



Newsletter

Tournament Results

Another fun and exciting event to close out the summer. Bo did his best to get everyone on the courts playing and at the same time he organized and provided a great social atmosphere...proof again that competition can be both challenging and fun. Here are the results:

Men's 3.5 Singles Thomas Bailliet d. Charlie Norman

Men's 4.0 Singles Carlos Gonzalez d. Villaumbrosia Ellie Sasson

Men's 4.5 Singles Bo Lal d. Michael Hamilton

Women's 3.5 Singles Alessia Bailliet d. Monica Manuilow

Men's 3.5 Doubles Togneri/Myguen d. Santos/ Evangelista

Men's 4.0+ Doubles Greenwald/Greenwald d. Barad/Keys

Women's 3.5 Doubles Manuilow/Sheeline d. Yu/Lee

Mixed 3.5 Doubles Cohou/Trowbridge d. Melbardis/Melbardis

Mixed 4.0 Doubles Barad/Trowbridge d. Bianchi/Keys



Pictured above winners and finalist of the Mxd. 3.5 & MD 4.0+

Team Tennis Returns

For many years we ran this fun team event that provided a great way to meet new players. Beginning October 4, Wednesday evening at 5:45pm we will bring Team Tennis back. The format is simple, members sign up individually by emailing Team.Tennis@mttamrc.com or at the Reception Desk beginning Sept 1. On Sept. 28, the teams and schedule will be posted. There are five weeks of play, with round robin format. The Café will be open for food service until 7pm, and the bar will stay open until after matches are completed.

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

Club Hours:

Weekdays: 4:45am - 9:00pm

Weekends: 6:45am - 9:00pm

Café: Daily 11am-4pm, Fri. - Sun. 4-7pm

Indoor Courts closed Monday mornings for lessons and maintenance.

September 2023

Labor Day

Monday, September 4

Club Hours 7am to 9pm

Café Closed and No Fitness Classes

Family Movie Night

Saturday, Sept. 16 at 6pm

This month's family movie night features Shark Tale. We will again offer complimentary fountain drinks and popcorn. While your children are watching the movie, we will provide supervised tennis. There will also be Thai food for purchase in the Café as well as Open Swim for families at the outdoor pool beforehand.

This Month's Schedule with Al

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

These classes are free for all members, and guests are invited for a one-time free visit.

Grand Slam on Big TV.

Check out the U.S. Open women's and men's finals on the big screen TV in the Café. The women's are scheduled to happen Saturday, September 9, 4pm and the men's also at 4pm on, Sunday, September 10th. We will have a few Club pros on hand to field questions and provide insights.

Back To School Special in Café

For the month of September, enjoy a free fountain beverage with the purchase of a meal Mondays thru Fridays 2-4pm. Also, be sure to check our revamped beverage menu and weekly wine special with discount bottles of wine.

An Hour With a Medical Expert

Long-time member Dr. Jordon Horowitz has offered to provide free medical discussion groups including topics ranging from menopause to osteoporosis and bone health. Email info@mttamrc.com with suggestions on topics.

Address correspondence to:

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email: info@MtTamRC.com

Fitness Updates

New Hires for New Classes Coming Soon!

We are in process of hiring several new Fitness instructors and trainers. In the next weeks we will add a fast-paced HIIT class combining weights and resistance training with cardio circuits and will add new trainers to our fitness staff. We are excited to expand our services and class schedule again and encourage you to try a class!

New From Member Annika Khan

Annika will offer a Jungshin Fitness workout using a mix of traditional martial arts and cardio/resistance based fitness movements. The date and time will be announced shortly via MyClubLives. A preview of her workout method can be seen at her website: <https://jungshinfitness.com>

Additionally This Month

There will be a drawing for a free month of dues for any member who signs in for Fitness class. When you arrive be sure to sign in (the teacher will have a log) and add your name and email address. At the end of the month we will choose a random winner who will receive a free month of dues. Thank you for your support of our fitness classes!

Line Dance Party

Saturday, Sept. 2, 7-9pm

Hosted by instructor Dolly Urquhart

This event going forward will meet 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 please check in for guest pass/waiver at the Front Desk and pay \$15 to the instructor.

Also...

Mobile Bodyfat testing will be available again this fall for members via DEXCA scan with our vendor BodySpec. Days and times for testing will be announced shortly via MyClubLives.

Tennis Updates

Drop-In Tennis Returns

Sunday, Sept. 9th & 23rd

For those just getting into the game, or players that are not comfortable playing competition, we are hosting a bi-monthly drop-in tennis program on Sundays at noon. Just come down to the Club and meet on the teaching court, #9, at 12:30 pm and there you'll be given some tennis tips and then paired up to play with others at 12:45pm.

After School Junior Tennis

Summer is over and the year-round junior program has started up again. We offer classes for all ages and levels. Both Bo and Sylesh will both be offering group lessons that will be organized by level of play, times available and ages. More info at the Reception Desk.



Tennis Tip of the Month

Sustaining your interest in the game of tennis will require three needs 1) Others to play with. This can be accomplished in several ways at the Club via activities such as the tournaments, practice sessions, challenge courts or special social events. The teaching pros can also help you connect with others. 2) Learning to be better. All work and no play can make Jack a dull tennis player, or in tennis terms, all competition and no practice can burn you out. But improving your game will really help sustain your interest in the game. 3) Enjoyable competition. The key word here is "Enjoyable" because if you are feeling pressure every time you compete, that can burn you out. Competition is a sharing experience and by nature should also be a healthy fun experience. Want proof...just look at the embrace of the players at the end of professional matches.

Congratulations Are In Order...

This summer went as perfectly as possible for all the junior programs. The management team of Vince, Kaitlyn and Maria did a fabulous job of organizing and running a great summer camp program. What made the camp so successful is that it focused on having the children stay busy and learn new skills, all under the format of having great fun.

The success of the summer camps brings up the subject of having more programs for members' children after school. Of course, we do have tennis clinics, swim programs and open basketball play, but we hope also create a better and safer afterschool environment. Our philosophy is to try to leave the basketball court open for as many hours as possible so that they have a place to go and let off some steam and energy. The other outlet at the Club is the Café where their afterschool appetite needs are met. Plans are being made to provide longer hours for the Café to be available...way too much demand for our chicken nuggets and smoothies. **Back-to-school Special: FREE Fountain drink with each food order.**

We also have to monitor non-member junior usage much more closely as the demand for indoor play picks up. Please note that any non-member under the age of 18 must have their parents sign a waiver guest pass before they can use the facility. They are available at the Reception Desk. No exceptions.

The outdoor pool, as usual, will remain open through the Fall and Winter months, but remember that anyone under the age of 14 must have an adult (18 and over) supervising them or a lifeguard on duty watching them. If unsupervised, we must ask them to leave the pool or retrieve their parent to come and supervise them.