



Newsletter

October 2017

Team Tennis is Back!

From Wednesday, October 11th through Nov. 15th, Mt. Tam Racquet Club will be hosting Team Tennis again! We will use three indoor courts playing Men's Doubles, Women's Doubles and Mixed Doubles at 6pm and 7pm. The format will be an 8-game pro set with a tie breaker at 7-all and it will include 4.5, 4.0, 3.5 and 3.0 players. This event is a great chance to come and cheer on the teams and enjoy some social tennis. The Club will supply half price drinks at the bar starting at 7pm and there will be some snacks provided.

The Team Tennis format will consist of four teams with each team playing three matches. We are looking for members who want to commit to being on one of the four teams for the six-week period. As always, we will have a large pool of subs to fill in if the regular team players are unavailable for an upcoming match.

Diane DeMartini will be running the team tennis, so please respond to her via email if you are interested in participating. She can be reached at ddemar888@yahoo.com

The Club will host a party at the conclusion of the season so everyone will have a chance to socialize and congratulate the players. Let's keep the tradition of Team Tennis going, and have some fun tennis on Wednesday evenings!



At the End of the Day, You're the Boss

We would like as much feedback from members as possible as we expand our Spin and Mind/Body class schedules. Please rate the classes you have taken and let us know what you would like to see on the new and expanded schedule going forward. The fitness surveys are available at the Front Desk. Unlike many types of businesses, we actually use these surveys to determine in which direction we should take the Club. This is especially true with the varied classes that we offer. Like we said, at the end of the day, you the members are the boss.

Outdoor Pool Update

Get in your last licks and kicks in 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 that area open and the pool is usable, just not heated.

Basketball for the Children

We are in the planning stages to bring back after school basketball programs. In the past we have run a short four-week program beginning the middle of October and running through the middle of November. More information to come.



Spin and Yoga Room Update

We are still working on the best possible locations for these programs. We now have two large rooms that can accommodate both, it's now just a matter of finding the best fit. There are pros and cons to any direction we go, but one thing for sure, having dedicated rooms will allow for much fewer scheduling issues.

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

Ken Carr has been a fixture at the Mt Tam Racquet Club since 2003. Ken is a bodysculpt and spin instructor, as well as a personal trainer. He has been actively coaching and training clients since 1991 (that's 26 years). Ken emphasizes cross-training by incorporating cardio, strength, flexibility and endurance components into every class and training session. On a regular day at the Club, you might find Kenny at the café eating his morning oatmeal with blueberries, which keeps him going all day, every day. Ken's motto is, 'Be the best that you can be' both mentally and physically, and he inspires everyone to get-and stay-fit for life. Ken teaches:

Sunday Cycle 8:00-9:00 a.m.

Monday Bodysculpt 8:30-9:30 a.m.

Tuesday Cycle 7:45-9:05 am

Wednesday Bodysculpt 8:30-9:30 am & Cycle 6:30-7:30pm

Thursday Cycle 7:45-9:05 am

Friday Bodysculpt 8:30-9:30 am

Dr. Megan Scott, our resident yogini, has a wide and varied background in yoga, mind/body awareness and overall health. She practices integrative medicine, sports rehabilitation and clinical psychology with a focus on advanced healing techniques. She has 20 years of training and practice in mind/body self-regulation techniques. She brings an intuitive wisdom and science to healing tools and techniques, using the Left/Right brain neuro re-balancing technique for self-healing. Dr. Scott combines this knowledge in clinical settings, and teaches at California Pacific Medical Center, Institute for Health and Healing, The University of the Pacific School of Dentistry and is featured as well as one of our outstanding regular yoga instructors here at the Mt Tam Racquet Club.

Dr. Scott is one of the founders, directors and contributing researchers at the Chronic Pain Institute of San Francisco. Co-author of "Yoga With Weights for Dummies" 2006, she



specializes in Yoga anatomy and movement. Her mission is to assist students in discovering their own greatness, to awaken the spirit that lives within us all.

Join Megan for an outstanding yoga experience in the Mind/Body studio Sundays 10:00-11:30 a.m., 4:00-5:00 p.m. Mondays and Wednesdays, 7:30-9:00 p.m. Tuesdays, Wednesdays and Saturdays 12:00-1:15 p.m.



Swim News and Updates

Which would you choose?

