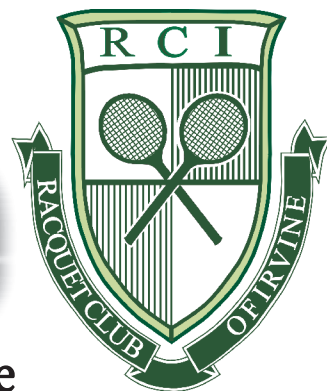


February 2011 Courtside



A Monthly Publication of the Racquet Club of Irvine

www.spearmanclubs.com

CLUB CLOSURE & IMPROVEMENTS

We are sure many of you are wondering why we close the club for two and a half days every year and what we get done during that time. Any business that is open 362 days a year is always looking for ways to get things done without interfering with their customers. This short closure allows us to get some things done that would otherwise interfere with members if they were here. Here is a list of the things we were able to get done while we were closed.

- New wind screens on courts 1-3, 14-16, 19-21
- New light bulbs on courts 7-10, CC, 14-16
- Cleaning of all tile and granite in bathrooms, locker rooms and patio
- Carpet cleaned
- Staff meeting and CPR certification
- Grill cleaning
- New Patio cover adjacent to court 9
- Cleaning and organizing of offices and front desk

WELCOME NEW MEMBERS

*Monica Frederick, The Kiani family,
Denis and Liz Cullumber, Debra
Heerman, Kurun Reedy,
Marilyn Donan, Al Fuller, Tony
Bruno, The Braeger family, Taylor
Nederlander, Libby Jubas, and
Jaimee Niles*

UPCOMING EVENTS

- 2/6 Super Bowl Social & Party
- 2/11 Mixed Social and Dinner
- 2/21 President's Day-weekend
schedule, club closed at
6pm
- 2/27 Parent-Child Tournament

Note from the General Manager

It has been awhile since many of you filled out the surveys about RCI. We appreciate all of you that took the time to give us your input, and help us better understand your needs. As I read over all of the surveys, several things become clear. For the most part, the club received very good marks, with the average response of satisfaction being 8.5 out of 10. In many ways, this makes sense as if the members were very disappointed, they would simply leave, so the members filling out the surveys are still here- so they must be somewhat happy. This is good news, but it leaves room for improvement and the results will help us in making decisions to increase satisfaction.

The other thing that jumps out and is very interesting is the huge divergence of opinions or grades in regards to almost everything at the club. One survey will rave about our match arranging and give us a 10, followed by a disappointing 3 on the next survey. This dichotomy is somewhat consistent in all areas of the club, but slanted to the higher marks. This reinforces what we know, which is every member is different and joins the club for different reasons. Meeting the demands and goals of each individual is the challenge for us, as this is not a cookie cutter business, but a people business. The surveys show that we have a well liked and respected staff and this is music to my ears, as without a great staff we cannot meet your needs.

The last item that I noticed was regarding activities. Several of you mentioned a need for more activities. I hope everyone received our new 2011 calendar and are marking the dates of all the activities you will be participating in this year. I can assure you we will add activities based on demand of the members - the more you play, the more we will add. In the next few weeks, we have three activities for you to participate in, our February 6th Super Bowl Social, February 11th Mixed Social and dinner, and February 27th Parent Child Tournament. I also hope everyone that signed up for Bingo Night had a great time on January 28th. Thanks again for your help in making RCI a better club.

Eric Quade

Racquet Club of Irvine - 5 Ethel Coplen Way, Irvine, CA 92612
(949) 786-3000 (Front Desk); (949) 786-3001 (Membership)
www.spearmanclubs.com

Like RCI? Be sure to click the FACEBOOK link on our website.
Once you are in, click on the "Like" icon to become a fan!

Yes, it is that time of year again...

There is snow on the mountains and it is time to break out the skis. Here's what you can do to get your muscles ready: What makes skiing such a great exercise is that it uses all of your muscle groups. However, some muscles are used more than others. Those are the ones you want to concentrate on when it comes to your strength workouts. Skiing involves:

1. **Quadriceps.** Probably the most used muscle in skiing are the muscles of the quads. These muscles



hold you in position as you ski and they also provide protection for your knees. Great exercises for the quads include squats and lunges.

2. **Hamstrings and Glutes.** When skiing downhill, you typically hold your body in a flexed position -- meaning you're leaning forward from the hips. This requires great strength from your hamstrings and glutes as they help stabilize your body. Work your hamstrings and glutes with deadlifts (be careful of your back) and hamstring rolls.

3. **Inner and Outer Thighs.** Your inner thighs work like crazy to keep your skis together. Your outer thighs keep your body stable and help you steer. Work these muscles with side lunges, inner thigh squeezes, and leg lifts.

4. **Calves.** Because your knees are bent as you ski, your calves (specifically the soleus) help you stay upright so you don't fall over (your ski boots help too). You can work this muscle by doing calf raises

5. **Abs and Back.** Because you're in a flexed position, bent over, your back has to work like a maniac to hold your body in that position. Your abs help in that endeavor while also protecting your spine. Your lats get involved as you ski on a flat surface or uphill, using your poles for leverage. Work these muscles with exercises like bicycles, woodchops, back extensions, and dumbbell rows." If you have any questions on how to properly perform these exercises, please don't hesitate to give me a call.....

