

YEAR-ROUND MAMMOTH SIZE FUN & ACTIVITIES AT TWO LOCATIONS! **CELEBRATING 25 YEARS**

OPEN HOUSE

Laguna Niguel Racquet Club
23500 Clubhouse Drive, Laguna Niguel

Saturday, June 20, 11am to 3pm

- * Learn to Play Tennis Clinics
- * Cardio Tennis Clinics
- * Hit for Prizes
- * Intro to Spin, Yoga & Pilates
- * Club Tours
- * Intro to Boot Camp
- * Spa Samplings
- * Bouncer for the Kids
- * Ice Cream Bar
- * Complimentary Food & Drinks



50% OFF Membership Special!
1st year Annual Fee
Non-Members & Guests are Welcome!

ENTER TO WIN - MAMMOTH GOLF PACKAGE!
ST. REGIS RESORT, TWO-NIGHT GETAWAY!



CALL FOR INFO!
(949) 496-4665

www.spearmanclubs.com

SPORTS MEDICINE DISCUSSION - Biomechanics and Ergonomics of Tennis - June 17th, 6-7pm

Do your feet hurt; are the first few steps in the morning painful, how about your knees or lower back...what you can do to alleviate the pain? Understanding load bearing joint biomechanics of Tennis Foot and Body Mechanics Common Injuries.

Current trends in diagnosis and treatment - Application of 3D Weight Bearing Kinematic Imaging to identify biomechanical and ergonomic problems - **Mass Displacement Analysis, Motion Analysis, Pressure Analysis, Body Balance, Symmetry, Gait Analysis**
Improving Performance - Stretching, Footwear, Utilization of Orthotics: **Pre Fabricated Insoles versus Custom Orthotics.**

Speaker - **Dr Craig Lowe DPM, MS Ed., FACFO, FAASM, DABPLS, DABPO, DABPPS (Retired),** Researcher and developer - 3D Orthopedic Imaging and Ergonomic Sports Footwear Medical Director - Digital Orthotics Inc., (a medical device company). **Endorsements** - US Olympics, US Department of Defense, Physicians, Hospital, Rehabilitation Centers, Worldwide, Professional Athletes

FREE Foot and gait analysis with two page color report (printed or emailed pdf)

NEW WEIGHT TRAINING CLASS! - Tues, 9am - 10am, Thurs 7:30am - 8:30am, Fri 9am - 10am OR Mon 7pm-8pm, Tues 7pm - 8pm, Thurs 7pm - 8pm. Space is limited to six people. \$20 per session. Sign-up at front desk or call **Stacey Tan** - (949) 922-2164. Drop-ins welcome.

LAGUNA NIGUEL RACQUET CLUB ~ TENNIS CLUB AT MONARCH BEACH



Messenger



Happenings

FRIDAY NIGHT MIXED DOUBLES JUNE 26 GLAM TENNIS - Join the fun on Friday night, June 26, 6:30 pm. is the time ... LNRC is the place ... **Jennifer Lyons** is the Pro in charge ... **Kim Tilly** is the caterer ... YOU are the players! Yes, it's time once again for our fabulous, monthly Friday Night Mixed Doubles. We will play round robin tennis 6:30-8:15pm followed by a dinner, drinks and dessert 8:15-9:15pm. Cost for the evening is \$18 per person and **CHILDCARE IS PROVIDED ON REQUEST ONLY.** Space is limited, so sign up in the Activities Book at the Front Desk, or with **Anne TODAY!** Kudos to April's winners: **John/Sylvia Coffman, Caroline Kassel, Bijon Mashouf, Lynn Quilty, Julien Faurel, Jill Jones, Randy Heirbaum, and Morgan Amirani!**



Congratulations to Cathy Brown's D-2 Pac-Sun team! The first team in the history of the club who has won one year and then moved up a division and won again. Roster: Cathy Brown, Carla Galosic, Chamonix Patterson, Heidi Cantwell, Tonya Bradshaw, Dorothy Costello, Gretchen Scott, Elizabeth Likins, Stacy Gavin, Carol Weinhardt, Sandi Fontana, Emily Fox, LaForte Lia, Barbara Ream

