



Newsletter

August 2019

Great News About Mt. Tam App

The new Mt. Tam App, available for free, is called Tennis Lives and now provides both easy access to the reservation courts as well as helping you find others to play with. The focus goes beyond just finding a tennis partner; it will help you find the right tennis partner...the level of play, recreation or competitive, the day and time that works best for you and maybe most important, the ability to connect with other Mt. Tam members. In addition the new Android version is soon to be available.

As many members are now discovering, the challenge of getting a reserve court is much less, so the focus has now shifted to finding others to play with after you obtain a court. What the tennis industry has discovered, finding players to play with has become the greatest challenge to the growth of the game...Tennis Lives may have become not just the Mt. Tam solution, but the national solution. challenging

Summer Camp Continues On

The last two weeks, August 5 and August 12' will be the last chance for anyone to join in. There are still a handful of openings for both weeks, and you never know, there may be some cancellations. The children get a chance to play tennis, swim, basketball, but maybe the most fun is playing social games with the others. This is your child's last chance to enjoy their summer before they are off to school.

Entertainment From the Front Desk

Taking the towel art world by storm, Marcus Perkins' fanciful towel animals have been delighting Club members and children attending the summer camps, who are learning to create their own towel creatures. Marcus, who works at the Front Desk on Thursdays, is an actor, does videos and commercials and will eventually be moving to L. A., where most of the action is. Our loss, their gain, we'll enjoy him while we can.



Back to School

Seems every year the summers fly by faster and faster and before you know it, a new school year has started. With that transition, we always see a new generation of children attending Redwood, Hall and St. Patrick's, all local schools that create a new demand for membership. This year the Club will be offering a special discount to those new to these schools. This discount is unique in that 50% of your initiation fee will go to the school you are attending. Obviously, this will apply to any school that you choose. Remember that warm falls that are common, make the outdoor pool a great retreat from the heat. Also, the Café and the new outdoor tennis court lighting makes evening play during those warm nights a real pleasure.



Maybe It's Time to Change

Like many other businesses, we are passing on credit card fees to the consumer in hopes that the 20% of the members that are still using credit cards to pay their monthly dues will change to using a free EFT; (electronic fund transfer), or direct bank debits) instead. This means that beginning September 1, the fees will increase to reflect our current cost.

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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

Fitness News and Updates

The Reality of Sub Teachers

Just like in most schools you attended, there is always a need for an occasional substitute teacher. That need has not changed in the fitness class world, and just like in schools, sometimes the teachers have a different way of approaching a class and the subject. We are always on the lookout for quality subs for every style of class, and we are also always trying to get feedback on anyone that does sub. Obviously, our first goal is to make sure the class happens; we strive to have as few cancellations as possible, a real task when having over 80 classes per week. But you never know, sometimes these subs spark new interest and a new positive direction can be found.

We also want to encourage every member that attends a fitness class to leave us your email, and if any last-minute cancellation takes place, we will try our best to get this information out to you.

Lastly, we are looking into virtual classes in case of any last-minute cancellation. Virtual classes are recordings of the instructor's class that can be played in lieu of their absence.



From the Fitness Center

Daniel has taken over and has made a few changes that we hope meets the need of the members. Many of these changes include a better organization of the free weights and the racks. He is constantly looking at ways to improve that space and welcomes any input.



Just a Reminder

Most of the time this is not an issue, but when it gets busy in the fitness room, there is a time limit on the cardio machines. We ask, as a courtesy to those waiting, that you limit your time on the cardio machines to 30 minutes. If no one is waiting you may go as long as you want. If you are a person who prefers longer sessions, we recommend using the Club during slower hours and avoiding prime time.

Swim News and Updates

Meet the Aquatics Department Team

The Mt Tam aquatics staff has done an outstanding job this summer and we wanted to introduce some of the staff to you (members, so you all could see who is guarding, teaching and helping out all the young ones who grace our club during these summer days).

Teaching lessons and helping train several new swim instructors, Olivia Carpenter has been a key player this summer. She is great with the kids and maintains such a positive attitude. Olivia attends college in Arizona and is studying Nursing.



Our new and amazing swim instructors are all Redwood students with guarding and swim team backgrounds. They have done an outstanding job working with non-swimmers and helping improve stroke technique of accomplished swimmers. From Redwood High Nicole Fuches, Tibi Quinn, Zoe Nicol and Kallen Wank have been

some of the most capable staff I have ever trained. I really appreciate their work ethic and dedication to the kids with whom they work.



There is a large crew of guards, many of whom are new and many who have returned from last year. If you see a guard, say hello and introduce yourself. They have all been so easy to work with and have shown maturity and professionalism. I'm extremely grateful to have all these amazing guards.



Finally, our camp staff has made camp so fun this year. All have been helpful and extremely kind to the campers, making newcomers feel welcome and finding fun and creative games to play with the kids. I want to specifically mention Holt Hanley, the assistant director, who has worked here at the Club since he was 15 and been a camp counselor since 16 years old. He is one of the nicest people I have ever met. He is in graduate school after obtaining his degree from Cal Poly San Louis Obispo.



Tennis Tip

The art of spin, or as the great Bill Tilden put it, mastering the game through the art of spin, is a must of all players. Most players over the last few decades became infatuated with topspin, but recently, even the top pros are using more and more backspin. The fact is, when you put spin on the ball, you have better control. If you want to improve, it's never too late to learn a slice backhand, a carving volley, or a chip serve return. Great way to expand and improve your game.

