



Newsletter

June 2017

Battle of the Generations

On Friday, June 2nd, the Mt. Tam pros will take on the best juniors at the Club to answer the age-old question of what reigns supreme-youth or experience. Steve Summer, Shibu Lal, Mike Colavito and Charles Hoeveler will be taking on a strong youth team of Stevie Gould (#34 in the country), Jack Carroll (#84 in the country), Ryan Ali (#89 in the country) and Ryan Hoang (#70 Nor Cal). The matches will begin at 7pm and be on the inside courts. Come out and support your pros!



Indoor Pool Closure

We have begun the projects on the indoor pool and will continue to post fliers and notifications as to our progress. It's difficult to forecast the time these projects will conclude, but we intend to have the indoor pool back for full usage by Sunday, June 4, if not sooner. Many of these projects require drying and curing, which is very weather dependent, and sustained cold weather can result in longer drying times. What we don't want to do is rush this project and open before we have totally finalized our work.



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

Grad Night is Back

The seniors of Redwood return for the Graduation Party on Thursday, June 8. Please note that on Wednesday, June 7, we need to close the indoor courts at 2pm in order to prepare the flooring and set-up for the event. They continue to decorate the entire day of Thursday, June 8 until the seniors arrive at around 9pm. It is extremely helpful for those chaperoning the event if the fitness area can be closed at around 9:30 pm to help keep everyone out of that area. We appreciate your cooperation and are proud of donating the facility to this important event. A few courts will become available for play by 6am Friday morning with the goal of having all the courts up and running by 9am.

Leaving Your Children Alone

Although there may be many reasons for this, we won't allow parents to leave their young children under the age of 12 in the Café unsupervised while they attend a class. This is just not a good idea as they may easily wander out the front door or any other exit in an effort to find their parent or just as a result of being a normal child that wants something to do. We also can't allow young children to hang out in any of the fitness areas when classes are in session.

Club Security

Members should know that we have 16 cameras located in areas where surveillance is appropriate. Most of them are positioned at entrances and exits for security reasons. We also have an emergency evacuation alarm that would sound if needed. When this alarm sounds, you need to exit the building as quickly as possible. Your security and safety is very important to us, and it all starts with every member checking in when they enter the facility; that includes checking in their guests.

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Fitness News and Updates

Welcome Kim Delgado

Kim joins the Mt Tam RC team as a long-time personal trainer, athletic coach and group fitness instructor, Kim has a true passion for fitness & leading a pain-free way of life. With that said, her motto is "Work harder at training smarter." With her specialty in barefoot training and corrective exercise, she'll have you learning and moving from the ground up and leave you feeling stronger and taller....and sweaty!

Join Kim Mondays at 9:30-10:30 beginning June 19th.

Are you ready to train like you're on the field with more athletic drills and movements, using our mixed bag of gear? Reach into your rucksack and pull out your inner athlete. We have a new challenge for you!

This class features varied training tools and High Intensity Intervals built on strong, focused and functional movements, guaranteed to be outrageously fun!"



Mandy's Back

Class Description for Fridays @ 6:30am

R.I.P.P.E.D - Start off your morning with a complete and total body workout which masterfully combines Resistance, Intervals, Power, Plyometrics, Endurance in ways that are fun, safe, do-able and extremely effective. All fitness levels encouraged.



Do Not Bring Your Children to Classes

We've announced this before, but for some reason some members just don't understand that bringing their small children to the classes is just not acceptable. This is both a distraction to the other members attending and to the instructor. It is also very dangerous for young people to be wandering around while these sometimes very vigorous and active classes are taking place. This includes having them sit in the seats during the class. We have Child Care for this very reason, please take advantage of that service.

Swim News and Updates

Summer is Around the Corner

If you want to get your children into swimming lessons, there are all sorts of choices at Mt. Tam.

Are you a minnow, starfish, dolphin, ray or shark? The Learn to Swim Better program is only in the summer months when parents and children have more time to spare. The program starts up again the week of June 12 and is held weekly through August 18th. It is for swimmers young or old who want to improve their technique. There is no better way than practicing every day! Sign up for a week that you can bring your swimmer each day for 30 minutes. You will be amazed at the progress in your swimmer's swimming skills. Children must be at least four.

Mommy (Daddy) and Me has four summer sessions. These are 4/30 minute group classes held in our outside pool. We go over water safety and pre-swimming skills.

Another choice to work on swimming skills with Mt. Tams teacher, Nancy Salcedo. Nancy will be teaching swimming and water safety on weekend mornings this summer. Contact her for scheduling at nsalcedo2@comcast.net.

