

January 2012



Messenger

23500 Club House Drive, Laguna Niguel, CA 92677 ~ 33080 Niguel Road, Monarch Beach, CA 92693

www.spearmanclubs.com



Christmas at LNRC

The holidays at the club were filled with fun and laughter for kids and adults alike. Did you take a picture with Santa? Be sure to check it out on our FACEBOOK page! www.facebook.com/LNRCTCMB

JANUARY HAPPENINGS

8TH ANNUAL USTA/SCTA JR. SATELLITE TOURNAMENT JANUARY 1, 7, 8 - LNRC Juniors will kick off the New Year competing in our 8th Annual USTA/SCTA Jr. Satellite tournament January 1, 7, 8. These tournaments are the beginning of great things for many of our junior players. Take some time to come out and watch these upcoming juniors strut their stuff. You'll be glad you did.

EVENT CALENDAR

- | | |
|------------|--|
| 1/ 1, 7, 8 | 8th Annual SCTA Jr. Satellite Tournament |
| 2/5 | Super Bowl Grill Party |
| 2/10-12 | LNRC/RCI Mammoth Ski Trip |
| 2/17-20 | President's Week and Holiday |
| 2/23 | Wine Tasting |
| 2/23 | Valentine Date Night |
| 2/25, 26 | Club Mixed Doubles |

LNRC - (949) 496-4665, TCMB - (949) 493-3190
For membership information, contact sandy@spearmanclubs.com
www.spearmanclubs.com



ONE MAN'S OPINION

We have a new manager for food service that will be in charge of food and beverage service at both clubs. We have opened the new Service Bar in the lobby at LNRC. We are in the process of revising many aspects of service at RCI.

I would like to share a few of our goals for food service. We are still in the planning stage and thus we can change if someone gives us some suggestions that improve our current thinking. Our current objective is to offer three food service programs.

1) One goal is to offer a Bar and Grill service that will include soups, salads and sandwiches. We will offer several specials during the time the Bar and Grill is staffed with a

cook. After the cook leaves, we will have pre-made sandwiches and salads available for purchase, as well as several meals ready to put in the refractor oven to prepare. We want to accommodate our members thus we will be flexible on planning the menu and the hours to be open. We welcome feedback from members.

2) We will also offer a Juice Bar Service at both locations. The juice bar will feature "Recovery Drinks" that will be fortified with protein. These smoothies will be made with fresh fruit and will be designed to help the body recover from a hard work out on the tennis court or in the gym or during a group class. After a hard work out, and tennis can be a VERY hard work out at times the body needs a large portion of protein within 30 minutes after the work out. We plan to offer these healthy drinks to prevent sore muscles and to help keep your body fit. We will also be offering fruit juice and vegetable juice and many healthy items from the juice bar.

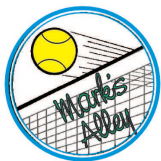
3) We will be offering upscale coffee and some special rolls like blueberry muffins—we cannot be healthy ALL the time and we MUST offer a few things that will allow you to get off your routine a few special moments.

4) Juan, our food service manager is working on menus, hours and pricing as I write this. Juan and Scott will review the best way to try to resolve these challenges and they will then present their ideas to **Eric** and **Sandy**. The G M's will then review the plans and makes suggestions for changes. After everyone has an idea about how to serve the members, I will make the final decision as to when we are open, what we will offer for members to purchase and how much we will charge for the purchase.

5) I want to make as many members happy as possible---thus feel free to send me emails about your ideas as to what we should serve and when and how much we should charge for the food and beverage.

LNRC will be different from RCI in some respects, but in general both Bar and Grills will offer Up Scale Coffee and Juice Bar Services and will function as a Bar and Grill with beer, wine and liquor as well as soups salads and sandwiches with at least two specials when the kitchen is staffed with a cook.

