo. This month features mixed doubles play with some of our top members. With that in mind, the instruction will include mixed doubles tactics and tips.



Special Tennis Summer Camps

The Summer Tennis Camps will be back again this year. They will be offered the following weeks: June 19, June 26, July 10, July 24, July 31, and August 7.

Camps run Tuesday – Friday from 9-11:30am. The price for members is \$165 per week, and \$195 per week for non-members. Camps are for kids between the ages of 8-15. We will focus on all aspects of tennis including stroke production, footwork and balance, sportsmanship, and even video analysis of player's shots. For newer players we will be using the Ten-and-Under format. If you are interested, please pick up a form at the tennis board or contact Steve Summer @ 415-924-6226.

Junior Tournament

Twelve of Mt. Tam's up and coming juniors competed against each other in a round robin tournament at the club in late February. In the end, it was Mateo Cubillos facing Finley Rausch in the finals where Mateo edged him out in a close finals match.

In Case of Emergency...

Every year about this time we remind the members about our emergency system. There are several issues that might occur, but in all cases an alarm will sound (a siren that oscillates) that is your notice to leave the building. In the past when this alarm sounded, the natural reaction from the members was to inquire at the Front Desk, or ask an employee, what is happening. During the 1989 earthquake, when the alarm went off, almost everyone did exactly the opposite of what they were supposed to do and ran into the Club to view the televisions. The fact is, we are never expecting anything to go wrong in our beautiful area that sees so little emergency issues, but the fires of the North Bay were a strong reminder of how important it is to have a plan. In this case the plan is simple...LEAVE THE BUILDING.

Also, members need to know what to do in case of an electrical outage. For safety reasons, the Club must start the process of shutting down. In most cases we have no idea how long an electrical outage will take place, so it is important that members gather their belongings and start the process of exiting the Club. DO NOT take a shower or continue to use the Club in any fashion even though there are emergency lights, or they may be enough ambient light during the day to swim. Our instructions from the Fire Department are very clear, because they do not know the extent of the problem, they ask that we cease operations and secure the building.

In case of an emergency in the locker rooms, there are intercom phones you can use to contact the Front Desk. In all cases, the first action taken is always to call or have someone call 911. Remember that all the staff have CPR training so they will know how best to react.

Finally, not all emergencies will take place at the Club. Sometimes a family emergency may take place, and someone will want to reach you at the Club. This is exactly why we ask that you take a photo and have it on file. If we know what you look like we will be able to find you in much less time. Remember, we do not have, for obvious reasons, a loudspeaker or a paging system, so we rely on familiarity of the members, which is what would explain why we transitioned a few years ago from using members' numbers to check in, to using member's names.

This is What the New Heart Zones System Brings to Spin

Smart Cycling through Heart Zones System

The Heart Zones System is a newly developed and tested hardware, software and sensor technology for indoor and outdoor cycling. The Heart Zones System integrates these three technologies to collect, display and store data. The HZ System makes meaning out of live data like heart rate, power, RPMs that riders use to improve their cycling and fitness.

Data Driven Programs

Many Heart Rate systems exist, but few bridge the gap between data and program creation. Heart Zones, Inc is different. We will always be striving to help you understand the data that you are getting from your cycling classes, and use it to create new and progressive programs. By applying the data the right way, you will open up the doors for clients/ members to grow exponentially in their fitness.

Improve Health through Personalization

By providing ongoing support our goal is for you to understand how heart rate and other data points can be used to personalize programs for different clients. By understanding exactly what each client/ member needs, it allows you to create a program that both challenges and motivates them to grow.

Encourage Accountability

When a client walks into your studio and they know that the program has been created specifically for them, accountability becomes much easier. As opposed to measuring against all the other people there, that client is able to hold themselves accountable to the program that he/she knows was made just for them. This mentality is something that Heart Zones, Inc is all about. Encouraging people to simply "Do Their Best."



A Day in the Life of a Camper

Monday: The day begins at check-in and the counselors help the new students adjust to the normal jitters and excitement that comes with their first day. For those attending before-care hours at 9am, the camp offers unstructured games. Campers may choose between board games, foosball, card games and reading.

10 am: Camp begins at poolside with a craft such as making paper leis or crowns and a light snack. Then they change and head to pool deck for a safety exercise like a reaching assist. Next is a swim lesson, with an emphasis on stroke technique. After, there is free time to play in the pool with equipment, join in group games or simply free swim. Campers then change and enjoy a team building game and may wear the leis and crowns for a portrait which will include a frame decorated by the camper later in the week. Each day of the week offers different events and learning skills.

Noon: Campers head inside for a tasty lunch at the Club's café! When finished, the campers split into groups; one group enjoys an hour of tennis in the courts with USPTA Elite instructor Steve Summer, while the second group takes yoga from a certified yoga instructor or plays basketball in the gym with coach Dimitrios!

1:30 pm: The groups switch so that each group has a chance to enjoy all the sports activities. Afterwards, the campers reconvene in the café for a final snack then head to the pool to collect their belongings

3:00 pm: Normal check-out. Those who want to stay for an additional hour that is supervised can choose to swim, play games or any other outdoor activity by the pool until 4 pm.

