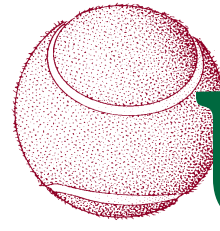


Time out



AUG/SEPT 2013

SAN DIEGO TENNIS & RACQUET CLUB

VOL. 33, NUMBER 4

SDTRC Racquetball Tournament

May 4th was SDTRC's Racquetball Doubles Tournament. The format was a blind draw / double elimination with no age group designations. The ages ranged from 42 to over 70. To make play more even, some players received bonus points which enabled their team to start with plus points for each game to make up for the disparity in ages and skill levels. The first team to 15 points was declared the winner.

The first place trophy went to the team of Richard Hafenstein and Steve Donner. Coming from the loser's side of the bracket, Richard and Steve survived a grueling game in the finals of the loser's bracket for the right to face the team of the winner's

bracket, Dean Swyer and Steve Thein. To win the tournament, Richard and Steve had to play 8 games to beat Dean and Steve twice to claim first place.



Congratulations to Richard and Steve. Also a big THANKS goes out to tournament director, Vernon Lee and Steve Hanson who assisted in putting on this event.



(L-R): Paul Press and Angel Lopez Celebrating their victory over Rick Evans and John Wright in the Men's 55 doubles final at the La Jolla Tennis Championships



June Tennis Exhibition Match
(L-R): Debbie Spence Nassim, Gretchen Rush, Jeff Lee (chair), Angel Lopez, Lucia Romanov & Melinda Ainsle Murray (member)

Massage Extraordinaire

Did you know that MARSHA, BARBARA and TAMMARA are official USA OLYMPIC Massage Therapists? It's true! We are 3 of 7 MT's who work at the Olympic Training Center in Chula Vista. If selected, we could go to the 2016 games in Brazil. We are the USA RUGBY team massage therapists.

We work with a great medical team. They often share their skills and knowledge with us. The SDTRC massage team is becoming more informed and skilled in physical rehabilitation and injury prevention.

Currently, we are learning about Muscle Release Technique



(similar to ART) a soft tissue therapy that treats injured muscles, tendons, ligaments and fascia. It's very effective and practiced by doctors, ATC's and PT's. We are incorporating these skills into our massages. You should talk to us about it

Marsha and the Massage staff



Angel Lopez Tennis Academy Summer Tennis Camps



Join Us On Facebook

SDTRC@SDTRC.COM

SINCE 1980

619/275-3270



My Perspective

Congratulations

Congratulations to Director of Tennis, Angel Lopez and Paul Press who defeated Rick Evans and John Wright 4-6, 6-3, 6-2 to capture the Men's 55 doubles title at the La Jolla Tennis Championships on 6/30/13.



Congratulations to Chris Thomas and Darryl Thibault for winning the silver medal at the United States Police and Fire Championships, held at Sycuan Tennis Club. They won a tough match

that included 3 tiebreakers that got them to the Gold Medal match which they lost 6-2, 6-3.

Any members that would like us to consider posting their tennis results from tournaments outside the club in upcoming newsletters please don't hesitate to email Brian Olson (bolson@sdtrc.com) or myself.

New Lights for Court 6 & 7

For those that are aware last year we put new and improved court lights on the stadium court and court number 4. In September we will also replace the lights on courts 6 & 7 to round out the east side of the club.



Courtside Grill

We continue to get a lot of positive feedback from the membership since we took over managing the grill operation. Manager, Brian Olson has done an excellent job and he receives many compliments on the better prepared food and grill staff. Even the homemade soups are a big hit. For those that quit using the grill because of the past ownership, please give it a try. Many have and are glad they have given it another chance.



Condolences

I would like to offer my condolences to the Pugh family for the passing of long time member Bill Pugh.