Nicola Strother, CPT
310 210 7052

Taryn's Corner



Every member of RCI knows something about membership and the benefits of joining their club. Each year, RCI brings in new members of all types, and that means we all must be talking to people and searching for that great new member. Please give me a call if you have questions about the membership process or if you need support in any way to help bring a new member to RCI. Most of the new members that join, are referred by RCI members. To show our appreciation, we will give each referring member \$100. See you around the club, Taryn

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Valentine's Day
that soothes and is always
appreciated...Massage!*

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@714-351-4824**

ONE MAN'S OPINION

Laguna Niguel Racquet Club just completed a major renovation by moving its front desk and pro shop further front and by opening the LNRC Top Spin Grill. I hope all RCI members get a chance to visit their "sister club" and see all the exciting things happening at LNRC. If you live close enough, I hope you also consider getting a reciprocal membership to LNRC. For the very nominal price of only \$15/month, RCI members can add LNRC and TCMB to their option of clubs that they can call home.

Planning these additions and reviewing how they are run has reinvigorated Spearman Club's commitment to offering great service and products at all of our clubs. We want our Grills to offer healthy and tasty food. Last week I enjoyed a salmon dish at the RCI Grill that was amazing. We want our front desk staff to be friendly and courteous. I hope every RCI member is enthusiastically greeted "Hello," when they enter the club. And while we have pared back the products offered at the RCI pro shop, we are committed to outstanding service to our customers for the items that we are focusing our efforts on in the RCI pro shop.

I hope the new year has you excited about being a RCI member. Let's make this year your best one ever.

Very Truly Yours,
Steve Spearman


To all our wonderful RCI members,
The front desk staff here at RCI has a new saying for 2011 regarding our check in policy

"STOP, SMILE, AND SWIPE".

(You Stop, We Smile, You Swipe)

We want to thank all the members for helping to maintain the exclusivity of the club and your own personal security by using your check in cards upon arrival. As you know, RCI is a "private" tennis club and as of 2011, we are ramping up our guest and member services in order to ensure that everyone coming through our doors is properly checked in. Since there are many people who frequent the club, such as Advantage Tennis Academy, Swim Venture, leagues, clinics, and private lessons, it is of the utmost importance that we become more aware of who is coming in and out of RCI. It helps the front desk tremendously when each RCI member can take a moment to swipe his/her card. It is no longer the sole responsibility of the front desk to buzz members in, and as part of our job, we will be politely asking that each member use their card upon check in. Our goal is to greet everyone personally and make everyone feel at home here at RCI, but we still need your cooperation to help keep our club as private as possible. If you have for some reason misplaced your card or have never been issued one, please stop by the front desk and we would be happy to provide you with another card. Thank you for helping us continue to make RCI the best "private" tennis club in Orange County by taking a moment to... "STOP, SMILE, and SWIPE".

Your front desk supervisor,
Jeanne'

STOP,

& SWIPE



SUPER BOWL PARTY!

Come join the fun at RCI before the big game. SUPER BOWL Mixed Doubles Tennis Social. The date is Sunday, Feb. 6th at 12:45 p.m. Cost is \$20 that includes the football fare, two drinks and one entry into the pool. Stay and watch the game with all your friends at the club. Sign-up with or without a partner in the Activities Book at the Front Desk. Guess Welcome!!!

Tennis Greetings!

I am still known to be the "New Tennis Pro" for many of you. Many of you also know me as the Footwork guy who's always on the clays. In my more than half a year at RCI, I've had the pleasure in meeting and getting to know many of you and can't wait to meet more of you in person. I launched a little kids tennis program with RCI about half year ago and it has been a great success, thanks to you. **CALLING OUT**, for all kids between the age of 3-8 years old. Come join the fun and participate in a **FREE Tennis Clinic on Sunday, February 6th**. Get a **FREE racket** by signing early. For more information and to sign up, contact the front desk. The program has made partnerships with key players and uses the Le Petite tennis of France to introduce tennis to little ones as young as 3 years old and created a Gifted program for the more talented child between the age of 4-8 years old. Using some of the best technical and methodologies used in the best schools in Eastern Europe, our results in these short months has been incredible. Come see these little ones who've worked hard to be able to rally, swing, and move their feet correctly. Striving in making RCI a little better place, we offer families with young children one of the best little kids program you can find. Remember, **AT RCI LITTLE KIDS DON'T GO IGNORED!** With the overwhelming amount of young and curious little ones we have running in our own backyard, there is no reason why we can't give them something more. They need to feel noticed and wanted and we are just about to do that! Come, Join the fun as we inspire and challenge each child to shine as an individual in an energetic, fun, and structured environment. This will be a defining opportunity for them to express their hidden talents! Please free to see me at the club or contact me, if I can be an assistants to anything that you may need. Remember to grab a Tennis Parents Newsletter each month at the front desk!

Tennis dreams,
Sean "Abdali"
E-MAIL: seanabdo@gmail.com
TEXT: (213)909-6211