Twenty-five meters in a pool or Miles and Miles of water with vertical sandstone walls, curving canyons deep beautiful glens and painted grottoes? Three times a week you can find Mt. Tam master swimmers swimming in our 25 meter indoor pool. We swim lap after lap, following the black line, turning at the T and returning to the end via the black line. In September, we broke out of the mold! Nine of our Mt Tam master swimmers went to Lake Powell in Northern Arizona and southern Utah to swim for four days in the open water.. For four days we swam in the Glen Canyon. The Colorado River and its tributaries carved extensive canyons for us to swim in and explore. It was definitely an experience to treasure! Swim Masters with us and you can join us next time! Mt Tam swimmers at Lake Powell



(left to right) British swimmers are there too! S. Baldwin, T. Borden, A.O'dell, J. Eisenman, M. Lyons, J. Gorton, R. Elegant, J Kaufman, P. Lewitz and Tish.

The holidays are coming!

Thanksgiving feasts, December treats, edible gifts to be given and got, a great time to focus on exercise and activities that will help you stay fit. Swimming is a great form of exercise.

Nine good reasons to get into the pool and swim!

1. Swimming is a heart helper!
2. Swimming builds longer, leaner muscles.
3. Cross-training
4. Increases Flexibility
5. Strengthens Your Core
6. Builds Endurance
7. Adventure – Lake Powell!!!
8. Social Outlet Our masters group is the most fun!
9. Weight Loss



Tennis Tip

Most players spend way too much time focusing on their swing when trying to develop a great serve. They should be putting in much more time on their toss. Without an accurate toss, a proper and free-flowing swing is impossible. There are two problems most common with an inaccurate toss...first, too high, resulting in timing issues. The player ends up either waiting or using more motion than needed waiting for the ball to come down. The second is a wandering toss. This is why it is so important to practice the toss at the same time that you are preparing the racket to hit the ball. Practicing the toss alone will not cut it, you need to use both arms at the same time to master this sensitive movement and more naturally develop an easy and accurate placement of the ball.

Free Clinics for October

Free Clinics Tuesday, October 3 & 17, 1pm
Free Clinic Saturday, October 14, Noon

New Inventory in Pro Shop

Check out the new shoe and racket inventory that just came into the Pro Shop. These new lines are the 2018 that Bo was able to secure several months ahead of schedule. Both Babolat and Wilson rackets are his newest toys for every level of player.



League Update

Mt. Tam's 55+ M7.0 team, Captains Doug Akay and Phil Sweeney finished their regular season in second place with an 8-2 record. Doug and team beat Marinwood 2-1 in the first round of local playoffs, then lost to Marin Tennis Club 1-2 in the second round. However, our team received a wildcard into NorCal Sectionals, Sept 22-24 in Sacramento, but lost all three of their matches to finish fourth in their flight.

Our 55+ M8.0 team with Captains Bryan Baker, Euie Hill finished their regular season in first place with an 8-2 record. After defeating Mill Valley 3-0 in the first round of local playoffs, our team lost to Harbor Point in the second round by a score of 0-3.

Mt Tam's 55+ W7.0 team, Captain Karen Mangan finished their regular season in fourth place and lost to Lucas Valley 1-2 in the first round of local playoffs

Our 55+ W8.0A team, Captains Jill Hutchinson and Barbara Baird also finished the local season in fourth, then lost 0-3 to Harbor Point in the first round of playoffs.

Next up?

USTA 40+ Team registration: 11/13-12/10. Local season: 1/8-4/1

USTA 55+ Mixed Team Registration 11/13-12/10. Local season: 1/8-3/18

To follow all Mt Tam USTA teams go to our Club USTA home page: <https://www.ustanorcal.com/organization.asp?id=3117>
Note: USTA NorCal has changed its menu bar at the top of our club home page. In order to access "League Resources," which has all league info, including all league descriptions and pathways to find teams, create teams and register for teams, you now must go to any of our USTA team home pages and find the "League Resources" tab in the upper right corner.



October, the Month of Transition...

We are very fortunate to have fantastic weather the month of October in the Bay Area. But along with brief heat waves and wonderful warm evenings, we also get a few days of rain and the introduction of winter. This is why we start our Winter Rules October 1 for the indoor courts. As a reminder:

1. Guests will pay \$10 per person for indoor tennis.
2. No same day reservations on the indoor courts.
3. The reserved courts 10 and 13 have to accept challenges if they are playing singles. **Do not challenge** a reserved court with less than one-half hour reserved time remaining. Both challenge courts must be used before a reserved court should be challenged. The order of challenge on the courts is 11 or 12, then either courts 10 or 13. **You may not challenge** any court if you have a reserved court within the next 25 minutes.
4. JUNIORS (under 18) are restricted from play on weekdays from 5:45 to 8:15 pm and before 2pm on weekends and holidays. The exception is that juniors can play on indoor reserved courts on weekends/holidays before 2pm, but only with their parents or designated adult (once again, if you are playing singles you must accept a challenge). Juniors have equal rights on all courts before 5:45 and after 8:15 pm on weekdays and after 2 pm on weekends/holidays.