I welcome ideas and I hope to meet your food service needs as I definitely need your support of the Bar and Grill. We will be trying our best to offer quality FOOD AND BEVERAGE SERVICE that all members will enjoy, Feel free to tell **Eric**, **Scott**, and **Sandy** about ANY ideas as WE ARE HERE TO SERVE OUR MEMBERS. Happy New Year and blessings to all and let's hope we see a recovery to our economy and that 2012 is the best year EVER. Cecil Spearman, CEO



Happy New Year !!! This is going to be a big year for our clubs. With the construction almost done and the new bar and grill in full force, our club will now become the social gathering place for pre and post match beverages or meals. I look forward to the upcoming calendar of events that our staff has planned for you. Please make note of the days and plan ahead to participate in many as events as possible. You will be glad you did. Now is

the time to start something new. Maybe take some lessons on how to make that serve more consistent or that volley more crisp. I believe even if it's just some on-court advice about where to be on the doubles court, all tips big and small can elevate your game to the next level or at least to a comfort zone on court. I would like to start the New Year with giving a shout out to our GM **Sandy Apfeld**. She has been tremendous in doing what it takes to get the job done around LNRC. Whether it is the service bar or just any odd job around the club, she is to be commended for always being on top of it. She is an outstanding employee and we are lucky to have her. I hope everyone enjoyed the holidays and will be gearing up for a phenomenal 2012. I want to promote sunglasses that I have been wearing to teach and in general, for the 2012 year..The ELECTRIC sunglasses are outstanding and have helped me with my lessons and is such a good pair of glasses..If you're having trouble seeing the ball, get a pair - it helps the glare plus you can't beat their style !!! Happy New Year !!!

Scott's Spin



Happy New Year! Hope that all of you have enjoyed the holiday season and are now ready to get back into the swing of the brand new year. There are many new things to enjoy and look forward to at the club, such as the improvements of the New Top Spin Bar & Grill. For those who are aiming to eat healthier this year, you will be happy to see the menu, which will include healthy drinks and food to complement your tennis & fitness regime. The month of January is filled with activities for everyone. Be sure to try something new this month - maybe a new exercise class, or sign up for some tennis lessons. Many of us have "lose weight", or "get fit" on our New Year resolution list. Start today on either or both of these resolutions. If you need help in selecting an activity for you, ask us - we'll be more than happy to help you find the right activity that will keep you motivated. Have a great month and see you around the Club.

GM CORNER

GM



HAPPY NEW YEAR EVERYONE! I trust you all have given thought to what your New Year will be about in 2012. We at LNRC /TCMB are excited to be a part of 2012 along with you and have been working to bring more value to your membership in the New Year with a number of "Club Improvements". Speaking of Club Improvements, December in the Tennis Clubhouse was quite the social place as members gathered after tennis leagues and evening open courts to enjoy friends and a cold draft beer at the New Service Bar. We encourage you to try one of the Fresh Brewed Coffees or Vitamin Waters after your morning workout. We will be offering Healthy Protein Shakes and lite calorie lunches at the service bar starting in January. The

Fitness Experts recommend a Protein Shake within 30 minutes of your workout for the best results, so stop on by and try one! We will also have a Fresh New Look in the Clubhouse shortly to complement the New Top Spin Bar and Grill, with a Kick-off party, so watch for details. We added Turbo-Kickboxing, Water Zumba, and Barefoot Strength Training, Yoga-Meditation, and a few more Group Exercise classes to choose from, so NO EXCUSES not to get your New Year off to a great start. Mark added two "Learn to Play Tennis Classes" for those adult members wanting to join the rest of the tennis members out on the courts. This is a great way to exercise, meet new friends, and lose weight all at the same time...come join **Mike Rhinehart** on Thursday nights at 6:00pm and Sat. mornings at 10:00am. Whether Tennis, Fitness, Swimming, or just socializing with friends at the new Top Spin Bar and Grill, we are very glad you included TEAM LNRC / TCMB in your Happy New Year!! Sandy

TOURNAMENT NEWS

19th ANNUAL JR. SATELLITE TOURNAMENT NOVEMBER 5, 6, 12, 13 - Congrats to club junior winners/finalists: Girl's 18s Singles Winner **McKenzie Murrell**, Finalist **Annabelle Burns**; Girl's 16 Singles Winner **Karlee Budge**, Finalist **Nicci Julian**; Girl's 10s Finalist **Stilla Fresenius**; Girl's 16s Doubles Winners **Ally Fontana/Karlee Budge**; Finalists **Nicci Julian/Bailey Sholder**.