UPCOMING EVENTS

June 4-7	33 rd SCTA Seniors Tournament
June 8-12	10 th Annual SCTA Junior Open
June 20	25 Year Anniversary Open House
June 22	Summer Camp Begins
June 26	Friday Night Mixed Doubles Glam Tennis
July 18-19	2 Club Men's/Women's Doubles Calcutta

ACE TO ERASE CHILDHOOD CANCER CHARITY TOURNAMENT

Our hats go off to 12-year-old LNRC member **Alec Dardis** for the great job he did in organizing and executing the Ace To Erase charity tournament held here at LNRC Sunday, May 3rd. Lots of Love was scored for the children at St. Jude's Research Hospital with a "sold out" tournament raising \$2,020, directly benefiting the hospital. Congrats to the following Winners/Finalists: **Brynn Boren/Alec Dardis; Mark /Sydney Dardis; Gramdpa /Bianca Colombi; Nancy/Caroline Harris; and Teri/Lexi Laidlaw.**



The fitness building is air-conditioned most of the year, which includes the aerobics and spin rooms and the gym upstairs. In order for the system to

work properly without freezing over, it is important that all of the doors and windows are closed. If you prefer to workout with the doors open, please use the Tennis Club at Monarch Beach. Thank you for your cooperation.

Singles Match Play

Don't **Ronnie Nemchock's** Singles Match Play days every Monday evening (6:30pm), Wednesday evening(6pm) and Thursday afternoon 1-2:30 pm @ LNRC. All levels of play are welcome. Sign-up in Ronnie's special book at the front desk or contact him via email. Ronnie@spearmanclubs.com.

LNRC BOOT CAMP - Are you ready for the Challenge?

New Session begins May 26 - July 3. Tue/Thurs 5:45-6:45am, Tue/Fri 8:45-9:45am. Cost \$260/six weeks. Call **Stacey Tan** to sign-up at (949) 922-2164.

ACADEMY - Session dates & times: Tue 12-1:30pm, Thurs 12-1:30pm. Variety of packages available for members and non members. Program is tailored specifically to your sport once testing protocol is done. Call **Stacey Tan** for more info (949) 922-2164.

Way to Go!

Kathy Begin, a former longtime member and nurse was apparently the rescuer and lifesaver of a woman in an accident on the Ortega Hwy. Her story has now been put in a book by Kaiser Permanente Hospital about heroic deeds by doctors and nurses employed by them.

***** COLLEGE REPORT *****

No. 10 Redlands Men's Tennis Falls to Familiar Foe CMS at NCAA Championships

- ♦Following a first-round bye, the No. 10 University of Redlands men's tennis team battled it out against No. 4 Claremont-Mudd-Scripps Colleges in the second round of the NCAA Championships but came up short against the Stags by a score of 0-5.
- ♦This was the 18th consecutive season that the men's tennis team competed in the NCAA Championships. Although the results appear one-sided, the Bulldogs fought at every slot but struggled to close out tight matches against the familiar foes. At No. 1 doubles, the duo of junior Mike Reading (Mill Creek, WA) and sophomore **Cameron Spearman** (Laguna Niguel, CA) held the lead at 7-6 and then faced an impressive push by the CMS team, who rattled off three straight games to win 9-7.
- ♦NCAA Division III Men's Singles and Doubles Championships at Claremont CA - Reading and Spearman are one of 16 doubles teams who qualified for the national tournament at the Bizantz Family Tennis Center on the campus of the Claremont-Mudd-Scripps Colleges.
- ♦**Zack Lerner/Moritz Koenig**, Amherst College (4) def. **Mike Reading/Cameron Spearman**, Redlands 6-2, 3-6, 6-3 in an opening round match May 22.
- ♦This concludes a successful year for Cam in his first season at Redlands. He finished with a doubles record of 15-7 and was ranked #4 in the West Region. Earlier this season, the duo advanced to the semifinals of the 109th Ojai Valley Tournament.
- ♦**Kristina Drzymkowski** has been playing the #1 position at Saddleback College. They are undefeated at 5-0. Earlier this month they defeated defending state champion Grossmont College 6-3.

