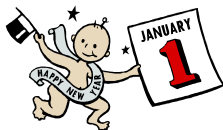


# LAGUNA NIGUEL RACQUET CLUB ♦ TENNIS CLUB AT MONARCH BEACH



# Messenger

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



# 2009

## Upcoming Events

January 3,4,10,11	6 <sup>th</sup> Annual SCTA Jr. Satellite Tournament
January 7	Center Court Workout
January 26-Feb.1	USTA Pro Women's Tournament
February 6	New Member Happy Hour
February 7	Adult/Child Tournament
February 20	Date Night
February 27- March 1	2 Club Mammoth Ski Trip

### SINGLES MATCH PLAY NEWS

Our Singles League Session Three 2008 has drawn to a close. Congrats to our winners: Men's 4.5 **Todd Hocheiser** and Women's 4.5/4.0 **Maria O'Connor** and 4.0/3.5 Winner **Sarah Zappas**. Anyone interested in playing singles in 2009 is encouraged to sign-up for our Monday Night (6:30pm) and Thursday Night (6pm) Singles Match Nights. Interested players need to sign-up in the Activities Book at the front desk or with **Ronnie** (ronnie@spearmanclubs.com or 226-1559).



*Want to be in the know about LNRC, TCMB & RCI events?*

Hop on board and email [anneb@spearmanclubs.com](mailto: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!

## Activities & Events

### USTA PRO WOMEN'S TOURNAMENT JANUARY 26-FEBRUARY 1

We are very excited to be hosting the USTA Professional Women's Tennis Tournament January 26-February 1 here at Laguna Niguel. This will be a great tournament and a great place for our women's teams to pick up some playing pointers. As always, we will be looking for sponsors for this tournament as well as helpers in other areas. If you would like to help in any way, please contact **Mark** or **Anne** for more information.

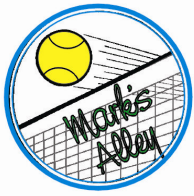
**NEW MEMBER HAPPY HOUR FEBRUARY 6** - All members are invited to our New Member Happy Hour Friday, February 6, 6-7 p.m. in the LNRC Upstairs Lounge. This is a great chance to come, meet and greet the newest members of the club. No sign-up, just show-up. See you there!

**ADULT/CHILD TOURNAMENT FEBRUARY 7** - Junior tennis members ages 7-14 are encouraged to invite an adult to play with them in our Adult/Child Tournament, Saturday, February 7, 11:30 a.m. – 2 p.m. Pizza and beverages will be served following play. Cost is \$25 per team (\$12.50 per person). If anyone needs a partner, we will find you one. Sign-up at the Front Desk or with **Anne**.

**ITALIAN OPEN TRIP APRIL 26-MAY 2, 2009** - Join us on this exciting tour to the Men's Italian Open April 26-May 2 in Rome. Tour includes 6 nights hotel accommodations, breakfast, 3 days reserved tennis tickets, private tours of Ancient Rome and the Vatican, transfers. Post tournament tour May 2-5 includes 3 nights in Sorrento, visits to Pompeii, Capri, and full day tour of the Amalfi Coast, daily breakfast and airport transfers. For more information, contact Advantage Tennis Tours, Inc. at 949-661-7331 or talk to **Anne**. Space is limited so reserve early.

## WHO'S WHO AT LNRC

Fitness Professional **Stacey Tan** has been helping LNRC members stay fit for 15 plus years. Born in Malaysia one of six children, she came to the U.S. at age 18, and like her siblings, who all attended college overseas, never returned home. While attending Illinois State University earning her Masters in Exercise Physiology, she taught Aerobics classes and that was the impetus for her fitness career. Stacey's focus at the club is in pre/and post re-hab sports conditioning, accomplished through private sessions and in her famous Boot Camp. Married to Tennis Professional **Rob Horsch** for 11 years, the duo work together preparing adult and junior players for competitive tennis. Her daughter Christina is attending Syracuse University on a full ride tennis scholarship, and son Michael is a senior at DHHS studying art. Though Stacey doesn't get to Malaysia often, she is planning a trip home soon to celebrate her father's 90<sup>th</sup> birthday.