THANKSGIVING JUNIOR OPEN TOURNAMENT NOVEMBER 24-27 - Kudos to club junior winners/finalists: Girl's 10s Singles Finalist **Stilla Fresenius**; Boy's 14s Doubles Finalist **Tyler Bloom**; Girl's 16s Doubles Winner **Sydney Van Alphen**.



FYI

*Congrats to **Cass** and **Alyssa Smith** and **Jessica Perez** for

being named 1st team All County for Dana Hills. Also, kudos to **Jessica** for being selected Player of the Year * **Alyssa Smith** kept her winning ways and got to the finals of the Eddie Herr International event in Florida!!! She also played in the Orange Bowl and did well there as well. Those are two of the top Jr tourneys in the world and LNRC is proud of how much success she has had.

*The fearless duo - **Ken/Maria Girard** - are burning up the Senior Circuit once again. Our congrats for finishing as finalists in the 70s Mixed Doubles at the USTA Scottsdale Fiesta Bowl last month and for each reaching the semis in the 70s Singles as well! Way to go Girards!

*Hats off to Tennis Professional **Jennifer Lyons** and hubby John for winning a gold ball playing on the SoCal Team at the USTA Nationals in Florida.



CIRCUIT WEIGHT TRAINING

Cross Fit coming to LNRC. Call Stacey for more info @949-982-2164 WWW. staceytanfitness.com



FOR ALL LEVELS PRESENTED BY STACEY TAN

staceytanfitness.com \$20 PER ONE HOUR CLASS!!! 949-922-2164 stacey@staceytanfitness.com

CLASS SCHEDULE:

In this one hour class Stacey will help you learn the proper technique involved in weight training utilizing free weights and machines for all fitness levels.

MONDAY - 8 - 9 AM, 6 - 7 PM
TUESDAY - 9 - 10 AM, 6 - 7 PM
WEDNESDAY 8 - 9 AM, 6 - 7 PM
THURSDAY 7:30 - 8:30 AM, 6 - 7 PM
FRIDAY 9 - 10 AM

COST:
\$20/p min 4 people
\$25/p min 3 people
\$35/p min 2 people

ATHLETE OF THE MONTH



Angel Varella

Club tennis player and Country Club golfer, **Angel Varella** was a finalist in the men's 4.5 Adoption Guild Tennis Tournament of 2010. He won his flight in the El Niguel Country Club Member/Member Golf Tournament of 2011. He managed to get his golf handicap to a career low of 4.8 index. Angel's passion is tennis and golf! According to Angel, "it falls right behind my family and definitely before my job!" Angel plays tennis three times a week and golf twice weekly.

FREE Triathlon Training Bootcamp Information Night, PLUS Cardio/Core Workout



Wednesday, January 4th 6:00-7:30pm Racquet Club of Irvine

Attend the FREE information night to learn more about the 8-week Triathlon Bootcamp: Jan 4- Feb 25, 2012. The camp is perfect for beginners and veteran triathletes. Certified Triathlon Coach **Pam Nichol** will guide you through the training process with Personalized Training Plans, Swim Stroke Instruction, Cycling/Running Skills and Transition Instruction.

Class Times: Wed 6 -7:30 p.m./ Sat 9-10:30 p.m.

Cost: \$ 300. Non-Members are Welcome!

Bring a friend and receive a \$20 discount!!!

Bring two and get a \$40 discount!!!

