



Messenger

23500 Clubhouse Drive, Laguna Niguel, CA 92677 ~ 33080 Niguel Road, Monarch Beach, CA 92629

Upcoming Events

February 6	New Member Happy Hour
February 7	Adult/Child Tournament
February 20	Date Night
February 27-March 1	2 Club Mammoth Ski Trip
March 9-22	Adult/Child Tournament
February 20	Indian Wells Tournament
March 28, 29	Club Mixed Doubles Championships

SINGLES MATCH PLAY

Anyone interested in playing singles in 2009 is encouraged to sign-up for our Monday Night (6:30pm) and Wednesday Night (6pm) Singles Match Nights. Interested players need to sign-up in the Activities Book at the front desk or with Ronnie at 226-1559 or ronnie@spearmanclubs.com.



Hop on board

and email anneb@spearmanclubs.com or call her at 496-2070 X 110 and let her get your email address

into our eclub system! You'll be so glad you did!

JUNIOR TENNIS NEWS

Our congratulations to the LNRC Juniors Winners and Finalists in our Jr. Satellite Tournament last month: Girl's 18s Singles Winner **Catherine Fevery**; Girl's 16s Singles Winner **Hannah Hess**, Finalist **Alison Heinrich** and Girl's 16s Doubles Finalists **Hess/Heinrich**. LNRC GIRLS ROCK!

Activities & Events

NEW MEMBER HAPPY HOUR FEBRUARY 6 - Everyone is invited to enjoy our New Member Happy Hour Friday, February 6, 6-7pm in the LNRC Upstairs Lounge. Take some time out of your busy day to come, relax, meet and greet the newest members of the club. No sign-up, just show-up. Don't miss the fun!

ADULT/CHILD TOURNAMENT FEBRUARY 7 - Junior club members ages 7-14 are encouraged to bring an adult to come and play in our Adult/Child Tournament, Saturday, February 7, 11:30am-2pm @ LNRC. Pizza and beverages will be served following play. Cost is \$25 per team (\$12.50 per person) and if anyone needs a partner, we will find you one. Last day to sign-up for this event is Thursday, February 5th. Don't delay, call the Front Desk or contact **Anne** TODAY!

DATE NIGHT FEBRUARY 20 - It's Date Night at LNRC, Friday, February 20, 5-9pm; time once again to drop off the kids at LNRC and have an evening on the town. Little ones (no babies please) up to 7-yrs-old cared for in the Childcare Cottage; older ones 7 years on up cared for in the upstairs lounge. Snacks will be provided at this complimentary event. First come, first served. To participate, sign-up in the Activities Book at the Front Desk or with **Sandy** at sandy@spearmanclubs.com or 496-2070, ext 107.

MAMMOTH SKI TRIP FEBRUARY 27-MARCH 1 - There's still a few spots open for our Mammoth Ski Trip Feb. 27-March 1. Cost of \$339 per person (\$359 non-members) includes: transportation via luxury coach complete with movies and beverages, two nights lodging double occupancy at the Shilo Inn, cocktail party at Spearman's home Saturday night and daily ski transfers (lift tickets not provided). Payment in full is due immediately to insure your spot. To sign-up, contact **Sandy** at sandy@spearmanclubs.com or 496-2070, ext. 107.

BARCELONA MEN'S OPEN TOURNAMENT TRIP APRIL 20-27 - Now is the time to sign up to join fellow club members for the Sabadell Atlantico Barcelona Men's Open Tournament April 20-27. Tour includes 7 nights hotel accommodations, daily buffet breakfast, 2 days reserved tennis tickets (additional tickets are available), full day tour, "Tapas" night tour, walking tour of Barcelona, airport and stadium transfers. Price: \$1755 per person, double occupancy (without tennis and transfers: \$1555). Air is approximately \$1100. Spring is a great time to be in Barcelona, experiencing great shopping, good eating and exploring. To reserve your spot, or for more information contact Advantage Tennis Tours, Inc. at (949)661-7331, or talk to **Anne**. Space is limited so reserve early.



We Thank You
For Your Support!

Our thanks to all our members who supported the Women's Pro Futures Tournament last month. It was a very exciting event and we could not have done it without those who sponsored the tournament, provided housing and transportation for the players, worked as ball persons and came out to cheer the players on. Our members are the best!



I hope many of you are accomplishing your new year's resolutions. If it's improving your tennis game, why not try a lesson with one of our tennis pros? You might find that a couple of lessons might make a huge difference in your game. Is your resolution to get toned this year? Why not check out one of your fitness trainers? A little motivation will take you a long way. Sometimes, all we need is a little push to help us accomplish what we set out to do. It's still early in the year, so get motivated and feel good about accomplishing your goals. We have many activities going on this month. This includes our yearly Mammoth ski trip. Each year, everyone has a blast. If you haven't signed up yet, be sure to see **Anne**.

