

**Laguna Niguel
Racquet Club**

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Messenger
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**Tennis Club at
Monarch Beach**

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October 2008

Upcoming Events

Singles Match Nights Begin	October 6
Club Singles Championships	October 11, 12
Tennis Madness Friday Night Mixed Doubles	October 24
15 th Annual Junior Satellite Tournament	Nov. 1, 2, 8, 9
Top Gun Tournament (Date might change)	Nov. 1, 2, 8, 9
International Dinner	November 6
Date Night	November 14
Mini Member/Guest Men's/Women's Doubles	November 15
Club Holiday Cocktail Party	December 6
Santa Comes to LNRC	December 14

Activities & Events

SINGLES MATCH NIGHTS BEGIN MONDAY OCTOBER 6TH

Ronnie's Singles Match Nights begin Monday October 6th. This weekly event is limited to the first 12 players to sign up in the Activities Book at the Front Desk. Just sign-up and show-up and Ron will put you in a match. If you have any questions, contact Ron at 226-1559 or via email ronnie@spearmanclubs.com

FRIDAY NIGHT MIXED DOUBLES OCTOBER 24 - Don't miss the last Friday Night Mixed Doubles for 2008, on October 24. This will be our Tennis Madness Mixed Doubles. Costumes are optional, but prizes will be given for the craziest get ups. Plan to play social round robin tennis 6:30-8:15pm followed by an enjoyable catered dinner, complete with beverages and dessert. Cost is \$18 per person, and **CHILDCARE IS AVAILABLE UPON REQUEST ONLY**. If you don't have a partner, no worries sign-up and Anne will do her best to find you one. Don't delay, this event fills up fast. Sign-up at the Front Desk or with Anne ASAP! We congratulate our August Winners: **Aaron Talarico, Barbara Kanode, Grant/Jennifer Gustafson, Bob Carley**, and our September Winners **Randy Hierbaum, Cindy Fortmann, Bill Jones, Barbara Kanode, Rich/Dorothy Costello, Andy Pritchard and Barbara Lanni**.

PRO FUTURES TOURNAMENT SEPTEMBER 25-OCTOBER 5 - Don't forget to come out and watch young tennis hopefuls competing for points to earn a place on the Professional Tour. This is your chance to see some great tennis! Hope to see you there.

CLUB SINGLES CHAMPIONSHIPS OCTOBER 11, 12 - Our Club Singles Championships are coming up in October. Will you be the champion for 2008? This is a double elimination tournament, two matches guaranteed. Trophies will be awarded and the champions honored on our champions wall. Lunch will be served on Saturday. Cost \$18 per person. Sign-up at the front desk or with Anne!

NEW TENNIS PROFESSIONAL AT LNRC - Tennis Professional **Scott Curry** just moved to the area from the coast of North Carolina where he was a Head Tennis Professional and excelled at the University of North Carolina Wilmington. He led the Seahawks as a two-time All-Conference performer and racked up the most singles and doubles victories in the program's history. As a certified USPTA-P1 teaching professional, Scott has coached men's and women's USTA teams, high performance juniors and beginners. If you are interested in private or group lessons, please contact him at (910) 232-0573. Scott will be doing our Wednesday Ladies Days 9-10:30 am for all levels. Sign-up at the front desk for this Ladies Day and come out and meet the new pro.

SATURDAY CARDIO TENNIS - Professional **Dana Bozeman** is reinstating his Saturday Morning Cardio Tennis class @ LNRC starting Saturday Oct. 4th 7-8:30 am. To participate, please sign up at the Front Desk. If you have any questions, please contact **Dana** at 510-3825.



The Poker Tournament, which was held at RCI, was a great success! Everyone had a great time and we look forward to seeing you all at next year's event!



Marketing VP Sandy Apfeld with RCI members.



Members having a great time!

Fall back into Shape with these great Pilates Reformer Specials!
Call Jennifer Toti at (949) 606-6045

PRIVATE SESSIONS: 5 for \$500, 10 for \$625, 20 for \$1200

SEMI-PRIVATE - 2 PEOPLE: 5 for \$200, 12 for \$380

GROUP REFORMER SERIES - 5 PEOPLE: 12 Sessions for \$290

PILATES SCULPT ALLEGRO REFORMER CLASS - MON-WED-FRI - 12 to 1PM
\$250 - 10 Sessions, \$30 - Drop-in Fee



Email: mes@spearmanclubs.com

School is back in for the year and now is the time to pamper yourself with a tennis lesson. We have group and private lessons available from many different pros - male and female. While **Cecil** always has comments on Spearman Clubs having the best tennis programs in

the OC and So Cal for that matter, I believe we by far have the best teaching staff in tennis industry. If Monarch is your cup of tea, then **Steve, Jenn** and **Rob** can be seen long hours over there with juniors and adults throughout the week. At Laguna, we have **Greg, Barry, Hector, Sean, Mike J, Dana** and **Scott**...If it is tuning-up or working on a stroke that will make a difference, they can help you achieve any goal you might have. Please call me at the Club so I can direct you to the pro that fits your schedule. Good luck to all the girls playing high school tennis this year. I hope your team is off to a good start...Dana Hills is number one in the OC and Division right now. And other schools Laguna Beach, St Margaret's, and Sage are all ranked in the OC....I will have a full article on all the Varsity, JV and Frosh / Soph players next month...Enjoy the Fall - should be exciting.

