



Newsletter

August 2017

A Fond Farewell

Terry Ager and her husband, Dean, are moving to Michigan where their daughter and grandchildren live. Terry has been an active tennis member of our club since 1996 and has played on 59 Mt. Tam USTA teams. Terry captained 11 of those teams, leading three to NorCal Districts, one through to NorCal Sectionals, and was nominated for USTA's Blue Ribbon Captain Award. For the last three years, Terry did an amazing job coordinating our popular Wednesday evening Team Tennis League.



Mt. Tam player comments:

"Such a supportive and great captain! Terry led us all the way to Sectionals. What fun!"--Christa Keeling
"What I love most about Terry is her

positive attitude & ability to find humor in almost every situation. She is a true blue friend!" --- Penny Wright-Mulligan

"One of my favorite memories of Terry as a captain was before our matches at Districts & Sectionals. Terry gathered the team to show us how she calms her nerves. We all followed in unison and silence. It was a very cool team moment. She also reminded us to kick booty, have fun and appreciate every part of the experience. As captain, her messages were grounding and spot on." -Lynn Gerson

"Terry's singular commitment and effort regarding all things tennis has made MTRC tennis a blast! I, like many others, have reaped the benefits of her hard work. She is an awesome captain, the best Wednesday night Team Tennis organizer, a fantastic player and a lovely person. I will miss her both on and off the courts."--Sue Campagne

Terry follows a long line of former Mt. Tam members who have made the Club a better place for others. Sammy Johnson, Janet Scott, Peter French, just to name a few, all took on projects at the Club and ran them both efficiently and without a personal agenda. Who will be the next on that list, only time will tell, but our doors remain open and receptive to anyone that has any ideas or programs they would like to have at the Club.

Finally Back on Line

After six months of work, our photovoltaic system is back on line. The old panels have been replaced by a brand new set of panels that will increase our output from 150 to 240 kilowatts.



Accessing Your Account Online

1. Go to our website www.MtTamRC.com and click the upper left Menu button with the three bars.
2. On this page you will see a wide red bar with a lock and statement "Log in to Account."
3. At the lower left a bar that states "Access My Account." A box will come up where you will need to put in your first and last name and your email address. We must have your email address on record for you to go any further at this point.
4. Next, enter your email and password. If you don't have a password, you will need to create one.
5. You now have access to your account and can update your information. You can also set up auto payment by going to the edit tab and putting in the information on how you would like to pay your monthly bill.

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

Did You Know...

We offer over 80 free fitness classes per week, including HIIT, Boot Camp, Tabata, Bodysculpting, Zumba and Zumba Gold, Pilates, Yoga, RIPPED, Meditation, Aqua Fit, Feldenkrais and Spin? Our fitness schedule is updated monthly. We have two swimming pools open every day through the end of summer, a Jacuzzi spa, Men's and Women's steam rooms, a full gym and a basketball court, all included in our fitness membership. Additionally, we offer private Personal Training, Feldenkrais, Pilates, Swim Instruction, and Massage for an additional fee. If you have questions about our classes, or have a request for a new class, please see our Fitness Director Jodie Hawley, weekdays in the accounting office or call 415-924-6226 x190. Let us help you get the most from your membership.

The Stein is Back

Stein Skaar returns to his regular schedule this month. If you have not tried his classes, they are challenging and exciting and incorporate drills as well as endurance, cardio and strength training. He teaches Tabata 12:00-12:30 on Mondays, Wednesdays and Fridays, Boot Camp Monday and Wednesday mornings at 6:30-7:30 a.m. and 'The Grind' 11:00 a.m. to 12:00 p.m. Tuesdays and Thursdays. Welcome back Stein! A big thank you to the great team who taught during his absence, including A.J., Beau Gardner, Kim Delgado, Kristina Berger and Aya Andrews!



Trainer Profile

Do you know about our Elite Trainer, Judy Eisenman? After completing her B.S. degree in Physical Education at Cal Poly San Luis Obispo, Judy has been in the fitness industry for over 40 years. Twenty years ago she graduated from a four-year training program in the Feldenkrais Method, and uses those principles in her approach to personal training and swim instruction. Before joining the Mt Tam Racquet Club team, Judy was the Fitness Supervisor at the world famous Golden Door spa and a guest instructor at Rancho la Puerta. She also was the regional sales director for a chain of women's health spas in California and Arizona. Currently, Judy coaches the Master's Swim program, a position she has held for 16 years as a Level 2 USMS certified coach.

In 2017, Judy placed 5th in the age 60-64 1,000 free at the USMS national meet in Riverside, California. A grandmother of three, Judy stays fit in her free time by running, swimming and weight lifting.