The rainy season also creates a greater demand on both the indoor pool and the basketball court. For that reason, we ask that all members make a point of checking in their guest prior to usage so we can accurately monitor the volume of use in those areas. The basketball court becomes a very popular space for children after school, so we will randomly monitor that area and will dismiss any guest that is not checked in. Abuse of this rule can result in the permanent banning of that person from the Club.

Please remember that this is the only indoor facility in Marin. The less the staff has to police the usage of non-members, the better the Club atmosphere.

FUNDRAISING EVENT benefitting the Leukemia & Lymphoma Society

Saturday, October 14 at 12pm, HIIT with Joe Hart

Joe will be leading a special High Intensity Interval Training class to benefit the fundraising efforts of Rhett Krawitt, a nine-year old leukemia survivor and lifetime Mt. Tan Racquet Club member.

The 2017 Leukemia Cup Regatta is October 21 at the San Francisco Yacht Club...it is Rhett's 4th year to serve as an honorary skipper and proudly declare "My Name is Rhett and I Give a Damn." To learn more about Rhett's story or support his campaign, go to www.rhettgivesadamn.org.

Let's join together to support patients like Rhett to be "GONE WITH THE CANCER." Non-members are welcome - bring guests for a fun, intense workout in support of patients and survivors (\$25 suggested minimum donation). Look forward to seeing you on the basketball court on Saturday, October 14 at 12 noon!



The Cell Phone Battle

Like other clubs, attempting to control this pesky issue is a very difficult task. Part of our frustration is caused by the common thinking that cell phone usage is a necessity, not an option. The other part of our frustration is that today's reality makes containing cell phone use all but impossible...are they listening to music, texting, watching a video?

To be sure, we have all of the right policies in place. They include no cell phones on the workout floor and in locker rooms, and we ask that all usage be restricted to the lobby areas, Cafe or outside. We've got signs up, too, identifying "No Cell Phone" zones throughout the Club. But signs don't seem to do much good.

A big part of the problem is the definition of "cell phone usage." Every doctor and dentist in the world has signs in their waiting areas that say "No Cell Phones," yet we think nothing of taking out our phones to read email, send text messages or browse the web. We assume that the concern in a doctor's office would be the disruption caused by patients talking on their phones. After all, what harm can be done by quietly reading or pecking on a virtual keyboard? None, we hope. But we've never asked our doctors. Maybe it has to do with the atmosphere they are trying to create? Maybe it's about privacy? The signs do say "No Cell Phones." What if the signs were to say "No talking on your cell phone, but everything else is okay?" Imagine posting a sign like that in a very populated area such as the Club. We'd drive everyone crazy. Can you imagine?

So here again is the policy we would like everyone to adhere to.

1. In the weight room: Cell phones are okay for listening to music with a headset, but no talking. Oh, no photos or videos, either.
2. Not the same in the cardio area. In the cardio area: Don't use your phone for talking, email or texting. You'll annoy people if you talk, and if you are reading and responding to email or texts you might trip on your treadmill or get hurt using any dynamic equipment that has movement. Music with headphones is okay...and again, no photos or videos.
3. In the locker rooms: This is just common sense when you realize that all cell phones have the ability to take pictures. Just take the time to leave the locker room if you have an emergency call or need to make an emergency call.
4. In classes: Are you kidding? Shut it off. All the way off. Not just silent mode.
5. In the pool areas: There are several issues here; first, unless you have a waterproof phone, you are just asking for trouble. Second, once again, the ability to take pictures can be compromising in these areas. There is also the fact that many people like to have their workout without the chatter of others in that area. Finally, way too often we see parents on their cell phones when they are supposed to be watching their children.
6. Possibly the most difficult area to maintain the "No Cell Phone" policy is on the tennis courts. It's obvious that a ringing sound would be a major distraction, but so is someone having a loud verbal conversation. We also realize that people are trying to set up matches and find out what happened to their partner or opponent. This is when texting should be the only option.

Lastly, whether in the Café or the Lobby, here's another sign we should be posting: "Just because you can talk on your phone in these areas, doesn't mean that we have to hear everything you are saying." When you can hear someone on their cell phone from twenty feet away, that can be uncomfortable for everyone in that space. Those conversations should be quiet, private and, hopefully, briefer.

