



Messenger

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

UPCOMING EVENTS

2/ 9-14	Women's USTA Pro Futures Tournament
2/12	Valentine Date Night
2/19	Welcome New Member Happy Hour
2/20, 21	Club Mixed Doubles Championships
2/ 20,21	Pre-Satellite/Novice Tournament @ TCMB
2/26, 27, 28	Two Club Mammoth Ski Trip

TENNIS TOUR NEWS

Join Advantage Tennis Tours on an exciting tour to Dubai, UAE, February 20-February 28 for the Dubai Tennis Championships. Tour includes: roundtrip airfare from LAX, 7 nights hotel accommodations, 3 days of reserved seats, city tours, sand dune bashing/dinner at Bedouin camp, and more. Post tournament tour to Doha, Qatar Feb. 28-March 3. Reserve early and save! For more info, call 949-661-7331 or 1-800-341-8687.

Monarch Jr. Tennis Academy

February 2, 2010 will be the start of the new MJT Academy. Classes will be held on Tue, Wed, & Thurs afternoons. Club pros **Rob Horsch** and **Tim Fresenius** will be running the clinics and are excited to develop juniors who love tennis.

For more information, contact:

Tim at 949-244-3249,

timfresenius@yahoo.com

Rob at 949-922-0584,

robbyroberts1988@yahoo.com

EMAIL ADDRESSES - If we don't have your email address, you'll be the last one in the know. Please contact **Anne** @ anneb@spearmanclubs.com or call her at 496-2070 X 110 and let her get your email address into the system TODAY!

ACTIVITIES AND EVENTS

6TH ANNUAL SCTA JR. SATELLITE TOURNAMENT JANUARY 2, 3, 9, 10 - Many of our club juniors will be competing in our 6th Annual Jr. Satellite Tournament January 2, 3, 9, 10. Among these up and coming juniors will be the future stars of tomorrow. Let's all come out, watch them play and lend them our support.

BIGGEST LOSER COMPETITION BEGINS JANUARY 11 - Monday, January 11th marks the beginning of Fitness Professional **Stacey Tan's** Biggest Loser Competition. Put aside the time January 11-March 8 and take this chance to get rid of those unwanted holiday pounds. This 8 week program includes 1 hour intense weekly cardio session, nutrition counseling, weigh in at beginning and end of program. \$200 to participate with max of 10 people. Prizes given to top 3 participants 1st place \$400, 2nd place \$200, 3rd place \$100. Call Stacey to at (949) 922-2164 to sign up.

WOMEN'S PRO FUTURES WILD CARD TOURNAMENT JANUARY 26-30 - Women tennis players worldwide will gather on the LNRC courts for our Pro Futures Wild Card Tournament January 26-30. This tournament is a pre-qualification for the USTA Women's Pro Futures Tournament to be held here February 9-14. We will be looking for sponsorships and housing for the players who qualify for this tournament. If you would like to help, or have any questions about these upcoming tournaments, please contact **Mark** (mes@spearmanclubs.com) or **Anne** (anneb@spearmanclubs.com).

TWO-CLUB MAMMOTH WEEKEND BASH FEBRUARY 26, 27, 28 - There's still time to sign up for our two-club Mammoth ski trip, but don't wait too long as space is limited. Cost is \$339 per person (\$359 for non-members) and includes a luxury coach to/from, and two nights lodging with Continental breakfast daily. Reservations must be paid in advance. For more information, contact **Sandy** (sandy@spearmanclubs.com).

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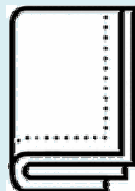


FYI

◆ Kudos to **Cassidy Spearman** for her win in the Girl's 16s Doubles in our Thanksgiving Jr. Open Tournament.

BRING BACK THE TOWELS... We need your help. Our towels have

been slowly been diminishing and we would appreciate it, if you could take a look in your car or around the house to see if you may have inadvertently taken one with you. If so, you can return it with total amnesty. Thanks so much for your help!



ONE MAN'S OPINION

Happy New Year to everyone. I hope 2010 will be a GREAT year and that everyone will be able "to do what you joined our club to do"

I told our management committee at our year-end meeting that I feel we have the best staff of people working at the clubs, and providing service to our members, than we have ever had. We have many senior experienced employees and independent contractors that are ready to help you get fit, lose that holiday weight or improve your tennis game. We have many, many contractors apply for a job with us and we only select the very best, as we want our members to have qualified service-oriented people serving them.

I am proud of the members of our clubs and feel a sense of obligation to hire the best people to serve our members. We do try hard to hire great service-oriented staff, and please let me know if we make a mistake.