Happy New Year!!! 2009 has a great sound to it, doesn't it? Of course, something very close to me is the high school girl's tennis and the accomplishments of two awesome teams and their big wins. First, the St. Margaret's Varsity girls led by **Melanie** and **Hannah**

**Hess** and **Francis Lydon** captured the first title in the school's history for Div 3...A very exciting match that came down to the wire and from what I heard, just great tennis. They beat Sage Hill High School, where a club member **Katie Bick** played singles for them during the season. Congrats to both teams for a record setting season. Now, a feat that has never been done for high school tennis is that Dana Hills won back to back CIF Championships...What a great season for the girls and their families. To top it off, we have five girls on the ALL COUNTY first team ...**Joanna Smith** for singles and **Brynn Boren** and **Kristina Smith** for doubles....I'm very proud of all the girls from all schools, as it says a lot for LNRC and what we offer to junior tennis in the area! In the coming year, we have many new events on the calendar and I hope you will be able to take part. Please look at the calendar and make notes throughout the year to make it a point to be in town. I wish all of our members the best of health and happiness for 09...Looking forward to seeing you all on the courts soon!

## One Man's Opinion

January is a month we all work to "get fit" after the holiday season. Many of you diet and others of you increase your workout in the gym or in spin classes. But—Many of you simply increase your time on the tennis court. Finally, the "experts" on fitness and weight loss have recognized that playing tennis—singles or doubles is a VERY good way to get fit and lose weight, and have a lot of fun doing it. You also make many great friends as you play tennis. Clearly, you can make friends in our gym, but tennis is very social and you can lose weight, get fit AND have a great time with some nice people. Some of my lifelong friends are people I met on the tennis court in high school, in college, and in the Marines. I have also made many friends in tennis clubs over the years.

We hope all of you will increase your time on the court this year. We hope you will invite your friends to join the Club and learn to play tennis in a great environment with some of the nicest people in Orange County.

If you have a friend or neighbor who might want to join a Spearman Club—email me and I will get some guest passes for your friends to "check us out". Most of our new members are referred to us by EXISTING members. Thus, we make guest passes available for any of you to bring a friend to the Club that might be interested in joining a Spearman Club. It is lots more fun to get fit by playing tennis or working out with your friends!!

Happy New Year! It's a brand new year and a great time to set goals for 2009. I'm sure for many of you, these goals are fitness related. Do you want to improve on your backhand? Or maybe your serve? Or, do you want to work on your strength or cardio? We can help you with all of the above. Our tennis pros and fitness trainers are available to help you reach your goals. When was the last time you've tried one of our group exercise classes? There is no better time than now to start up (or start back up) with improving your cardio. Besides being great exercise and keeping you healthy, the classes are a lot of fun. Whatever your goals may be, keep focused and you will achieve them! I look forward to seeing all of you around the club in 2009!



# FYI

♦ We are happy to see **Marci Krasowski** back at the club after recently

donating a kidney to her brother. Both did very well. It is also great to see Spin Instructor **Linda Mulvaney** back teaching her classes after her recent surgery.

♦ Our congratulations to first-time grandparents **Gary** and **Marcia Sanserino** as they rejoice in the birth of their granddaughter Madeline, and to **Eric** and **Kim Anderson** on the birth of their third son.

♦ Our condolences to **Rachel Swarts** and family in the loss of her father, and to **Carla Galosic** in the loss of her mother.

♦ We congratulate Tennis Professional **Hector Chairez** on his recent engagement.

♦ We congratulate Gamemaker **Ronnie Nemchock** on his recent engagement.

♦ Kudos to Tennis Professional **Jennifer Lyons** and her sister for winning the Bronze Ball in the Women's 40s Doubles in the USTA Nationals in La Jolla. And we look forward to **Jennifer's** quick return to the courts after her surgery!

♦ Hats off to Captain **Claudia Cinquegrana** and her teammates **Susie Ochwat**, **Sue Fish**, **Terry Campbell**, **Christi Petzoldt**, **Judi Lunn**, **Lindsay Sears**, **Betsy Besanceney**, **Sylvia Coffman**, **Mary Bass**, **Julie Sullivan**, **Lynda Collier**, **Kathy Begin**, **Karen Lauener**, and **Vikky Dehring** for winning their division in the USTA 3.5 Fall Doubles and for going to the Local League Playoffs.

♦ We wish **Anne Kroger** a speedy recovery after her surgery!

## NEW YEAR CENTER COURT WORKOUT!

**Join Stacey Tan for the New Year Center Court Workout on Saturday, Jan. 7th from 7:30 a.m. to 8:30 a.m. We are calling ALL club members to participate. Enjoy coffee, juice, bagels, and fruits after the workout. Get the New Year off to a healthy start.**