Swim News and Updates

Life is good when you are a Multi Sport Kids Camper!

Way back, kids collected trolls, then pogs, ponies, ninja Turtles, Pokeman cards and beanie babies. Well, now its Fidget Spinners! The campers designed their own this summer, and they turned out great! (See below)



Friday is always a favorite day at the Multi Sport Kids Camp! Not because it is the end of the week but because it is the Olympics! We don't have to wait for Pyeong Chang, Korea in 2018 or Tokyo Japan in 2020, we have the Olympics every Friday in Camp. After taking the Olympic oath and having our opening ceremonial parade, the first events are the swim challenges. After lunch we continue with the team tennis, around the world and jail break. The final events are the track and field events, which include both agility and accuracy skills and lots of dancing in the basketball court. They are very good dancers by the way! The medal ceremony is always my favorite where medals from bronze to gold are awarded and the national anthems of the countries participating are played. Many adults walk by the camp and wish that they could come!

Three more camps this season! July 31, August 7 and August 14 and all currently have openings.



Tennis Tip

You're about to wrap up your summer tennis and prepare for the fall leagues. Consider a change this year...get fit. With school starting back up and scheduling changing to allow more consistent scheduling, consider adding a couple of our 85 fitness classes each week to round out your physical fitness and upgrade your tennis. If it's aerobics you want, we got it...spin, land and even water is available. For many, the best preparation is in becoming more durable...this is where yoga is the best program. This will impact both your flexibility and your ability to avoid injuries. There are also programs that can address your footwork. Improving your movement on the court will result in better positioning and, in turn, better stroke production. Often, the most effective weapon you can develop is your movement and coverage of the court.

Bo's Program

What started off as a casual group lesson program on Fridays at 5:45pm has now grown into a fabulous learning and practice session, as well as a great social event. Bo is joined by Mt. Tam's newest teacher, Tarren, and also long-time pro, Carl, who organize a multi-court event for all levels. The combination of supervised play and practice has proven to be very impactful and is capitalizing on the newest trend in teaching...team coaching.



USTA Hosted another successful social with the 70 plus group from all over the Bay Area.

USTA League Update

Congratulations to our 18+ M4.0 team and Captains Scott McClintock and Todd Snyder. They are headed to NorCal District Championships Aug 4-6 at Johnson Ranch Racquet Club in Roseville. Our team finished the regular season with a 9-1 record, then defeated Mill Valley 5-0 and Lagunitas 5-0 in Local Playoffs!

Our 18+ W3.5, W4.0A and W4.5 teams had strong seasons but were all defeated in the first round of Local Playoffs.

Combo and 40+ Mixed teams are forming now! Their regular seasons begin in September. To follow all Mt Tam USTA teams, go to our club USTA homepage: www.ustanorcal.com/organization.asp?id=3117



Twilight League Update

Another fun season of Twilight League is coming to a close. Our 7.5 team (Capts Sue Pearlstein, Pat Skipper) finished the regular season in first place and has a bye into the playoff semifinals, where they will play the winner of MTC v MCC on Wednesday, Aug 2. Our 6.5 team (Capts Peete Baer, Pat Skipper) was knocked out of playoffs in the first round, 6-3, by Rolling Hills.

Free Clinics for August

Free Clinics Tuesdays, August 1 & 15, 1pm.
Free Clinic Saturday, August 12, Noon

Back to School Special

Every Fall, there is a new group of young people who are starting up at Hall or Redwood. They quickly find out that, after school, many of their new friends head off to Mt. Tam to work out, 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 last year's rain. A non-member who purposely violates our guest policy will not be able to use the Club 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-member to be registered.

Babette Dunkelgrun Presents Women's Workshop

Sunday, August 20th, 5:00pm - 6:45pm

Location: Yoga Room

Self Inquiry is one of the most healing offerings of yoga, connecting you to your truth. You can set powerful, authentic intentions before even starting the asana (posture) practice.

This workshop will begin with guided meditation, leading into an intentional, invigorating and all-level flow. Surrounded by women who support, motivate and inspire us, we end with a brief, self-care journaling exercise and meaningful conversation.

Go into your week with increased clarity about how you can bring more principles from yoga and mindfulness into your life. Whether you are looking to heal the relationship with your body, clean up your food or make more nourishing lifestyle choices, this is the workshop for you.

Please note: this is a women's event. Mats/props are provided.

Free for Mt Tam Racquet Club Members, \$10 drop-in for guests.

Space is limited. Email Babette to RSVP: bdunkelgrun@gmail.com.

Bring water, paper/pen and an open ♥



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 wellrested. 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 sleeping and waking up at the same time every day, regardless of 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.