Laguna Niguel Racquet Club - 23500 Clubhouse Drive, Laguna Niguel, CA 92677 Ph: 949-496-4665,
Tennis Club at Monarch Beach - 33080 Niguel Road, Monarch Beach, CA 92629 Ph: 949-493-3190

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PRO SHOP SPECIAL



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Tennis balls are \$1.75 (6 cans max) with any string job! We can string your racket while you wait, call for an appointment!

CLUB DOUBLES CHAMPIONSHIPS

MAY 16-17

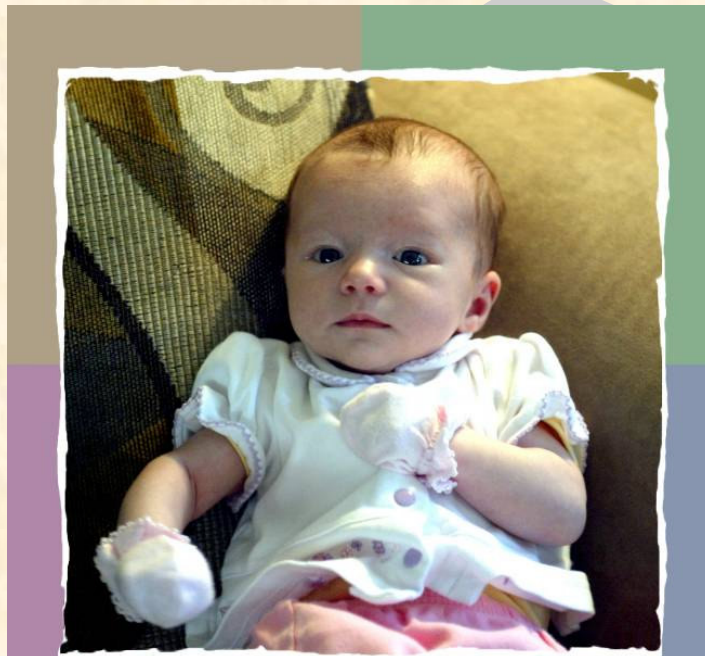
Kudos to our new champions: Men's Open Winners **Cameron Spearman/Blake Meister**, Finalists **Scott Curry/Justin Green**; 5.5 Winners **Ed Speer/Todd Wallin**, Finalists **Cory Fiene/Thad O'Grady**; 5.0 Winners **Kevin Smith/Brian Yorke**, Finalists **Jeff Sobierj/Angel Varela**; 4.5 Winners **Tom Cifarelli/David Winkle**, Finalists **Emil Apostolov/John Vella**; 4.0 Winners **Peter Andrews/Igor Toro**, Finalists **Bob Carley/Quinn Dang**; 3.5 Winners **Mark Deric/Javier Garay**; Finalists **Cory Eustice/Kerry Reiterman**; Women's Open Winners **Kate Romm/Kristina Smith**; Finalists **Christina Tan/Tiffany Tran**; 4.5 Winners **Vallie Julian/Cindy Searle**, Finalists **Lael Fresenius/Rhonda Russell**; 4.0 Winners **Alisa Gentry/Dorthe Smith**, Finalists **Susan Hopkey/Sarah Lee**; 3.5 Winners **Laurie Cook/Jennifer Diamond**, Finalists **Tonya Bradshaw/Chamonix Patterson**; 3.0 Winners **Kim Tilly/Marcy Vella**; Finalists **Sandi Fontana/Carol Weinhardt**.

