



Newsletter

November 2017

Helping Our Northern Neighbors

The Club is hosting a dance party on Friday, November 3 at 8pm. The entry donation of \$25 per person will go towards the Community Foundation Sonoma County-Resilience Fund, the Napa Valley Community Fund-Fire Relief or the Red Cross-California Wildfires Relief...your choice. Also, there will be live music provided by the band "Lucky Drive," a great local band that is donating their time to the cause. We would also like to thank Awesome Bars, Nothing Bundt, Rulli, Trader Joe's and member Hossein Namdar for his Sonoma Coast wine, Avid, for their donations to this great cause. Invite your friends and be part of a great event for all the right reasons!



Your Café

We don't acknowledge enough how great the food and the service is in the Café. Seven days a week the Café provides quality food, something that is very rarely provided at most tennis clubs. Thanks to the work of Chef Jesus and Chef Al, we maintain a consistent menu that provides both healthy and appetizing food. We just added Chef Nas, whose background in Indian cuisine will add to the menu over time. Remember that Chef Jesus is preparing a special discounted meal every Wednesday night, mainly for those attending Team Tennis Night, but also available to anyone that happens to come by that night.



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

Thanksgiving Day

Thursday, November 23
Club Hours 5am—2pm
No fitness classes all day

Daylight Saving

A reminder that Day Light Savings will terminate Sunday morning, November 4.

Veterans Day

Saturday, November 11
Because Friday is the official holiday, we will not be making any adjustments to our schedule.



Outdoor Pool Closing

We were fortunate to have a long run at having the outdoor pool open. Our traditional Indian Summer came through again for us. As a reminder, we do not close the outdoor pool, just stop heating it...so for those who might enjoy a very cold dip, have at it!

Schedule Change for Childcare

Times have changed, and we find very few members are bringing their children to Childcare on the weekends. This is especially true on Sundays. Consequently, we are looking into a reservation system for weekends. Your feedback is welcome.

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Fitness News and Updates

Important Class Updates...

The Tuesday/Thursday 6am fitness class is in the process of finding a new instructor. This is a favorite early morning class that we want to continue, but finding someone to commit has been difficult.

Jennifer Lanciault

Jennifer shares her love, knowledge and passion for yoga through a combination of asana, pranayama and meditation techniques to create the right combination of movement and awareness for growth, insight and overall better health. Her style and delivery is practical and applicable, making yoga accessible for all levels. Jennifer has a keen eye for observation and a passion for correct alignment to avoid injury. To Jennifer, yoga is so much more than poses or developing physical capacity, it's a means to living a better life. Jennifer's stretch classes use the power of breath and awareness to create a moving meditation that results in a general feeling of overall wellness for the body, mind and spirit. Jennifer's classes are not fast-paced or chaotic; they are slow and methodical and steeped in ancient teachings and traditions. Always a student, Jennifer is currently completing a masters degree in psychology at Dominican University. She was taught by and continues to learn from teachers including Maty Ezraty, Maritza, Nikki Estrada, Sharon Lape, Sean Corn, Vinnie Marino and Rod Stryker.



Lynnette Kling

Lynnette has been in the fitness business for over 30 years. She holds a Bachelor's of Science in Physical education, was a NCAA Championship Springboard diver and has been teaching indoor cycling for seven years. Lynnette has coached Springboard diving at Tamalpais and Redwood



High Schools and is a talented mountain biker. She loves kayaking, swimming, hiking, is a water/snow skier, and maintains a healthy, positive attitude. Lynnette currently teaches several cycle classes a week in Marin County and she loves to motivate individuals that take her classes. Lynnette's motto is to "keep moving forward"!

Come to Lynnette's Tuesday morning 6:15 AM spin class, it's a fantastic way to get the day started!

Swim News and Updates

Who is Karlyn Pipes?

Karlyn is an inspirational speaker, a swim coach and a USMS master swimmer who has set world records in every stroke and every distance. Coach Karlyn will be at Mt. Tam Racquet club on Saturday, November 11 from 3-7pm coaching swimmers with their swimming technique. Don't miss this opportunity to work on your stroke, to get more out of your swimming and prevent injury. Registration information is on the activities board.

