



# Newsletter

## At your service in 2023...

We have traditionally used the January newsletter to introduce our staff, and although we are still operating with a smaller staff than in year's past, they all deserve recognition this time of year.

Dick Lahey, President, was one of the founders of the Club in 1974 and has served in this capacity since 1976. Rod Heckelman has been our General Manager and Tennis Director since 1976.

The Reception Desk staff is led by Cory George and Vince Truong. We have been very fortunate to keep on board Betty Jean Valdez who has been awesome in overseeing the evening hours. We could not function without our long-time morning captain, Vicky Cunningham. Vicky arrives every morning to make sure the Club is ready for you at the 5am opening!

The Café, with all the transitions, has been lucky to keep our very respected long-term chef, Jesus Vara. We look forward to the days when we can once again expand the hours. Currently there is a team working as servers in the Café, including Kaitlyn Larkin, Jacob Escamilla and Charlie Scola.

Many of you have had interactions with our Accounting Manager, Jodie Hawley. Jodie is also our Fitness Director, as well as a trainer and teaches Pilates classes M-W-F mornings.

The Swim Department has three swim instructors, Kendra Rogers and Elizabeth Hersh as well as Steven Katz who provides a special program called Total Immersion. In addition we brought back Water Aerobics and have Sara Sharrow teaching the Monday class and Linda Kuper teaching the Wednesday and Friday class.

The fitness floor and the maintenance of all the machines are managed by Eli Jacinto with the assistance of Bob Collins.

A key component of the operation of the Club is the maintenance/house cleaning crew. Many members recognize Gladys Perez, who works during the day along with her sister, Victoria, but seldom see her husband, William, who comes at night to do the evening cleaning chores. During the day, Jose Puertas and Alex Vela keep the Club running smoothly, handling most maintenance issues.

*All of us at MTRC wish you a  
Happy and Prosperous New Year!*

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

### Club Hours:

Weekdays: 4:45am - 9:00pm

Weekends: 6:45am - 9:00pm

Café: Tuesday – Sunday 11am – 4pm

Indoor Courts closed Monday mornings

## January 2023

### Holiday Club Hours

#### New Year's Day

7am-7pm

No Fitness Classes

Café open 11am-4pm

#### Martin Luther King Day

Monday, January 18

Club Hours 7am-9pm

No Fitness Classes

### Update to MyClubLives

We have been trying to resolve the ongoing issues of no-shows and very late cancellations. We hope to have found the answer in the programming of a new rule. Members who fail to show or cancel less than 24 hours in advance, will receive a point. Normally, getting points are a good thing, but in this case each point will lower your odds of getting a lane or a court the following week in the lottery. It is only a temporary penalty designed to deter members from no-shows or late cancellation for the pool or tennis courts.

### Electric Blowers and More

Most long-time members know that we are the only tennis club in the country to receive the EPA Green Power Award. This was the result of our photovoltaic installation in 2001, along with the many other steps we have taken to help our environment. Most lately, even though not required for commercial facilities, we added a high-powered electric blower...no more gas powered blowers. As they say, even the small efforts make a difference.

### Al's Class Schedule for January

Al's classes this month are scheduled for Wednesday, January 25, 6pm, for the Self Defense and Saturday, January 28, 11:30am, for the Tai Chi class. These great classes are free for all members.

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## Fitness Updates

The entire Fitness Staff wish everyone a Happy New Year. Fitness Director Jodie's team includes Yoga instructors, Judi Durham, Kelly Busby, Sarah Sharrow, Beth Zamichow, Cardio specialist Linda Kuper and Spin experts Andrea Devaux and Angela Downs.

Hope you had a nice Christmas break. Below is a description of the HIIT class that will help you achieve your New Year's resolutions taught by Djeneba Seavey. This class is a full-body workout that involves both cardio and strength exercises using free hand weights and body weight. Participants are challenged to push to their limit through high intensity interval exercises. Increase your balance, stability and stamina, while building cardiovascular fitness and improving muscle endurance and strength. The class focus is to get you strong, boost your metabolism and improve your posture. Bring your best, and you'll walk out feeling strong!"



### Learn About Total Immersion Swimming

Coach Steve Katz is offering a free evening introduction to the swimming concept of Total Immersion for members on Thursday, January 19th at 7:15 pm for 45 minutes.

This is the first of several new monthly free seminars to help swimmers understand this approach to swimming.

#### **In addition...**

Steven is also offering a class called Easy freestyle. This class of is a workshop rolled into 5 hours. If you're ready to take your swimming to a whole new level, to swim smarter, better, and faster, join coach Steve as your swimming is video analyzed and then methodically corrected through a series of drills and bite size focal points that will have you swimming more efficiently and enjoyably. The fee for this course is \$200 for members and \$250 for non-members.

## Tennis Updates

The Tennis Staff...Rod Heckelman, Shibu Lal, Sylesh David, Joel Garret all wish you a great New Year to enjoy your tennis.

### Welcome Bill Korsak

Bill comes with five decades of coaching experience. He'll be providing both private and group lessons, something he has been doing since 1973. He traveled throughout Europe with ATP players in the 1980's, then worked for ten years at the University of California Irvine. He has worked with nationally ranked junior players as well as supervising the Alumni Camp for Berkeley. He will be the only pro that is available for evening lessons after 6pm, a time period we have been hoping to fill for a while.



### League Play Returning Slowly

Tennis Pro and League Coordinator, Joel Garret, is putting together the final steps in organizing and scheduling league play. We have several teams playing at several levels and in almost all cases, we are seeking members to fill out teams. Please contact Joel@mttamrc.com if you are interested. All levels welcome.

### Tennis Tip

Top ten list of New Year's Resolutions to On-Court Courtesy...1. Please wait until your court time before entering the court. 2. Don't walk onto a court when people are in the middle of a point. 3. Never return a neighboring court's tennis ball unless they are ready to receive it. 4. Keep your communications at low volume. 5. Don't distract players next to you by arguing and complaining about any issue. 6. When warming up your serves, try to knock down any ball before it ends up in another court. 7. When finished playing, don't linger, pick up your belongings and leave the court so that the next players can get started promptly.

## What To Expect In 2023...

Like every other facility, we are still wrestling with how best to keep a safe and healthy environment. It's obvious that, going forward, no one can drop their guard. The only issue will be how best to navigate the ups and downs of these times.

In the fitness industry, classes are slowly returning and teachers are beginning to embrace the idea of doing indoor programs. The most challenging issues these days is (1)finding instructors (2) finding out what venues members prefer...is it vigorous aerobic classes, or are we leaning more towards classes that provide flexibility and sustainability. The fact is, Marin has an aging population, but also a new crop of young families. This means we have essentially, two different markets that we need to address and discover where the real demand is and what will attract the greatest attendance. Your input is important...please share with Jodie.

Swimming has gone bonkers. Everybody loves to get in the water for a healthy and safe exercise. The reservation system, which at first was an experiment, has proven to be the best fit for this new demand. The same can be said for the new tennis world. The reservation system and the fact that more tennis players are seeking instruction and social competition, is working well. Our goals this year will be to follow that trend and provide more of the same. Leagues will continue, but social tennis (we call it "Friendlies") will be the best venues moving forward. As for instruction, we continue to find teaching pros that meet the various demands of level and time. We provide everything from strenuous workouts to addressing stroke production and strategy during play. We have discovered that this diversity in coaching provides a venue for all levels and all types of players.