Scott Slade, General Manager
SSlade@sdtrc.com



Angel's Column

I will be attending the 2013 U.S. Open for my National USTA Committee meetings and for the USTA High Performance coaching. I will be comparing the top American Junior players to their International counterparts with a select few American Coaches in meetings during the tournament. I will be given a coaches pass during the tournament. I had coached ATP and WTA players in prior U.S. Opens from 1989-2000. USTA Department staff, sports science experts and top national and international coaches will be involved. I am also on the USTA National Diversity and Inclusion Committee. My role is Strategic Partnerships, promoting tennis

to children to parent and education groups. New York always has a great tournament.

We have had an exciting summer tennis camp season. Introducing the game to children, and also taking their game to another level makes my job very rewarding. It is easy to approach my work with enthusiasm daily, adapting and refining the learning process. Focusing on the development of the player, on process not immediate outcomes. This goes not only for the junior player but for the adult. Continue to be green and growing, not going ripe to rotten. It is all about attitude.

TENNIS, is an awesome sport. Keep at it!!!!

Angel Lopez, Director of Tennis
USPTA Master Professional and
USA High Performance Coach Certified
angelprotennis@aol.com



Fitness Department

JumpSport Fitness Trampolines

JumpSport Fitness Trampolines have arrived at SDTRC! I am excited to announce that SDTRC is launching this brand new, cutting edge fitness program beginning in August 2013.



These hybrid trampolines were designed with fitness in mind. Some people may remember the "rebounder" from years ago. This is NOT a rebounder! Although there are some similarities, the JumpSport Fitness Trampoline is a step above these earlier rebounding devices. The JumpSport Fitness Trampoline provides a much higher quality resilient mat surface to bounce on and the design allows for more

versatility in programming. What most people discover is a better experience while bouncing that provides a safer, more effective and enjoyable workout. Everyone wants to get back on these fitness trampolines once they have tried them out.

Get a Great Cardio Workout and More

This is definitely an intense cardiovascular workout. Even if you are a die-hard cardio fanatic, you will be challenged by this program and will find that it can take your training to an entirely new level. Just be prepared to sweat, burn calories and have an extreme cardio experience that is also fun.

Good For Couch Potatoes Too

If you fall into the couch potato category and find that exercise is something you know you should do, but have no desire to get up and do it this can be a workout for you too.

The CardioSculpt Fitness Trampoline class may be the answer for you! It is fun and effective. You just might discover that you like to exercise if you are bouncing.



Options include the use of a stability bar to provide safe and stress free environment for those that need some assistance with standing to balance.



You may also benefit from this program if you are in post rehab from surgery or injury.

Core training on The JumpSport Fitness Trampoline

Besides cardio conditioning benefits, the Fitness Trampoline workout targets and strengthens deep core muscles. With each bounce, the body sinks deep into the flexible mat surface of the trampoline. Abdominal and back muscles are forced to stabilize the entire body. This is initiated with sustained challenges to core muscles in order to maintain an upright or seated body position.



Bouncing provides the perfect low-impact alternative to the typical high-impact movements such as jump squats, jumping jacks and tuck jumps. These moves performed on the fitness trampoline provide just as much intensity and benefits to the body than the traditional floor versions. In addition, it is easier to modify and regulate the intensity provided while jumping on the trampoline surface. This workout can become lighter and easier or taken up a notch to challenge the elite athlete.



Be on the lookout for announcements about introductory classes and demonstrations with the JumpSport Fitness Trampolines and how you can sign up to try this fun, new cardio fitness workout.

For more SDTRC Fitness Dept. info regarding:

Group Fitness, Personal Fitness Training, Pilates Private and Small Group Training, Professional Fitness Instructor Training and Continuing Education Courses.

Contact: Dian Ramirez, MS, Director of Fitness
dramirez@sdtrc.com, 619-275-3270



Activities

The summer is in full swing here at SDTRC. We have some great tennis activities going on. Every 2nd and 4th Friday of the month we have a Mixed

Doubles group that meets. The time is from 6:00-8:00 pm and the level ranges from 3.0-3.5/4.0. If you are interested in playing please contact Nan Myers or Christy Turner at nansreal@aol.com cturnd@gmail.com or you can sign up at the info wall at the entrance to the club.