Why you should participate in LNRC Tennis Clinics

Playing tennis on a regular basis can help maintain or improve balance, mobility, agility, strength and fitness. It also helps burn calories. According to Cleveland Clinic Heart Center exercise physiologist and avid tennis player Gordon Blackburn, Ph.D., research shows that three hours of moderate aerobic exercise every week can cut the risk of developing heart disease by 50 percent.



"Playing tennis at a moderate to vigorous intensity on a regular basis," says Dr. Blackburn "is a good way to get your aerobic exercise. You will exercise your muscles and burn calories. Tennis can even help lower your blood pressure. All of that helps reduce your risk of developing heart disease or of having a cardiovascular event, such as a heart attack or stroke."

A 135-pound woman playing an hour of tennis can burn 330 calories during doubles and 420 calories during singles, says Dr. Blackburn. An average-sized man playing an hour of tennis can burn about 425 calories during doubles and 600 calories during singles. In fact, says Dr. Blackburn, you'll burn more calories playing three hours of tennis per week than you will doing three hours of light weightlifting, bowling or golfing.

Email: sms@spearmanclubs.com

There has been a lot of excitement at our Clubs with Pro Futures happening at RCI, and players getting ready for the upcoming tournament at LNRC. I hope all of you had the opportunity to check out the great tennis at RCI. If not, you still have a chance to catch some awesome tennis at LNRC. The Top Gun tournament is coming at the end of Oct. Don't miss it! There are many activities at the club. Why not test your skills and have some fun playing a local tournament? On the other hand, maybe try out a group exercise class. There are different classes to fit all levels. From building strength to stretching and developing flexibility, there is something for everyone. Have a great month!



- ★ Thank you to the LNRC members for being patient when the regular scheduled "Tree Prunings" that took place in the parking lot. Because we have sooo many beautiful trees, it takes several days to complete this upkeep.
- ★ Our deepest sympathy goes to **Estelle Weitz** and family upon the death of husband **Howard**. He was a wonderful man and his smiling face and happy demeanor will be missed at the club.
- ★ Our condolences to the **Matilsky** family in the loss of their son.
- ★ We wish **Gaye Donnelly** a speedy recovery from shoulder surgery and a quick return to the courts.
- ★ Need your carpet cleaned? **Tim Sibus** of *Keep It Clean* has provided service to the clubs for years. They do a great job. 909-444-1005.
- ★ Kudos to our members who made a great showing in the Queen of Hearts Tournament. Women's 6.0 Doubles Winners Professional **Jennifer Lyons** and sister, Finalists Professional **Kate Romm/Deidre Wilson**(RCI) and Women's 3.0 Doubles Finalists **Marci Krasowski/Linda Simmons**. LNRC Ladies Rock!



Don't be left in the lurch!

Contact Anne at anneb@spearmanclubs.com or (949) 496-2070, ext. 110 with your email address. You'll be glad you did!

ONE MAN'S OPINION CES@SPEARMANCLUBS.COM

We are very proud to have so many long-term members. I purchased the club almost twenty-five years ago and I am delighted that so many people who were members back then are STILL members. One of my first mission statements was "to get and keep members". That is a straight forward way to say, for a club to be successful, they must not only sell new members on joining the club, but they need to help the members "do what they joined the club to do". When people are active in the club and enjoy the services that are offered, they remain members. I am proud to say that we have approximately 350 members who have been with us for MORE than ten years. Very few clubs in the USA have such a privilege to serve members for such a long time.

Our basic marketing plan is based on the following philosophy--"to treat existing members in such a manner that they will tell their friends and acquaintances about the club, suggest for them to visit the club for a tour, and maybe join as well". We seldom run print, and we never run TV ads and thus we depend on our current members to help us get new members, so--WE BETTER TREAT EVERY MEMBER RIGHT. We accomplish this by hiring the best staff that we possibly can and we hope you help us get new members as a result.

We are one of the FEW clubs in the entire country that is still holding on to their members during this financial down turn and we believe it is because of our philosophy that is helping us keep the membership strong in a bad economy. If you know of anyone who is interested in a great place for tennis, fitness or social activities, tell them to come and see us. They will likely thank you for telling them about YOUR Club.