For More Info Contact:

PAM NICHOL

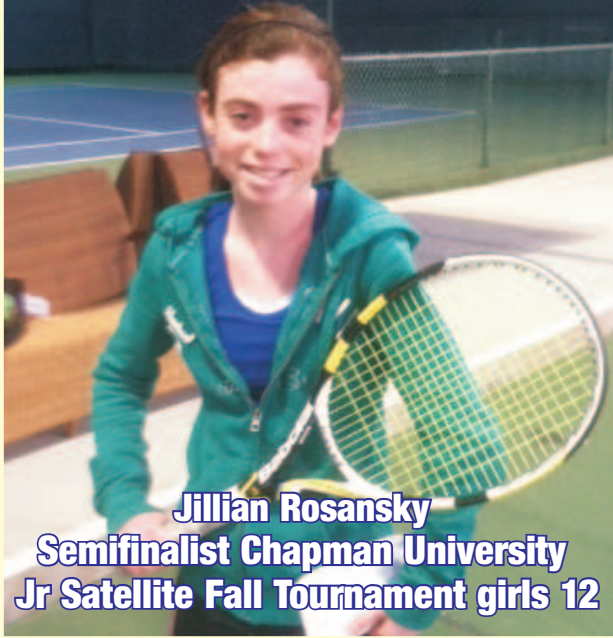
USAT Triathlon Coach, ACSM Personnel Trainer

BABY BOY



Congratulations to LNRC club member, **Andrew Kessler** on the arrival of his first son, **Jordon Ross**.

December MJTA Player of the Month



Jillian Rosansky
Semifinalist Chapman University
Jr Satellite Fall Tournament girls 12

TENNIS * TENNIS * TENNIS * TENNIS * TENNIS

MJTA offers high quality group tennis programming offering Beginner, Intermediate and Advanced lessons for children. Our monthly program provides group clinics, private lessons, & structured match play.

Challenger Group - This program is for students ages 10 and up. Players get high intensity instruction, sports psychology, competitive training and fitness. The children who enter this program range from intermediate to advanced and show an interest in learning and competing in the sport. Mon, Wed, Thurs. 5-7 p.m., Tue 4-6 p.m.

Future Group - Students 12 and under learn the basics with shorter courts, rackets, nets and low compression balls. Mon., Wed, Thurs. 4-5pm

Little Futures Group - For ages 5-6, the practice sessions for this group utilize a 36' court & play with 19", 21" or 23" racquets & foam or very low-compression balls. Fri. 3:45- 4:30 p.m..

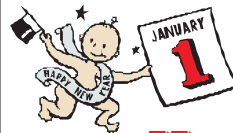
Contact **Tim Fresenius** 949-244-3249 or timfresenius@yahoo.com for more information.

By Gentle Facials
Anna
Anna Marquetant / Skin Therapist
(949) 510-3063
www.gentlefacials.com
Email: anahita@gentlefacials.com
Monarch Beach Tennis Club
33080 Niguel Road. • Dana Point, CA 9269
(Across from St. Regis Hotel & Resort)

Happy New Year and best wishes for a healthy and glowing 2012.
Special of the Month would be for the club members to receive 50% their first facial of choice, New clients only.

Bring your active teen for a special teen facial and learn the do's and don't's of skin care to protect and nourish their skin today and the years to come by the right treatment and understanding.

Visit us at www.gentlefacials.com!



Not Just Faces
MEDICAL AESTHETICS



Happy New Year! January Specials

*Schedule a series of 4 Photo Facial treatments and receive 20% discount.

*Schedule series of 3 peels and receive 15% discount.

*Tired of looking at the small and large "spider Veins" on your legs, call today for a complimentary consultation on how we can best help eliminate them.

Schedule a vein treatment in January and get 15% discount!

*Stay tuned for our "Love Your Lips, Loose the Hips event" at the end of January (more details later.)

To arrange a Complimentary Consultations or to schedule an appointment

Call Lita Gelgur R.N., ANS, BCA @ 949-489-1858
Offers expire on 01/31/12 and cannot be combined with other specials.

Located inside
The Tennis Club at Monarch Beach

