



# Newsletter

October 2018

## We Will See...

We know this for sure, the prime court times are taken by less than 15% of players. The rest of the court times in less demand is not expected to be impacted by this system. First, we need to point out that this is a trial program to run this coming November. If it proves to be ineffective, we will drop it and return to our original reservation system. Again, here is how this program will work...you will receive an email, open it, click on the link and there will be a chart. The chart will provide the dates of the month and the court times. Read the instructions as to how many court times you can choose. We then randomly award those times and email the results. If you do not have an email, please contact the Front Desk for further instructions. The times not taken after the lottery can be reserved using our current system. Of course, we still have the walk-on courts outside and the challenge court system inside. We also have several programs that allow members to come down and join in. This process will eliminate our current first come first serve procedure. Like we said, November is a test, we will see.

## From Local to Global

Congratulation to members Michelle Gurman and Ashley Kechter for winning the 4.0 Women's Doubles at the Hal Wagner. At the same time, Mt. Tam Pro Elly Hakami was inducted into the Marin Hall of Fame for her many achievements as a junior; one of those achievements was winning the US Open Junior title and reaching as high as #31 in the world. Speaking of world, member Charlie Hoeverler (far right) captained the American senior team at the President's Cup, to a win over France. Among the team players pictured below is our standout veteran member Linda Bucklin, who contributed to the cause winning both of her doubles matches. She's pictured right behind the flag, a position she was proud to take.



### 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

## Daylight Savings Ends

Comes up November 4, early Sunday morning at 2am. We get to sleep in an hour longer and most likely there will be fewer people showing up early for their classes or appointments.

## Outdoor Pool Update

Get in your last licks and kicks in the outdoor pool. Historically, we have stopped heating it around the end of October as the nights begin to drop below 50 degrees consistently. We do keep it open and the pool is usable, just not heated; usable, just a bit chilly.

## Cell Phone Usage Update

As more and more people are feeling the need to stay in touch and be on top of either their job, appointments or their family, we feel it necessary to make a minor adjustment to our policy concerning cell phones. Cell phones are still strictly out when it comes to locker rooms and the fitness area. The pools and the tennis courts are open to texting ONLY, absolutely no verbal interaction is allowed. We also suggest this for the lobby and Café as a courtesy to others, and not on Speaker!

## Prepare to Swing

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

### New Sports Channels for Cardio Equipment

You may have noticed a few changes in the channels that are now available on the exercise machines. This is the result of issues that started with losing the connection with ESPN 1 and 2. We were able to correct that problem and in the process, found that we could add several other sports channels that would include many of the MLB, NFL and college sports. Thank you for your patience and apologies for those who wanted to follow the U.S. Open tennis tournament.

### Efren and Zumba Update

We were blessed to have Efren here for a few months to contribute to our Zumba program, and it looks like he will be able to give us one more month before moving on. Until then, join Efren and **BREAK IT FREE** for a cardio dance party for October, finish on Halloween in Latin costume. Free for members, no dance experience needed and be ready to sweat. **Also**, save the date of Thanksgiving day to enjoy a 90-minute Zumba special from 9:30 to 11am. More information to come.

### New Instructor Maggie Scott

Please welcome superstar instructor Maggie Scott to the Mt Tam Racquet Club. Maggie teaches her signature 'Power Hour' Tuesdays from 8:45-9:45 a.m. Join her for this fun and challenging workout, which incorporates cardio, bodyweight calisthenics, resistance and weighted exercises, core work, and stretching.



### Know Your Form

Form is a primary concern while exercising, and is especially important in the prevention of injury in fitness classes. All of our instructors are knowledgeable about correct form, and will give you cues during class about how proper form looks and what it feels like. During fitness classes, instructors may give any of the following form corrections:

-postural corrections, such as verbal instructions to 'engage your core' or 'lift your chest'

-muscular activation cues, such as verbal instructions to 'squeeze your glutes' or 'tighten your inner thighs'

-manual adjustments, such as moving your arm into place during a stretch

-asking a question, such as 'show me where you feel this' to check to make sure you are using the correct muscle group during an exercise



If you prefer one form of correction over another or need accommodation in order to hear or see the instructor clearly, or require cueing for modifying exercises, please let the instructor know at the beginning of class. Our fitness classes are designed so that any member should be able to take any class on our schedule by following the instructor's verbal cues.

## Swim News and Updates

### The Holidays Are Coming!

Well, not right away, but just around the corner so... Halloween candy, Thanksgiving feasts, December treats, edible gifts to be given and gotten... Swimming is a great form of exercise to keep off those pounds!

Swim on your own or swim in a group, but swim! Our Masters Group meets three times a week from 9:30-10:30 on Monday, Wednesday and Friday coached by Judy Eisenman. She passes on tips to improve your swimming as well as provides a great one hour workout.

On Tuesdays and Thursdays, our Swim Fit groups meet from 10:30 to 11:30. This is a small group class coached by Tish Borden. Swimmers work on technique and endurance. This swim group is a launch pad for greater swimming endeavors. There are lots of good reasons to get into the pool and swim! Here are the top 9!

1. Swimming is a cardio heart helper!
2. Swimming builds longer leaner muscles.
3. Swimming is a perfect cross-training exercise.
4. Swimming Increases flexibility.
5. Swimming strengthens your core.
6. Swimming builds endurance.
7. Swimming can lead to other adventures.
8. Swimming provides a way to socialize.
9. Swimming can make you lose weight.



