

August 2011

Courtside



A Monthly Publication of the Racquet Club of Irvine

www.spearmanclubs.com

Member-Guest Tennis August 14th

Member Guest August 14th - RCI's One Day Member Guest is scheduled for Sunday, August 14th at 11:30 AM. We will be playing a round robin tennis format of men's and ladies' doubles, followed by lunch and drinks under the patio. What a great way to spend the day with friends. If you need a partner, we will be happy to find a ringer for you - just let **Taryn** know you are looking. The cost for the event is \$35 per team and worth every penny. Sign ups are now being taken. Just sign up in the activity book at the front desk.



GREAT fun! Note: Play again this year!

Upcoming Events

8/5-7	Mammoth Open
8/14	One Day Member-Guest Tennis Tournament
9/3-4&10-11	Queen of Hearts Tennis Tournament
9/10	New Member Clinic
9/17-18	RCI Club Doubles Championships
9/30-10/2	Grand Prix Tournament at RCI

Racquet Club of Irvine

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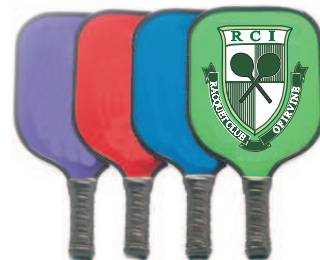


Note from the General Manager

Pickleball Anyone?

Pickleball is coming to RCI Saturday, September 10th at 11:30 AM. If you have never heard of Pickleball, you are just like I was a few months ago before I starting hearing stories of this fun new racquet sport. It is the fastest growing racquet sport in the country and is quick and easy to play, so after doing a little research I thought it would be fun to give this new game a try at RCI. Pickleball is played with a paddle tennis type racquet and a wiffle ball on a court about ¼ the size of a tennis court. You can play doubles or singles and as a tennis player, the skills needed to play come naturally. To see more details about the game, go to www.usapa.org for rules, videos, and articles about the game. Or better yet, sign up for RCI's first ever Pickleball Day. We will supply everything you need to give this game a try and I guarantee a fun-filled afternoon.

Eric Quade



ONE MAN'S OPINION

told us in VERY clear terms that our Grill is not up to YOUR expectations.

Recently, we sent out a survey and asked the members to evaluate the food and beverage service at RCI. You I read and studied these surveys carefully and I must say that I was surprised at the degree of concern expressed by so many of you. I have come to the conclusion that we must improve the food and beverage service at RCI promptly. I promise that we will make changes in response to your feedback quickly.

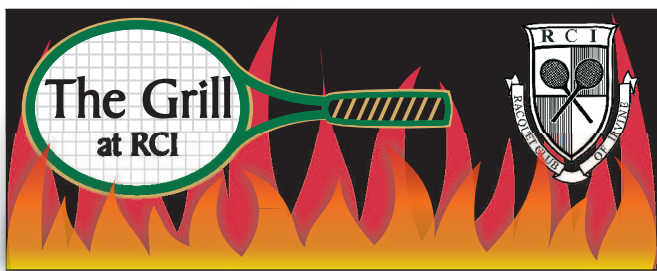
After reading the surveys, I established a Food and Beverage Committee of senior managers at RCI, plus Jean and I. We have held meetings with the objective of determining the proper VISION and MISSION for the Grill and then determining the goals we will seek to implement the Vision and Mission, We can NEVER really provide a good food service program until we have a clear understanding as to WHAT ARE WE TRYING TO DELIVER. We not only need to have a clear understanding at the management level—we must train our staff as to “WHAT IS OUR VISION FOR FOOD SERVICE”. Once we train our staff as to what they are trying to do, we can then concentrate on communicating with our members about what we CAN do at the Grill at RCI. We want to do a GREAT job on providing the service we have determined we can provide. We must train our staff to deliver that service that is in our vision. Then we must communicate with the members, so the members know they can expect from our GRILL—We do not want members expecting things that we cannot deliver.

The service at The Grill will improve dramatically in the very near future. We are close to making our vision for the Grill final. This is not easy as we have THREE different types of services to provide. We will have our VISION finalized and printed soon and we will TRAIN our staff to service the Vision. Then we will spend time explaining to all of YOU just what we can OFFER IN THE FORM OF FOOD AND BEVERAGE SERVICE AT RCI.

After this long and extensive review, I feel we will be in a position to supply our members needs for healthy snacks and drinks, needs for special coffees service and needs for well prepared meals that will include salads, sandwiches, soups , hamburgers, hot dogs, tacos and several special meals each day.