Happy New Year again, Cecil Spearman

MARK'S ALLEY

Happy New Year...I hope everyone had a nice holiday and are looking forward to a prosperous and healthy 2010. We are so fortunate to have so many good things to be thankful for and now is the time to take advantage of them. We have a new list of events that should have something for everyone to participate in. I want the members to try and get involved with more events this year. WE have so much to offer and between the ladder and game arranging, you can get your game in top form. Then you can play the club championships to see where you stand. There is something for all players and all levels and if you are not sure about what you would have the most fun doing, please see me for some guidance. Our Pac Sun teams are off to a tremendous start thanks to **Hector, Tim, Barry, Jen, Greg and Dana**, as we have improved at all levels. Let's keep up the good work, and of course our team captains need a pat on the back as they are doing a great job of keeping the teams focused and having fun as well...A big thanks to **Kerry Skarvan and Melanie Blau B1; Bonnie Abate and Christy Clark B2; Kerry Harker and Sara Zappas C1; Vicky Dehring and Terri Laidlaw C2; Sue Shin and Sandie Orias C3-1; Trish Bowen and Rhonda Buckner C3-2; Judi Lunn and Michelle Duenas D1-1; Chamonix Patterson and Gretchen Scott D1-2; Carol Ahmed and Mimi Cadzow D2; Barbara Lanni D3-1; Monica Haupt and Linda Simmons D3-2; Renu Sondhu and Josh Nolan Sr1; Lee Ann Severns and Cindy Stephan Sr2; Claudia Cinquegrana Sr 3....**Congrats to all players and look forward to the rest of the season...HAPPY NEW YEAR.



EARN ONE HUNDRED \$\$!

How? Easy...When you refer a friend or family member to the Club and they end up joining, YOU will

receive a **CRISP ONE HUNDRED BILL!** Our way of saying "thank you for your referral."



It's the start of a brand new year, the slate is clean and you have the opportunity to plan and do whatever you want for the year. It's a great time to hit that list of goals that you didn't accomplish last year. Maybe it's finally learning how to play tennis, or this time, REALLY getting that awesome physique. We are here to help with whatever your needs may be. We've worked hard to develop programs for practically everyone. You will be pleased to see what we have to offer in terms of tennis clinics and fitness activities. Be sure to read through this month's newsletter – you may just find what you are looking for. If not, talk to us and we will let you what is on this year's "slate" and this time, you'll feel good when those goals are all accomplished. Have a great month and see you around the Club!

FITNESS

New Zumba Class - Mondays at 10:30 am with **Dina**. You asked for it, so you got it - Zumba your way into the New Year.

Zone & Tone Spin Ride with Jennifer - Tuesdays at 9 am - Get into the fitness zone with Sculpting Bands and Cardio - get an overall total body workout on the spin bike.

30/30 with Jennifer - Wednesdays at 10:30 am. 30 minutes of spin and 30 minutes of body sculpting.

Sue Klee New Spin Instructor - Thursdays at 9 am. Our latest dynamic spin teacher to add to our other instructors. Get ready to sweat!!!!

NEW Thursday 6pm Spin Class with Robbie - If you didn't get enough of him once a month, come for the evening ride on Thursdays. For all the weekend warriors who want to push it to the limit.

More for your Core - Sundays at 9 am - This class will strengthen your core and lengthen your muscles with myofascia release and stabilization, using a variety of foam rollers, balls and thera bands. Great for tennis and golf enthusiasts, as well as spin fanatics.

New Rep and Ripped Class - Sundays at 10 am (instructors rotate) - Take the 100 rep challenge per muscle group and get ripped by using light resistance, with body bars and bands.

Allegro Yoga Tone Reformer Class - Saturdays at 11 am-12 pm with **Jennifer**. This Mind * Body Pilates Class will challenge deep core stabilization, strengthening and stretching on the Reformer, without load-bearing the joints, then complimenting gentle yoga moves with light resistance. Highly recommended for athletes with back, shoulder and knee injuries, that want to get the body back into balance. Call **Jennifer** to reserve your spot (949) 606-6045. \$250 - 10 Sessions, \$35 - Drop-In Fee.

Don't Forget our Pilates Studio Upstairs - For those of you needing more of a specialized workout to strengthen your core and synchronize the body as a whole with the fundamentals of Joseph Pilates. Integrating the Body and Mind to stabilize the major muscle groups and lengthen and strengthen tendons and ligaments for a pain free body. **Pilates Packages for Private and Semi-Private Sessions.** Come in for a COMPLIMENTARY Pilates Session with **Jennifer**. By Appointment Only. Call Jennifer at (949) 606-6045. *See if Pilates is for you.*



Stacey Tan Fitness

BIGGEST LOSER CONTEST

Jan 11th - March 8th 2010

See details on front page!

Call Stacey at (949) 922-2164 to sign up.

Stacey Tan Fitness offers 10% discount on 2010 New Year Resolution Personal Training, Boot Camp or Circuit Training packages. Call **Stacey** at 949-922-2164 for more details or visit www.staceytanfitness.com.