A Little bit about the clinic...

Karlyn has two philosophies 1) keep it simple and 2) find a cure for the "disease"; don't just treat the symptom. Consequently, she is a master at breaking down some of the more challenging aspects of swimming technique into simple, practical and easy to understand terms that can be applied to any level of swimmer or triathlete, from novice to elite. For more about Karlyn, please visit her website at <http://karlynpipes.com/>

The workshop begins with an hour in the cafe to discuss past and present freestyle techniques and watch portions of Karlyn's Go Swim DVD. Then the swimmers will enter the water to film a first video, followed by about two hours of swimming step-by-step Faster Freestyle progression drills, finishing up with the second video and review. Registration includes: Aquatic Edge Cap, detailed written supporting material and light snacks.

Parents, Now You Are the Lifeguard!

The end of October marks the end of having lifeguards at the outside pool. Your children may be good swimmers; however, if they are under 14, you must be with them at the pool at all times. While 14 year-olds are allowed to swim without a lifeguard present, they still need guidance when it comes to pool etiquette and rules. Please go over the pool rules with them and do not put them in charge of younger children.



Some of the Fitswim Group: Jim, Gail, Teresa, Dixie and Bill

Fitswim (formerly masters light) is every Tuesday and Thursday at 10:35. The group works on fitness and technique of all four competitive strokes.

Tennis Tip

Lobbing indoors is a challenge, but once mastered will help you improve your outdoor lobbing as well. The fact is, great offensive lobs need to be high enough so that the net player can't reach them, but yet low enough that they cannot be run down. The indoor courts mandate that style. Also, perfect lobs have their highest point of flight right over the net, which is what the indoor courts also require. The only issue is that when players play inside, they are intimidated by the ceiling and tend not to lob when they should be lobbing. Then they play outside and the strategic advantage of the lob is no longer a part of their game. Take on the challenge and master the indoor lob, and when you return to outdoor tennis in the spring, you'll be the best lobber around.

Free Clinics for November

Free Clinics Tuesday, November 7 & 21, 1pm
Free Clinic Saturday, November 11, Noon

New Men's Day Format

With the drop in tennis programs to help members meet tennis partners, using the Challenge Court format works best. Currently, some players come to Men's Day and set up their own matches...not any more. Participants will need to sign up on the Men's Day list, which will be monitored by the tennis pro in charge.

Pro Shop Update

Bo is taking a quick trip back to his homeland of Bangladesh, but have no fear, the Pro Shop will remain open while he is away and your racket stringing will be taken care of. Tennis Pro Steve Summer will be filling in for Bo.



League Update

Important reminder to all Mt Tam League Players and Captains

Captains: You must allow any qualified Club member to join your team roster. You can advise them if you think they will get little or no playing time, but you cannot close your roster to further Mt Tam member sign-ups. If this means you have more players than you need, so be it. You are not obligated to play everyone on your team unless there is a team vote to play everyone a certain number of times. Even this situation can prove impossible if there are too many players on the team.

Players: Before adding your name to a team roster you must contact the team captain and notify them that you want to join their team. When you register for a team, you do so at your own risk. There is no guarantee how many times you will play in match lineups. Captains may promise a certain number of lineup opportunities to some, none or all of their players. Captains control who plays in matches. Contributing factors are your availability, compatibility with partners, your skill level and strength of opponents.

USTA Leagues Up Next

40+ Adult League

Team registration: November 13 to December 10

Local season: January 8 to April 1

New this this year-- the 40+ Adult League will play two lines of singles and three lines of doubles starting in all local league matches. This means initial rosters will have to be bigger than in past years.

55+ Mixed League

Team Registration November 13 to December 10

Local season: January 8 to March 18

For more information about league tennis, contact our Club League Coordinator, Ross Hollowell, at 2rosshollowell@gmail.com. To follow all Mt Tam USTA teams, go to our club USTA homepage: <https://www.ustanorcal.com/organization.asp?id=3117>

Note: USTA NorCal has changed its menu bar at the top of our club homepage. In order to access "League Resources," which has all league info, including all league descriptions, pathways to find, create and register teams, you now must go to any of our USTA team home pages and find the "League Resources" tab in the upper right corner.