Free Clinics for August

Free Clinic Saturday, August 10, Noon

Free Clinic Tuesday, August 13, 1pm

Tennis and Music Night

Friday, August 16, 5 pm

Now that we will have lines painted in and the portable nets, we can have a combination pickleball/tennis/ music night. It will be the first time that such an event takes place that brings both sports together to enjoy a fun, social evening. Remember, this night is the only free Friday of the month.

Adult Tennis Camp with Steve and Bo

The next adult tennis camp will be August 12-15. Camp will be in the evening from 5:45-7:45. We cover all aspects of tennis and all levels are welcome. These camps are very popular so please sign up early by contacting Steve or Bo. Forms will also be available on the tennis board.



League Update

Congratulations

To the women's 18+ 3.5 Team wins League and will play Districts at Marin Tennis Club 8/2 - 8/4. Come cheer our ladies on. Also, the 7.5 Marin Twilight League won their division. Good fun, good food and good tennis. Well done!



Important Dates

8/12/2019 Registration due for NORCAL DOUBLES

70+ Daytime

18+

40+ Mixed

Registered Teams:

W7.5A - Monica Cass, Captain

W7.5B - Penny Wright-Mulligan, Captain

W8.5A - Ashley Kechter, Captain

70+ Daytime Captain Bryan Baker is looking for interested players.

Contact Joel or the captains for more info.

Year-Round Junior Program

The year round junior program will begin the week of August 26th.

Red Ball (ages 4-6) Monday, Tuesday and Thursday 3:30-4

Orange Ball (ages 7-10) Tuesday, Thursday 4-5, Wednesday 3-4

Green Dot (ages 10-12) Monday 4-5, Tuesday 5-6

Advanced Monday 5-6:30, Wednesday 4-5:30

Please contact Steve Summer at the Club if you have any questions or wish to participate.

In Case of Emergency...

Most members and their guest are unaware of the steps needed to take in case of an emergency. The recent earthquakes in California reminded us that we all need to know what to do to avoid panic and remain safe. First, the Club and the staff have all been trained to follow a written procedure. There is an alarm system that can be activated at the Front Desk that emits a loud siren-type noise. When that system is activated, you must leave the building as quickly as possible. In the earthquake of 1989, most members ran into the Café to watch the T.V.'s to see what was going on. Despite our instruction to exit and stay out of the building in lieu of possible aftershocks, people insisted on coming inside. Please note: when an emergency takes place, you are required to obey and follow the instruction of the staff on hand...no exceptions.

If the emergency includes the health or safety of another member, please note that calling 911 is the very first step in notifying the proper people to address the situation. The Front Desk staff, lifeguards, trainers and teachers all have CPR training, and will jump into action as soon as possible. If you are a member and are observing a potential threat or concern, you should always feel comfortable bringing that to the attention of the Front Desk. This could include any maintenance issue, improper or suspicious people on the premises, members acting in a improper manner...in essence, this is your Club and you're welcome to report a concern. We, in turn, will address every situation with discretion.

In addition, if there is a local emergency that impacts the community, we will do everything possible to inform the members at the Club of what is taking place. Lastly, one of the best ways to be safe at the Club is to have your photo on file. This helps us tremendously when trying to find a member in case of a family emergency. It is a big club and we do not have a P. A. system, so having your picture may be the only way we would be able to locate and inform you of any concerns.

Some Insight into Water Aerobics

The USWFA was established more than thirty years ago by aquatics people to educate people regarding the advantages of exercising in the water. A book called *The Blue Mind* explains the surprising science that shows how being near, in, on, or under water can make you happier, healthier, more connected, and better at what you do. The World Health Organization says that “Recreational water activities can have substantial benefits to health and well-being.”

Many people believe that the Fountain of Youth is in the water. Dr. Bruce E. Becker, clinical professor at the Department of Rehabilitation Medicine at the University of Washington, says, “If you want to stay young, or feel better at any age, get in the water.”



Pickle Ball Just Around the Corner

The Basics

A fun sport that combines many elements of tennis, badminton and ping-pong. Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net. Played with a paddle and a plastic ball with holes. Played as doubles or singles.

Why Call it “Pickleball?”

Pickleball has a very interesting name, especially since no pickles are used. Accounts of how the name originated differ.

1. According to Joel Pritchard’s wife (Joan), she started calling the game pickleball because “the combination of different sports reminded me of the pickle boat in crew where oarsmen were chosen from the leftovers of other boats.”
2. According to Barney McCallum, the game was officially named after the Pritchard's’ dog Pickles, who would chase the ball and run off with it. According to McCallum, “The Pritchard had a dog named Pickles, and you’re having fun at a party, right? So anyways, what the hell, let’s just call it pickleball.”

Others claim both accounts may actually be true. In the early years, no official name was assigned to the game. However, a year or two after the game was invented, the Pritchards purchased a cocker spaniel and named it Pickles. As the game progressed, an official name was needed and “pickleball” was it.

Our installation will take place on courts 7 and 8, allowing us to have a total of four courts. These courts can be converted in a matter of seconds from being the ball machine court or the teaching court to four Pickleball courts. Each court can host up to four people, which means that we can have a total of 16 people playing at the same time. The common program with this sport is to have people rotate, so for our program, we can set it up to have at least 24 people play in an hours time.



Women’s Basketball Drop-In

For a few months we have been experimenting with a once-a-month women’s basketball drop-in. The idea was to have this event on a Saturday evening at 6pm so that it could also be a great way to include a post-play social setting. It’s not competitive, but if you plan to attend the next get-together on Saturday, August 24, you should have some basic basketball skills.

This article is also a reminder that the court will be used exclusively for this program for two hours once a month.