We will offer a variety of beer, wine, mixed drinks, daily specials, and Happy Hour. We will offer GREAT service on a limited number of items. I feel we are on our way to a much improved food and beverage service. I welcome your feedback.

Cecil Spearman



Summer Drink Specials at The Grill

Tropical Monday - Rum drinks **\$5**

Taco Tuesday - Margaritas **\$5**

Wacky Wednesday - U call all cocktails **\$5**

Thursday - Long Islands Ice Teas **\$5**

Friday - Happy Hour all night long



Steve Spearman's daughter Reese is getting ready for next year's RCI Summer Camps. Will she be a lefty?

TENNIS TENNIS TENNIS



New Challenge Court Rules

RCI's challenge courts have long been a place where players can drop in and play some tennis without a reservation. They are a great way to meet players, play some competitive tennis on some days and some not-so-competitive tennis on other days, but that is what the courts are all about. They are not about a guaranteed court, a perfect match, or one player or group of players controlling the courts. In short, these courts and the challenge courts in general are only as successful as the

player's attitudes and ethics using them. The rules have been rewritten many times and to be honest, they should cover almost any situation if used with the general idea that the courts are designed to give as many players as possible the chance to play tennis without a reservation. RCI counts on everyone using the challenge courts to treat others who sign up, as they would like to be treated, and follow the rules as written. We will be making one change to the rules and change the 4.5 and above challenge courts to courts 9 and 10 and the 4.0 and below courts to 7 and 8.

We have LOCKERS AVAILABLE

We have lockers available. Want to leave your racquets and other items at the Club instead of hauling them back and forth to your car? If the answer is yes, we have lockers available in both the men's and women's locker rooms for rent. Simply contact **Eric Quade** and he will let you know which lockers are available and get you taken care of. The cost is \$150.00 per year, how much easier it makes your life priceless.

Fitness Tips from Nicola

If you're thinking about starting a fitness program, but you still need an extra "push" to get started, consider the following benefits you can expect by including a healthy diet and exercise program into your lifestyle. Benefits:

Preventive medicine. The evidence is overwhelming: a balanced diet combined with moderate exercise is one of the best things you can do for your body. It bolsters the immune system, and lowers the risk of heart disease, cancer, high blood pressure, diabetes, obesity, and osteoporosis.

American Cancer Society

Improves strength at any age. In a study of 90-year old men and women who used weight machines three times per week for 8 weeks, the subjects' strength increased by 174%. *Center for Aging, Tufts University*

Slashes risk of heart disease. 120-160 minutes per week of aerobic activity can help control cholesterol, high blood pressure and diabetes. *American Heart Association*

Boosts brain power. Keeps brain sharp in old age and may help prevent Alzheimer's Disease. Exercise boosts memory. Adults who exercise aerobically increase significant amounts of blood flow to the brain which leads to better memory *Carl Cotman, Ph.D., UCI*

Maintaining or reducing your weight increases longevity. People who gain 20-40 pounds since the age of 18 are 2-1/2 times as likely to die from coronary heart disease. *Harvard Study*

Exercise significantly reduces depression and improves sleep. *Journal of Gerontology*

Relieves symptoms of PMS (premenstrual syndrome). In a 14 week study, aerobic exercise three times a week for 45 minutes was shown to significantly relieve premenstrual depression and anxiety. *GW Univ.*

May reduce breast cancer risk. 3.8 hours of exercise per week reduced risk by 58%. 1-3 hours per week reduced risk up to 30%. *Journal of Nat'l. Cancer Institute*

Improves mood and feelings of well-being. A 10-minute walk can boost mood quickly and the after-effects can be long-lasting. *Robert Thayer, Ph.D, CSU*

Reducing total fat can also help you lose weight. If you're overweight, cutting back on saturated fat cholesterol and losing as few as five to 10 pounds can double the drop in LDL's. Regular aerobic exercise, which aids weight loss, has also been shown to raise HDL's and lower LDL's. *A. Forman, Nutritionist*

Even moderate exercise works to stimulate the brain. Researchers put half of a group of sedentary people ranging in age from the mid-20s to early 60s on a walking or jogging program three times a week. After 10 weeks, the active group reported more mental alertness and vigor. *Duke University*

Call Nicola at 310 210 7052 to help you start that healthy lifestyle.

Nicola Strother, CPT
310 210 7052

"You Either Worked Out Today ... Or You Didn't"



NEW Summer Hours

Starting immediately, we will be open until 7pm on weekends, until Labor Day. We hope this will allow our members to enjoy the Club in the wonderful evening hours. We plan on being open until 7pm from Memorial Day to Labor Day in the years to come.

