



# Newsletter

June 2024

## Once Again...Good Times with Bo

It's a rare event, just imagine, playing competitive tennis and really enjoying every moment...that is exactly what Bo's events are all about. On top of that, you get to meet a lot of new fellow enthusiasts.

Tournament Results:



3.0; Men's Single, Joshua Gershman; 3.0 Women's Single, Joanna Dachs; 3.0 Women's Doubles, Joanna Dachs / Jessica Viripaeff ;3.5+ Men's Singles Ben Barad; 3.5+ Men's Doubles Reggie Hodges / Bo; 3.5+ Women's Singles Anya Bosina; 3.5+ Women's Doubles Laura Bradley Davis / Shannon Rajewski; 3.5+ Mixed Doubles Sylesh David / Raina Lal; 5.0 Singles Stevie Gould

## Summer Multi-Sport Camps

There are five weeks of summer camps this year that we need to make adjustments for. We will need to set aside the outdoor pool from 10 am to noon and indoor tennis courts 12 & 13 from 1pm to 3pm. Please adjust your schedule for the weeks of Jun. 17th, Jun. 24th, Jul. 15, Aug. 5th and Aug. 12th.

The camp includes swim lessons, tennis lessons and a multitude of entertaining activities.

At this time, please note that all reservations, except for the gym, must be made through My-ClubLives,

### Club Hours:

Weekdays: 4:45am - 9:00pm

Weekends: 6:45am - 9:00pm

Café: Monday- Sunday 11am-4pm

Indoor Courts closed Monday mornings for lessons and maintenance.

## Coming To Your Club July 13

### 50 Year Celebration

It's our chance to celebrate 50 years of being your favorite tennis club in Marin. It's been a long journey with many changes and exciting events. Share your old pictures and memorabilia. Come and enjoy spending time with your long-time and new friends.



*It all started as Value World*

### This Month's Schedule with Al

The Self Defense Class is on Wednesday, June 19 at 6:00 and Tai Chi is on Saturday June 22 at 11:30.

### Line Dancing

Saturday, July 6, 7-9pm

We had a great time last month even though there was a Warriors playoff game to compete with. Still a good turnout. Put this date aside for July.

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## Fitness Updates

NEW Wellness class: QiGong with Claire Cohn begins Sunday, June 2<sup>nd</sup> at 10-11 am in the basketball court and also Wednesday mornings beginning June 5<sup>th</sup> from 9:30-10:30 a.m. in the yoga studio. All exercises can be performed seated or standing to accommodate a wide variety of ages and fitness levels. Please be sure to reserve your space in classes by registering on MyClubLives so that we can provide adequate equipment. We practice Qigong to:

Nourish the Body...Nourish the Soul

Strengthen your immune system

Breathe with ease of movement

Release tension and feel calm

Correct posture and improve balance

Classes include an option of chair Qigong and standing Qigong.



## Tennis Updates

### Rod's Free Clinic

Sunday, 12:30, June 16

This month's topic will be about positioning in doubles and the many variables you need to consider to be able to have a common approach for the many partners you will have.

### Tennis Tip

Too often we see players warming up for their league matches and taking at least 20 minutes to do so. Remember, if you get to the next level of competition, say the Districts or the Sectionals, they will mandate a five-minute warmup period, and you will have to comply. To get used to this, you need to practice shorter warm ups for all your matches. If you find that time too short, try to find an earlier court time to run through a complete warm-up. A complete warm-up should include groundstrokes, volleys, overheads, approach shots, serve returns and serves to both the deuce and ad courts. Not a bad idea to practice some second serves and play out a few points. Now you are really ready. Remember, the warm-up for a USTA match does not require any format, so your opposition can choose to hit you just forehands or never provide you with a proper lob to warm up your overhead; be aware of this.

## Locker Room Protocol...

Any time you ask a large number of people to share a common space you will run into a number of challenges. Part of the solution is taking the time, as this article will do, to remind and educate members about the rules and regulations concerning the use of the area of most interaction...the locker rooms. It helps tremendously if members take the time to return their used towels to either the drop-off in the hallway or the bin at the Reception Desk. Here are a few protocols we would like all members to adopt:

1. Please do not leave your belongings on a bench while using the Club. There are free day lockers for that purpose. The benches in the rental locker areas have priority for those renting those lockers.
2. Do not use scented lotions or spray deodorants or perfumes in the locker room area.
3. SAVE WATER, whether someone is waiting or not, keep your shower time to a minimum. That includes using the sinks and not running the water constantly while shaving.
4. There is a zero tolerance policy with cell phones...not even texting. Remember...they can take photographs!
5. No use of dyes or any hair coloring in any location.
6. Never pour water on the thermostats in the steam room. All this does is cause the steam room to eventually turn off, and those who would like to use it next will have to wait a half-hour before it will function properly again.
7. Do not move someone's personal effects. If you are going to leave clothing or shoes at a bench, use the tray under the seat to store your personal items.
8. Never leave any valuables in the locker rooms. The Club is not responsible for loss of personal articles.