Gloria Pomilia's summer schedule is Wednesday, Friday and the weekends, and she can be reached at swimwell@att.net

Camp, Camp, Camp!

We would love to have your children attend our fabulous Multi Sport Kids Camp. The weeks are June 19, June 26, July 24, July 31, August 7 and August 14. To find the registration online, please go to the swimming menu otherwise you can pick up a registration form by the Front Desk. If you have questions, please contact Tish at tishb@mttamrc.com To plan your time at the Club the six weeks that the camp is in session, please notice the times the camp has reserved various areas of the Club. The outdoor pool will be reserved for the camp from 10:30-11:30 (1 hour) and the indoor pool lanes 4 and 5 for swimming lessons. The basketball court will be reserved from 12:30-4 on Monday, Tuesday and Friday and on Wednesday and Thursday from 12:30-2:30. The indoor tennis courts #12 & #13 are used by the camp from 12:30-2:30 Monday thru Friday and on Wednesday and Thursday from 2:50-4:00. The camp kids appreciate your patience!

Be Cool, Thanks for Following the Rules

Some things to remember...

Starting May 29th, there will be lifeguards present in the afternoons to guard the outside pool daily. Children under 14 must be accompanied by an adult when swimming in either pool even if there is a lifeguard present. Even though most of the time you are swimming at Mt. Tam there will be a lifeguard on duty, it is still advised to take a minute to read over the pool rules with your children because when there is no lifeguard present YOU are the lifeguard! The rules are posted in the indoor and outdoor pools. Parents please accompany your children when they decide to switch from the outdoor to the indoor pool. If kids are five, they may use the Jacuzzi. Thanks for your cooperation.



Tennis Tip

Too often we see players warming up for their league matches and taking at least 20 minutes to do so. Remember, if you get to the next level of competition, say the Districts or the Sectionals, they will mandate a five-minute warmup period, and you will have to comply. To get used to this, you need to practice this type of time period for all your matches. If you find that time too short, try to find an earlier court time to run through a complete warm-up. A complete warm-up should include groundstrokes, volleys, overheads, approach shots, serve returns and serves to both the deuce and ad courts. Not a bad idea to practice some second serves and play out a few points. Now you are really ready. Remember, the warm-up for a USTA match does not require any format, so your opposition can choose to hit you just forehands or never provide you with a proper lob to warm up your overhead; be aware of this.



Free Clinics for June

Free Clinics Tuesdays, June 6 & 20, 1pm.

Free Women's Doubles Clinic Sunday, June 18th, 4:30pm.

Free Service & Volley Clinic Saturday, June 10th, Noon.

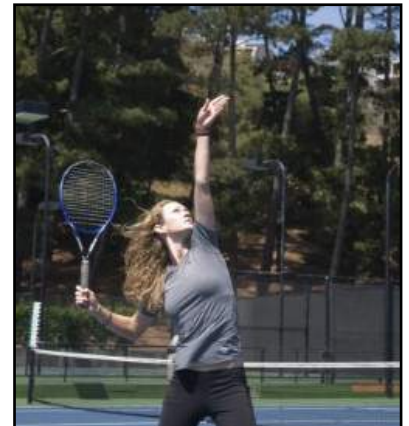
USTA League Update

Mt. Tam's Mixed 7.0 team, Capt. Sue Pearlstein, finished their Local Season in 3rd place with an 8-3 record. Mt Tam beat Rafael Racquet 2-1 in the 1st round of Local Playoffs, then defeated Bay Club RV 2-1 in final round of Local Playoffs. Our team advances to NorCal Sectional Championships June 9-11, 2017 in Lake Tahoe.

Our 65+ M4.0 team, Captains Bryan Baker & Euie Hill, finished the local season with a perfect 10-0 record! They take on La Cantera in the 1st round of Local Playoffs Fri, June 2, 12:45, on our courts. Come out and enjoy this high level of tennis and display of good sportsmanship.

Welcome Tarrin Dougery

Raised in Marin, Tarrin started tennis at nine years old. She gained momentum in high school playing #1 for San Rafael High and winning two M-cal singles titles and one doubles title. After high school, Tarrin went on playing Norcal tournaments and was ranked #1 in women open singles and mixed doubles in 2005, 2006 and awarded Player of the Year. As her interest for the game grew, she continued competing and captured the national indoor doubles title in Flushing Meadows New York, in 2005. Playing along side of doubles partner Shibu Lal, Tarrin traveled to Bangladesh every year from 2003-2007 to train with the Davis Cup Team and learn different styles and techniques while working with junior players. Loving tennis and enjoying the traveling experience as well, Tarrin played on tour and coached in the US, France, Mexico, India and the Dominican Republic.