November Brings Rain...We Hope...

After last year's record rainfall we may have gotten a little spoiled. As a club, we will stay committed to saving water in any way possible. Beyond our irrigation system which uses a satellite system to monitor the weather and calculate when to activate the sprinklers, or the new water conservation system installed for the laundry and the showers, we are continually looking for ways to save water and still maintain a comfortable member experience. The fact is, the showers are still the biggest use of water in the Club...nearly 80 percent! With that in mind, members' usage will be the determining factor in the amount of water used.

The rain also brings a challenge to the availability of the outdoor courts. There is nothing more frustrating to a team captain than having to deal with the ambiguity of whether the courts are dry or not. As a rule, captains need to ask one of the teaching pros to find out the conditions of play...NOT the Front Desk people. In turn the players need to interact with their captains to stay in touch with the conditions. It's a difficult time for everyone and no one likes to cancel and have to reschedule, but it's what all outdoor sports have to endure come rainy weather. Remember that because of the fires, the Napa/Sonoma/Marin league has been cancelled for this year. Sadly, two clubs in that area, Wikiup and Fountain Grove, have been put out of business and are in the process of rebuilding.

Start the Weekend Right - The Big Relax

Friday, 4:30 to 5:45 p.m.

You have a chance to chill out from the stresses of life with “Unwind and Restore” with Vicki Sidley. The class begins with some super easy warm-up moves for about 15 minutes - and for the next hour we lie down and relax, adopting a few mostly supine poses, lounging over bolsters and folded blankets listening to ambient music being guided into a deeper experience of the breath.

The class is appropriate for people of all skill levels. The only thing you need to do is be a witness to the rhythms of your breath. This is a profound practice, one that brings you into a greater appreciation of what it means to be able release tension. You should leave the class feeling renewed and refreshed.



Injury Recovery Advice

Getting injured is a nightmare, especially for active people and athletes. Injuries mean lost time at the gym, sitting out of games and feeling defeated. But believe it or not, the challenges that come from recovery can actually inspire improvement. Follow these five tips and return to workouts physically and mentally strong.

1. Get diagnosed. Know the difference between being hurt and suffering an injury. We like to ‘tough it out’ and walk it off when we get hurt. But you know you are injured when the pain you sustained has not gone away or perhaps has gotten worse.” says Aaron Wexler, NASM CPT. “Pain is the first sign that something in your body’s kinetic chain is not right.” You can walk off being sore, but you should *not* walk off real pain.

2. Understand what happened. How did you get injured? Understanding what happened will be key to your rehab plan so you can avoid further injury. Knowing what went wrong will also help you mentally, as getting injured can really impact your confidence level.

3. Seek supervision. Work with your doctor on an exercise-based rehab program. A physical therapist or personal trainer can also help correct bad movement patterns and muscle imbalances in order to prevent further injuries.

4. Fuel your body. A nutrient-packed diet and adequate hydration are key during recovery. Adding a supplement like glutamine or MSM and chondroitin may also help rebuild joints. Stay away from alcohol, sugar and white flour.

5. Keep going. Continue your prescribed rehab plan for a few weeks after you feel back to normal. This will help you continue to build strength. Focus on stabilization, core and flexibility exercises after rehab. You’ll also want to warm up your injured muscle with a foam roller



Preparing for the Holiday Guest

Most members are not aware of the guest policy here at the Club, but one of the features we put into place was the provision for members to buy a House Guest Pass for their holiday guest. These passes allow that guest to come and go as if they were members. Here are the guidelines for these passes:

Guest Fees:

<u>Full access including Tennis</u>	\$100/week	\$250/month.
\$10 each additional person per week		
\$20 each additional person per month.		

<u>Fitness/Swim only</u>	\$50/week	\$150/month.
\$5 each additional person per week		
\$10 each additional person per month.		