PACSUN LEAGUE NEWS

LNRC had a great year in the PacSun League with two winning teams, one 2nd place team and five individual score winners. We congratulate the Winners: D1 team Captain **Trish Bowen**, Co-Captain **Jennifer Diamond** and teammates **Danielle Bowen/Lisa Heineke, Rhonda Buckner, Laurie Cook, Susan Hopkey/Jill Valentine-Jones, Anne Wyatt, Betsy Besanceney, Sylvia Coffman, Linda Aldridge, Sue Fish**; D2 team Captain **Cathy Brown**, Co-Captain **Heidi Cantwell** and teammates **Dorothy Costello, Tonya Bradshaw/Elizabeth Likins, Chamonix Patterson/Gretchen Scott, Carla Galosic, Sandi Fontana, Carol Weinhardt, Stacy Gavin, Lia LaForte, Barbara Ream, Emily Fox**; Finalists: Sr2 team Captain **Gaye Donnelly**, Co-Captain **Stacey Mazurek, Bonnie Abate, Mary Bass, Anne Batty, Stella Charton, Helene Dang, Carol Donzanti, Nona Everhart, Lynn Fair, Pam Flesner, Elaine Frey, Beth Lehman, Julie McElhiney, Sue McGah, Kim Posner, Maggie Rose, Marcia Sanserino, Lee Anne Severns, Cindy Stephan, Kim Tilly, Jane Trebing, Gloria Whelan, Barbara Wilson**. And to our Individual High Score Winners: D1s **Susan Hopkey, Jill Valentine Jones, Jennifer Diamond**, D2s **Tonya Bradshaw** and Sr 2s **Bonnie Abate**. Great Year Girls! Way To Go!



First of all, congratulations to all the high school graduates! We've seen many of you grow-up here at the Club, and we are proud of your achievement! Many of you will be off to colleges in California and nationwide. I hope that you will continue to play tennis as you move on to your journey in life. As for the rest of us, it's another summer here in southern California! Lots of sunshine and fun days ahead. As always, we have many activities going on around the Club – something for everyone. Be sure to keep hydrated and don't forget the sunscreen. See you around the Club.



Steve and Nikki Spearman proudly present their daughter REESE LEANNE SPEARMAN, born March 31st, 2009 in Newport Beach, CA. Based on the picture, she will probably be a righty!

MARK'S ALLEY

Wow, it has been 25 years since the Spearmans decided to buy LNRC and make it our home base. In 1984, I was just finishing school and embarking on trying the pro tour. I remember bringing my college coach down for a visit to see where my life would most likely end up and where I would work down the road. My first impression of the area and the Club was a big thumbs up. The area and the Club had so much potential and in a few years, I was really looking forward to working full-time in the family business. Now 25 years later, we have had major remodels, all sorts of new members, and longtime members that make LNRC one of the most prestigious clubs in the country. Last weekend, we had our 15-year plus members party. It was a trip down memory lane with all of the good times we have had at our clubs. One thing that impresses me the most is the loyalty of the long time staff we have had since I have been here. They are as follows: **Jose Ramos**, Head of Maintenance, 30+ years, **Nancy Berry**, Accounts Payable 20 years, **Barry Boren**, Assistant Tennis Pro for 20 years, **Steve Mumford**, Assistant Tennis Pro at Monarch, 18 years, **Jennifer Lyons**, Assistant Tennis Pro, 12 years, **Stacy Tan**, Fitness Expert, 12 years...And as you see, it is the staff as well as the members that make LNRC/TCMB the place to be. I enjoyed the long time member party and look forward to many more years of service in this great tennis business. Lastly, I want to give a big shout out to all the HIGH SCHOOL graduates this coming spring...It is a big day in your life and LNRC wishes you all the best in your next chapters. See you on the courts.

ONE MAN'S OPINION

Last night, we had a new member party. I told all the new members that there are some really great things about our club, but the single best thing is the nice people that we have as members. You will be pleased to have the opportunity to make friends with some nice people. I feel very fortunate to have such great members at our Club. It is my hope that our members will always be considerate of other members, and they will understand that we try hard to treat every member equally and with respect.

We have very few rules and we will always try to keep them at a minimum. However, I really would appreciate EVERY member following the rules we do have. For example, we do not allow any smoking on the property. We also do not allow dogs anywhere in the Club. I love dogs, but if we relax this rule we would be "over run" by dogs and pets. So please do not bring your pets to the Club.

