

January 2011



Courtside



A Monthly Publication of the Racquet Club of Irvine

www.spearmanclubs.com

CLUB CLOSURE

RCI will be closing for our annual clean up and staff training, Monday, January 24th – Wednesday the 26th. We will be reopening on Wednesday at 4pm. We appreciate this chance to get a few things done and improve our staff without the need to juggle the day-to-day activity at the club. We hope this will not be too big an inconvenience and that you will notice some improvements when you return on Wednesday. Thanks again for supporting this effort to improve the club.

WELCOME NEW MEMBERS

John Mashati, Mohammad Moghaddam, Jeff and Judith Mayer, Preston Kim, Jeff Stover, Brandon Lorber, Nini Guensler, Vanessa Trujillo, Blake Davis, Elizabeth Krysiak, Shyam Varada, and Nini Guensler

GUESTS & RCI

RCI has always tried to make it easy for you to bring your friends to RCI, that is why we will be sending every membership four free guest passes this month. If you do not receive these passes by month end please give Leticia in accounting a call or forever hold your peace. These guest passes are for you to use anytime during the year, but they will expire at year end. Any guest is able to use RCI six times a year, but all members bringing a guest must check in at the front desk and present a pass or purchase a pass before the guest may use the club. We also need the guest to sign a waiver. It is the member's responsibility to make sure the guest checks in prior to using the facility. If you do not have a pass, you will be charged for the guest so please keep your passes with you. Our guest fees are priced to make it reasonable to bring a guest to enjoy the club with you, and as a member you should want guests to pay for usage and check-in to protect the club and make sure players are paying to use the facility just like you do. Members failing to check in their guests will be given a warning the first time and lose the privilege of bringing in guests, if it happens again. Members of longer than 15 years, that receive free guest privileges, must abide by the same rules. We hope these passes will help you and your friends enjoy the club, while helping us enforce the guest policies.



GREAT START PROGRAM

Kick off the New Year by learning how to play tennis. RCI's "Great Start" Program is designed to teach novice and beginning tennis players' basic tennis fundamentals. This FREE clinic series runs for four consecutive Wednesdays from 7:30pm-8:30pm. The first class meets on the first Wednesday of every month. Members and non-members are welcome to join. Students are limited to one 4-week great start session ONLY. Once the student has completed the 4-week series, it cannot be repeated. This class is for adults only, and is limited to the first eight students who sign up. To sign up, please contact **Donna Ewing** via email at dmewing@mac.com, or by phone at 949.285.4357. You may also sign up in the club activities book located at the front desk.

UPCOMING EVENTS

- 1/1 New Years Day - Club closes at 6pm
- 1/24-26 Club closed for staff training and maintenance
- 1/28 Bingo Night and Dinner
- 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



BINGO NIGHT RETURNS!

Back by popular demand - Bingo and Dinner Night at RCI. If you missed last year's Bingo Night, don't miss out again. Sign up now to reserve your spot for dinner and the chance to yell "Bingo" and win some cash. The cost of the evening is \$20, which includes dinner and your first three bingo cards. Guests are welcome, as the more players we have, the more cash is in the pot to win.

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

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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!

Benefits of working out with Nicola in 2011

Another year is upon us, and this year let me help you stay on track with your fitness goals. Here are a few benefits of working out with Nicola, Certified Personal Trainer at RCI.

Lose Weight - Strengthen Muscle - Tone Your Body - There is a good reason that the number one reason people hire personal trainers is to lose weight and get in shape — it works. If you made a resolution to lose the extra weight gained over the past year and build muscles, I can keep you on track and help you realize that goal.

Motivation - One of the main reasons people benefit from a personal trainer is that they lose motivation to stick with a consistent exercise program. Certified personal trainers can provide structure and accountability, and help you develop a life style that encourages health.

An individualized program - If you have any chronic health conditions, injuries or training goals (competing in a triathlon, for example) I will work with you to plan a safe, efficient program that considers these needs and will enable you to reach your health goals.