Locker Room Protocol...

Any time you ask a large number of people to share a common space you will run into a number of challenges. Part of the solution is taking the time, as this article will do, to remind and educate the members about the rules and regulations concerning the use of the area of most interaction...the locker rooms. First, we should point out that one of the natural products of having classes and set time slots for tennis players is that there are moments when there is a real demand on that area. With that in mind, everyone needs to understand that when demand increases, members need to adjust by abbreviating their usage, especially in the showers. Second, you should know that we always have on hand staff that walks the Club, including the locker room area about every 20 minutes, or more often if needed. Even with that, it helps tremendously if members take the time to throw their used towels into the bins. With that said, here are a few protocols we would like all members to adhere to:

1. Please do not leave your belongings on a bench while using the Club. There are free day lockers for that purpose. The benches in the rental locker areas have priority for those renting those lockers.
2. Do not use scented lotions or spray deodorants or perfumes in the locker room area.
3. SAVE WATER, whether someone is waiting or not, keep your shower time to a minimum. That includes using the sinks and not running them constantly while shaving.
4. There is a zero tolerance policy with cell phones...not even texting. Remember...they can take photographs!
5. No use of dyes or any hair coloring in any location.
6. Never pour water on the thermostats in the steam room. All this does is cause the steam room to eventually turn off, and those who would like to use it next will have to wait a 1/2 hour before it will function properly again.
7. Do not move or transfer any clothing or equipment. At the same time, if you are going to leave clothing or shoes at a bench, use the tray under the seat to store your personal items.
8. Never leave any valuables outside or in any lockers. The Club is not responsible for any loss of any personal articles.

Welcome to Vacation Season

It's that time when all of those months of healthy eating and exercising to get into swimsuit shape finally pay off. But it can only take a week to fall off the health wagon and erase some of those hard-earned efforts. While you will want to enjoy and eat what you want (it *is* vacation, after all), here are some tips that allow you to do that without blowing your health goals:

1. Get away.

If you're still debating whether or not to take a trip this summer, do it: Research shows that hanging out with your favorite pals, having a good laugh and sharing quality bonding time is just as effective – if not better than – exercise for reducing stress. That's important if you're working to melt away or stave off stubborn belly fat, which is linked to the stress-related hormone cortisol. So hanging out with your friends is a win for your social life, happiness – and waist-line.

2. Be Prepared.

While vacation is for giving your mind and body a break from all the rules and regimens of everyday life, totally ignoring your health will only add stress to your life when you return home. Make it easy to make at least one meal or snack a day healthy by packing some staples such as individual packets of unsweetened rolled oats or some plant-based protein to add to your morning smoothie. After all, swimsuits don't take up *that* much space. If you'd rather bring a fourth pair of flip-flops than food, try carrying on. Even if you just pack a healthy snack or meal for the plane, train or car ride to your destination, it's a step in the right direction, and your body will thank you.

3. Move it, move it.

If you're not one for hitting the hotel gym when you could be on the beach, fret not. Sightseeing, trying new water sports, exploring and even shopping burns calories. The more you're moving, the more you're burning. Forgot something in your hotel room? Take the stairs. And don't forget to dance the night away. An hour of dancing burns nearly 450 calories.

4. Skip the buffet.

While buffets are synonymous with hotel stays, the cornucopia of food displays can make your eyes bigger than your stomach and cause you to eat more. Even if you think you're disciplined, choose healthy options and fill a small plate, it's hard for anyone to resist the temptation (and the apparent cost savings) to go up for seconds. Instead, order a meal from the menu – a strategy that forces you to stick to one plate.

5. Stay hydrated.

Whether you're basking in the sun, busy with activities or sipping on pina colodas, chances are you're flirting with dehydration. On an average day, you should be drinking half your body weight in ounces. (So, if you're 160 pounds, that's 10 8-ounce glasses.) When you're in the heat, active, sweating or sipping on cocktails, you need to be drinking even more than that.

6. Chill.

Make time to relax. After all, that *is* the point of vacation, right? De-stressing is essential in regulating cortisol levels, which can wreak havoc on belly fat. Catching up on sleep also helps to regulate your hunger hormones. When you compromise sleep, your body produces more ghrelin (the hormone that triggers hunger) and less leptin (the hormone that tells you to stop eating). Adequate levels of sleep – seven to eight hours – regulate your hunger hormones and can help shed that unwanted, stubborn fat. Happy healthy vacationing!

Memories and a Future Look of Grad Night