One Man's Opinion

It seems to me that the holiday season is longer and has more parties EACH year. It also seems that it is harder each year to remove the tell tale signs of all those parties. I remember when a few extra sets of tennis the week after Christmas removed all the excesses I put on during the holidays. Those days are long gone and now the weight loss is harder and harder.

Tennis is a great way to lose weight and spin is even better. Group exercise is very good, as well as riding an exercise bike. Walking or running on a treadmill, or working out on an elliptical are all good too. However, unless you reduce the intake of calories, the weight will not come off, even if you work out many hours a day.

I am a Duke graduate and they have a famous weight loss program. During my last trip to Duke, I spoke to one of the doctors who run their famous weight loss program. He told me that a balance of moderate exercise and moderate eating along with eight hours of sleep on a persistent basis is the key to weight loss. Thus, I am trying to follow his advice---moderation in exercise, skiing, eating, drinking and getting plenty of sleep. I hope it works.

There are several studies as to the reason people join clubs. I thought it was to "play tennis", to meet new people or to have a place where you can relax or do many other things--but on almost every study, the primary reason people join a club is to lose weight and to stay healthy.

Thus, we are here to help you lose weight and to stay healthy while you are playing tennis, doing spin, or participating in an exercise class while meeting new people and having fun at the club.

WHO'S WHO AT LNRC

Maintenance Manager **Jose Ramos** came to the US with his father when he was 12-yrs-old, to work in the fields of San Juan Capistrano picking peaches. Moving from job to job to help support his family, he attended school sporadically, managing to complete his education through 8th grade and eventually attain his citizenship. Jose came to work in the maintenance department at LNRC over 30 years ago for then owner Peter Paxton. He has continued his work under the new ownership of the Spearman family, advancing to the position of Maintenance Manager. Jose and his wife Anna Rose reside in SJC, and have two children, Carlos, 32, who work at Von's market in SJC and Mayra, 19, attending the nursing program at Saddleback College.



Crack, Boom, Come ON. Yes, those are the words of the professional athletes we had playing at LNRC the past two weeks. What a treat to watch these young, up and coming stars of the future. As I write this, we are in the second round of play and it is just awesome to see the women just pound the ball like the guys. I will do

a complete wrap-up of thank yous and on how the event finished out in my column next month, but for now, WOW is all I can say. Watching the women around the Club made me think of the off-court hours it takes to prepare for a match, as well as the on-court hours. The players were spending a tremendous amount of time in the gym before and after their matches, way more than the guys do when they are here. It is a sign of how important the gym is to all players, whether you're a 6.5 like them or a 3.5 to 5.5...Now is the time to put a program together or have **Stacy, Rick** or **Donna** put you on a program to make you fit for all your matches. Our trainers do a fabulous job of getting all members ready for their tennis or any activity they are going to be doing. So let's get fit and rip some forehands just like the pros...See you on the Court.



FYI

♦ Our sympathies to **Monica Haupt** and family in the loss of her brother-in-law, and to **Anne**

Kroger and family in the loss of her mother.

♦ One of our longtime members **Peter Emery** has passed away. Our heartfelt sympathies go out to Melinda and family. Peter will be missed at the club.

♦ Congratulations to **Tony Luppi** as LNRC/TCMB's new Front Desk Manager.

♦ Welcome aboard **Emily Gierhart** and **Shanna George**, LNRC/TCMB's new fitness instructors.

WELCOME NEW FITNESS TRAINERS

Emily Gierhart - A Denver Colorado native, Emily moved to Orange County in 2007 and developed her fitness career in Dana Point, training clients of all ages and abilities. Emily specializes in core and balance training, utilizing Bosu and stability balls as integral pieces to her workouts. She places great emphasis on improving her clients overall health through a combination of exercise, nutrition, relaxation and overall stress management. She is available to train seven days a week and is eager to get to know the members here at Laguna Niguel Racquet Club and Tennis Club of Monarch Beach! You can contact her at (949) 257-6667 or www.fitnesswithemily.com.

Shanna George - Shanna has been in the Health and Fitness field since 1986. She earned her Master's Degree from CSU Fullerton, and her Bachelor's Degree from Chapman (College) University. She also worked several years as a Physical Therapy aide in a hospital and a sports therapy clinic. Shanna loves to help her clients achieve their athletic body, whether for sport, gardening, chasing kids or grandkids. Her programs are designed to bring out the athlete in all of us. What kind of athlete would you like to be? Contact Shanna at (949) 433-8175

Be sure to log on to our website for more info on our new trainers.