The U.S. Open Social Mixer will be on Saturday August 31st at 10:15 am. This is a fun social round robin. It will include two divisions of play, 3.0-3.5 and 4.0-4.5. No partner is required for sign up. I will pair single players up in the order they contact me. Please send me an email if you would like to play and be sure to include which division. The cost is \$15.00 per person and that includes tennis, lunch and champagne mimosas.

The Fall SDTRC Singles Flex League will be starting September 1st through December 31st. This league is set up to model the USTA Flex League. How it works is you schedule matches at your own convenience with the goal of playing and defeating all your opponents within a 4 month time period. There is no fee to participate. Levels for Ladies range from 3.0-4.0 and Men from 3.0-4.5. If you would like to sign up, please use the Flex League folder at the front desk. Winners receive engraved plaque at the end of the season.

A quick reminder to sign up at www.Tennisantenna.com. This is a new online tool that our club is using for members to reach other members for tennis matches. Simply use the clubs username: SDTRC when registering to be added to our database of members that are also registered.

Brian Olson, Activities Director
Bolson@sdtrc.com

CLUB HOURS

Club House Hours

Mon.-Thurs. 6:30 A.M. - 9:30 P.M.
Friday 6:30 A.M. - 10:00 P.M.
Saturday 7:00 A.M. - 8:00 P.M.
Sunday 7:30 A.M. - 8:00 P.M.

Pro Shop Hours

Mon.-Fri. 9:00 A.M. - 6:00 P.M.
Saturday 9:00 A.M. - 4:00 P.M.
Sunday 10:00 A.M. - 3:00 P.M.

Health/Fitness Department

Dian Ramirez - Fitness Director
Personal Trainers:
Shanna McCarron
Norm Laird
Tim Silvia

Angel Lopez Tennis Academy

Angel Lopez Director of Tennis
USPTA Certified Master Professional
P.T.R. Certified, USA High Performance Coach

Courtside Grill Hours

Mon.-Fri. 9:00 A.M. - 8:00 P.M.
Saturday 9:00 A.M. - 5:00 P.M.
Sunday 10:30 A.M. - 5:00 P.M.
(Subject to close early on rainy days)

Massage Extraordinaire

Marsha Selzer, Owner
Appointments: 619-275-3270
sdmassage1@aol.com

Tennis Pros

Mike Paradowski - USPTA
Tyler Verdieck - USPTA
Steve Tucker - USPTA
David Salemi - USPTA

Bar Hours

Mon.-Thurs. 4:30 P.M. - 9:00 P.M.
Friday 4:30 P.M. - 9:30 P.M.
Sat. & Sun. 12:00 P.M. - 7:00 P.M.
Fri. Happy Hr. 4:30 P.M. - 7:00 P.M.

Pool & Spa Hours

Mon.-Fri. 6:30 A.M. - 9:00 P.M.
Saturday 7:00 A.M. - 7:30 P.M.
Sunday 7:30 A.M. - 7:30 P.M.

Tennis Court Lights

Mon.- Fri. Off at 9:00 P.M.
Sat. & Sun. Off at 8:00 P.M.

Child Care Hours

Mon.-Fri. 8:30 A.M. - 12:30 P.M.
Wed. & Fri. 4:00 P.M. - 8:00 P.M.
Sat. & Sun. 9:00 A.M. - 3:00 P.M.

Masters Swimming

Mon./Wed./Fri. Open - 7:30 A.M.

Staff Directory:

Scott Slade	General Manager	sslade@sdtrc.com
Leslie Rocca	Office Manager/ Billing Manager	lrocca@sdtrc.com
Angel Lopez	Director of Tennis	angelprotennis@aol.com www.alopez.usptapro.com sdtrc@sdtrc.com
Chris Taylor	Manager/ Membership Director	
Dian Ramirez	Director of Fitness	dramirez@sdtrc.com
Brian Olson	Activities Director/ Bar Manager/Grill Manager	bolson@sdtrc.com
Will and Nancy Brook	The Tennis Company	276-6606 www.tenniscompany.com

Swim Instructor

Deena Deardurff Schmidt
619-698-6957
deenadschmidt@aol.com