Efficiency - I can help you focus on results and stop wasting your time doing inefficient and UNSAFE workouts.

Improve technical skills - I am a Pat Etcheberry certified trainer and am trained specifically to work with tennis players on speed, quickness, and agility.

If you are new to exercise - If you are an absolute beginner, a personal trainer is the ultimate fitness coach. A good trainer will introduce you to a very simple, effective routine and build efficiently so before you know it, you have the confidence and knowledge to decide what is right for you.

Break through plateaus - Ok, you are already in quite decent shape, but you've been there for years. If you are stuck in the same routine and want to break out of a rut, let me jump start, not only your motivation, but your routine as well.

Workout Safely - I will watch your form, monitor your vitals and provide objective feedback about your limits and strengths. Most of us tend to ignore some of the subtle signals our body provides. We either push through pain or give up too soon. Because I can watch what you are doing while you are doing it, I can help push you or slow you down as necessary.

Finally, but also very important, I am 100% committed to you. When I am with you in a session, my time is yours. I will not answer my cell phone, or talk to other members in the gym. My focus is 100% on you, your workout, and achieving your goals safely and effectively. I look forward to seeing you in the gym this year!

Nicola Strother, CPT, 310 210 7052

"You either worked out today ... Or you didn't"



GOLFERS REJOICE



RCI's golf relationship with Monarch Beach Golf Links has been renewed for 2011.

There will be an increase in prices for the New Year, but it is still the best deal in town for a course of this quality. If you are not aware of this great program for RCI members, here are the details. As an RCI member, you can book tee times five days in advance at a discounted rate by calling the pro shop at 949-248-3001. The round includes cart and golf at one of the best courses in Orange County. You can also bring up to three guests at the discounted rate as an RCI member. We hope this continued relationship will allow you to get out and play some golf when you are not playing tennis.



LOOK OUT FOR YOUR GUEST PASSES! COMING TO YOU IN THE MONTH OF JANUARY!

active rewards



Get your **FREE SAMPLE** at the front desk throughout the month of January!

ONE MAN'S OPINION

Many of you have mentioned that the new entry at LNRC is attractive and the new lobby space will be a great addition to our club. I appreciate all the nice comments. Now I need to inform all of you of a change that will begin to take place in mid-January. When everything is complete, we will close the entry doors and ask that you use your membership card to open the door. **IF YOU DO NOT HAVE YOUR CARD, WE WILL GLADLY GIVE ONE TO YOU. JUST ASK THE FRONT DESK STAFF TO GET A CARD FOR YOU.** If you arrive at the club without your card, the front desk attendant will be able to open the door for you---but the desk person will be required to check the computer to verify your membership. This can take a little time --so it will be much better to carry your membership card with your car keys or at least in your possession.

Many of you are VERY senior members and might wonder why YOU should have to have a membership card??? While YOU might be senior---many of our desk people are college students and the desk person might be a very JUNIOR employee --thus we feel we have to ask everyone --even those of you who have been members for 25 years, to use a membership card to enter. Recently, a judge gave a judgment against a club in California so high, that if the appeal does not win a reversal --the owner will have to sell the club to pay the judgment. The judge said "if a release had been signed, there would be no judgment." Thus, we MUST get serious about making guests sign a release when they use the club. We cannot stop all visitors and make them sign a release without asking the members to use their membership card TO ENTER the club. Members sign a release when they apply to join---and visitors sign a release when they sign-in as a guest. Unless we control the point of entry ---guest can slip in without paying a guest fee or signing a release---and I cannot risk losing everything I have spent 50 years building because of faulty procedures that do not obtain a release from a guest when using the club facilities. Thus, I must ask all great members to carry a membership card to use, to open the door, while we ask everyone else to stop at the front desk to sign a release before they use the facilities. I hope all our members understand the reason for this new entry system. If anyone has suggestions about improvements, call me. I want to hear the feedback that might give us better control of entry.

Cecil Spearman