



# Newsletter

November 2024

## Thanksgiving Open Tournament

TBD - Nov 15-17 OR 22-24

It turns out that this one weekend format is perfect for most players. In addition, no league matches are taking place so the whole facility is ours. Scheduled for November there will be Men's and Women's singles and doubles, including Mixed. This is both a great way to have fun competition and meet others. There is a players party Friday night that Bo, the Tournament Director is hosting. He has a lot of entertainment planned with one free drink for every participant. Entries available at Reception or via the website [www.MtTamRC.com](http://www.MtTamRC.com).

## Our Collective History

So many things have changed in our near 50 years as we have watched many members come and go, generations in fact! But most do not know that it all started in 1962, when the Lee Brothers opened ValueWorld, pictured below with some classic cars and a sign so large it looked like a full moon. It was the first Big Box, decades before Costco, with everything from hardware to a drug store and a Toyota dealership in the parking lot. It closed about ten years later and then...in 1974...along came Mt. Tam Racquet Club.



All reservations, except for the gym (not needed), are made through MyClubLives.

### Club Hours:

Weekdays: 4:45am - 10:00pm

Weekends: 6:45am - 9:00pm

Café: Monday-Friday 10:30 - 5pm

Saturday/Sunday 10:30 - 4pm

Indoor Courts closed Monday mornings.

## Thanksgiving

Thursday, November 28th

Club Hours: 5am to 2pm.

No Fitness Classes. Café is closed.

## Veterans Day

Monday, November 11

Observed as a legal holiday on Monday, November 8.

No Fitness Classes

No Café.

Club hours: 7am to 9pm

## Daylight Savings Ends

At 2am, November 3, set your clocks back one hour.

## Line Dance Party

With Dolly Urquhart

This event meets every first Saturday of the month featuring a social hour/mixer 6:30-7:00 p.m. and instruction and dancing from 7-9:00 p.m. Join Dolly for a fun evening of dance, cardio and socializing! Free to members, non-members, \$15.

## Self Defense with Al

Self Defense, Wednesday, Nov. 20, at 6:00, Tai Chi, Saturday, Nov. 23, at 11:30.

Address correspondence to:

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## Fitness Updates

### The Holidays are Coming!

Thanksgiving feasts, December treats, edible gifts given and received! Swimming is a great equalizer exercise!

Here are some good reasons to get into the pool and swim!

1. Swimming is a heart helper providing great cardiovascular conditioning.
2. Balance Your Build - Swimming builds longer leaner muscles.
3. Cross-training- Give your body a break from higher-impact activities.
4. Increased Flexibility – An easy swim helps flush out toxins preventing muscle tightness and soreness after intense lactic-acid build up.
5. Strengthen Your Core – swimming utilizes all the body's muscles simultaneously.
6. Social Outlet – swimming at the same time daily leads to new relationships over the common interest of swimming.
7. Weight Loss – People who consistently swim enough to be out of breath and elevate their heart rate do burn calories and lose weight.

### **Fitness Member of the Month: Rupah Ganatra**

Rupah Ganatra is a daily regular in the fitness center. She usually walks from her home in Larkspur to the Club, then warms up on the rowing machine and subsequently completes a full weight circuit, often spending two to three hours in the gym. After her workout, she stretches and then walks home. She is currently training for a trip to Peru and Versailles which will require lots of walking and carrying bags, but Rupah prioritizes workouts mainly for her health. Congratulations to Rupah for her dedication and commitment! As acknowledgment and recognition of her work ethic, we have gifted her November dues and thank her for her ongoing support of our club.



## Tennis Updates

### Bo's Drop-In Tennis

Sundays, 1pm \$50

This program is for more advanced players, at least a strong 4.0 level that includes rapid feeding and extreme footwork challenges. Bo runs this program and will not hesitate in pushing the limits of those who sign up. Must Register.

### Tennis Pro's Tip of the Month

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.

### Preparing for Holiday Guests

Many members are not aware of our guest policy, but one of the features is the opportunity to buy a House Guest Pass for guests. These passes allow guests to come and go as if they were members. Guests must be staying in your home. Here are the guidelines for passes:

#### Guest Fees:

Fitness and Swim only: \$75/week.

Because the outdoor courts can be accessed without having to go to the Reception Desk, it is very important that you have your guest check in before using the Club. This is true for all non-members, even those playing in scheduled Play Tennis Marin matches.

Pickleball is no exception. Members know if they are going to have a Guest and should always show them the courtesy and respect of bringing them to the Reception Desk to sign-in.