We ask that you do not open windows or doors in the air-conditioned rooms while the air is on. Last year, we had to replace two air-conditioners due to "freezing", because of windows or doors being kept open. These cost the Club \$12,000 and I would have preferred spending this money on new fitness equipment. We also ask that the doors and windows in the spin room remain closed. The noise from the spin room is very offensive to people relaxing by the pool and to people working in the fitness building. Thus, please do not open the doors or windows in the spin room.

If anyone wants to talk about any of our rules, please come and see me. The employees do not set policies or make rules -- I do. Therefore, if you want an explanation of a rule or policy, call and make an appointment with me and we will talk. I will not guarantee a change, but I will listen CAREFULLY to your ideas.

Cecil E. Spearman – ces@spearmanclubs.com



♦ The LNRC pool will be closed for re-surfacing the deck Monday June 8th at 7 a.m. and will re-open Thursday June 11 at 6 a.m.

♦ Congratulations to **Sandi Carter/Barbara Paul (Kanode)** for their Finalist finish in the Women's 4.5 Doubles at the Seacliff Grand Prix.

♦ **Warren Hardie** continues his hot streak. At the latest national event, he finished third in singles and WON the doubles. Warren was also named HIGH SCHOOL ALL AMERICAN for boys' tennis only 16 in the country named,

♦ **Brynn Boren** is back to her winning ways this past weekend. She also was in the Lakewood National event and finished fifth with some VERY big wins over the top three girls in the US. She also continued her doubles dominance by winning the event. Must have been the Calcutta warm up BRYNN!!!

♦ **Cassidy Spearman** was in Utah for the 14s, **Margo Pletcher** was in Texas, and both had successful weeks!

♦ Doing well in the 18s in Lakewood was **Joanna Smith**, playing up with the big girls and **Victoria Wing** a standout from the Dana Hills team!

♦ Also in the news is **Heather Balbier** from the CIF Dana Hills Cross Country team...She has added another state record to her stellar career at Dana and to top it off will be going to UCLA on a full scholarship. CONGRATS HEATHER!

♦ Kudos to **Judy Alvord/Bonnie Myers** for winning the Dana Point Bridge Tourney and securing a place to represent District 22 in the Grand National Bridge Championships in Washington DC. Great Work Ladies!

♦ We wish **Martha Buratt** a speedy recovery from her recent knee surgery.

♦ Hats off to Professional **Jennifer Lyons** and her husband **John** for winning the Gold Ball at the National Husband/Wife Clay Court Championships in North Carolina

♦ Our condolences to **Mimi Cadzow** and family in the loss of her mother.

♦ A bevy of LNRC beauties gathered on the Rancho Niguel courts for the Annual Los Ninos Tennis Tournament to benefit the Child Intervention Program of the Assistance League of Laguna Beach. Our congratulations to 1st place winners **Debbie Allen/Sue Goldberger**, 2nd place winner **Mel Blau**, and to **Sonya Derbonne/Teri Laidlaw** for Sexiest "Gangsters" costumes. Others participating were: **Monica Haupt/Carrie Dickerson, Linda Simmons/Marci Krasowski, Carla Galosic/Kim Posner, Anne Batty/Louissa Dyer, Stella Charton/Jennifer Gustafson, Connie Masciorini/Carol Weinhardt, Bonnie Abate/Carol Donzanti, Rhonda Russell/Rachel Swarts, Lisa Fevery and Vallie Julian/Cindy Searle**. Also, cheers to **Kip/LisaWells** who were involved in the organizing of a very fun and charitable day.

♦ Cheers to **Cindy Searle** and partner for winning the Women's 4.5 Doubles in the OC Grand Prix's Santa Ana Open! Go Cindy!

TESTIMONIALS WANTED! Especially pleased with any of our staff? Be sure to let us know! Log on to our website at www.spearmanclubs.com and submit a testimonial!