### Fitness Surveys

Fitness Surveys are available year-round at the Reception Desk in the lobby of the Club. We welcome your feedback about our program, our schedule, our instructors, requests for additional classes and anything related to fitness. Member feedback is **always** given serious consideration and kept confidential. You are also welcome to call or email our Fitness Director if you wish to discuss our program. Also, please feel free at any time to leave suggestions or ideas at the Front Desk that might pertain to any activity or service that is provided...all input is welcome.

## Tennis Tip

We just installed a camera on court 10 to be used by instructors to help evaluate a player's game. This system, developed by Track Tennis, is the first to be installed in the country. The camera can record and keep track of all data...number of first serves missed, volley winners, even line calls. It is in the developmental stage, but in a short time, with the addition of an App, this system can be accessed by anyone who signs up for the App. This can also provide live streaming and much, much more. Like we said, this is in the developmental stage and more information to come.

## Free Clinics for October

Free Clinics Tuesday, October 2, 1pm.

Free Clinic Saturday, October 13, Noon

## Team Tennis Has Returned

For the next six Wednesday nights, team tennis will be using three of the indoor courts from 5:45pm on. If you did not get on a team for whatever reason, please contact coordinator Diane DeMartini directly at her email [ddemar888@yahoo.com](mailto:ddemar888@yahoo.com). There is always a need for subs and last minute fill-ins.

## Bo's Casual Tennis Night

In this day and age of competitive league play, it's great to have a time and place when you can walk in and find instruction and play for fun every Friday night at 5pm.



## Junior Tennis Underway

The junior leagues are starting this Friday. As usual, the matches will begin at 4:30. Most weeks we will need 5 courts (3-7) but one week (11/2) I will need six. In that case, We will need to use courts 3-8. We finish with lessons at 5pm, so my court will be available for someone to use every week. Great to make room for the younger ones, they deserve their piece of the action.

The schedule: 9/21 courts 3,5,6; 9/28 courts 3,4,5,6,7; 10/5 courts 3,4,5,6,7; 10/12 courts 3,4,5,6,7; 10/19 courts 3,4,5,6,7; 10/26 courts 3,5,6; 11/2 courts 3,4,5,6,7,8 11/9 courts 3,5,6.

## Member of the Month

We've featured various members for various reasons, and this month we feature a junior member who has provided a great example for others to emulate. We could easily reference Stevie Gould's accomplishments as a player, but what really makes him special is his work ethic and attitude towards other members. He's here nearly every day making every minute productive and relevant. Despite his accomplishments, he keeps a level head and interacts with anybody at any time...a true sportsman on and off the court. Already a nationally-ranked player in his junior year in high school, he definitely has a strong future as a college player and beyond. The big lefty hits the ball about as hard as humanly possible and works out daily to maintain that strength and durability.



## When Using the Ball Machine

This has become a very popular item at the Club, and only having the one-time fee of \$30, is very rare in the industry. That fee provides you with instruction on how to use the machine and also very important safety reminders. We ask only two things for the users to remember when finished using the machine; please properly wind up the cord around the handles and make sure that both the ball machine and the ball mower are properly put away.

## How the Tennis Pros Work...

One of the main reasons we have one of the highest retentions for tennis pros in the country, is because of the working relationship we have with them. First, we pay the most...that's a must in Marin County, but more importantly, we give them full autonomy to run their programs and teach as they see fit. It may surprise many Club members, but most large facilities have a Head Pro or Tennis Director that mandates a style of teaching and takes a piece of the action every time pros are on the court. This results in turnover and a national average of about 2.8 years for most pros at clubs. All the consistency and sense of family is lost as pros jump from one club to another trying to find a better position.

We also allow our pros to work with both members and non-members. Clubs that mandate member-only lessons will eventually starve out a pro, especially in areas where there are so many other pros that are available. We do create a system that makes the indoor courts a priority for members during the winter, and we also charge non-members about 15% more for lessons.

When we have a request for lessons, the Tennis Director assigns that person to the pro that can best meet their needs and goals. For that reason, each pro that is contracted to the Club has either developed or come with certain skills and abilities that cater to certain players. This is very important because it addresses the individuality that comes with learning the game of tennis and it also naturally directs players towards others of the same level and interest.

## Pickleball...A Force to be Reckoned With

It's inevitable. This new sport is destined to grow and become more popular every year. The problem the tennis world has had is not the competition, but rather the fit. At clubs where the tennis courts have been taken out and replaced with specially designed pickleball courts, there have been mixed results. Tennis clubs where tennis is popular have had real issues; those where tennis was waning, not so much a problem. The solution has finally come to be; they have come up with a new system that can temporarily alter a tennis court into four pickleball courts. It takes about 20 minutes to set up and about ten minutes to take down. The only question now is to find a time where you can take a court, or two, and alter them for a couple of court times. With leagues, events and open play being so popular, this could be an issue. We also have to deal with the fact that pickleball can be very noisy from the paddles they use. The current suggested time would be to use courts 1 and 2 on late Saturday around 4pm. Those courts are currently challenge courts that tend to be unused at that time. The other idea is using indoor courts 12 and 13 at the same time, late Saturday at 4:30pm. We will see how much of an impact they have on the tennis world and how well this game is received here at Mt. Tam.



## Why Juniors Love the Game of Tennis

Some of the younger future stars got together with Steve and are enjoying a Friday afternoon tennis round-robin. This move towards social tennis and fun events for young players has resulted in an amazing amount of growth in the sport. More to come at Mt. Tam, you can count on it.



## USTA Teams...Always a Fun Experience

Pictured below are the teams that qualified for the Sectional Championships to compete for a national invitation.

