

January 2012



Courtside



A Monthly Publication of the Racquet Club of Irvine

www.spearmanclubs.com

Calendar of Events

RCI's Calendar of Events is out and in your statement. Please take a moment to check out all the great events we will be having in the New Year and make sure to mark your personal calendars so you don't miss the events you want to participate in. I would also encourage everyone to play in an event or two that you normally wouldn't play in. I say this as the events are only as good as the participation of the members and the more, the better. Also, playing events is a great way to meet new people and players, which can only make being a member of RCI more enjoyable. Give it a try and who knows you might meet your future doubles partner, best friend, wife, husband, doctor, or ???

UPCOMING EVENTS

- 1/1 New Years Day - Club closes at 6pm
- 1/23-25 Club closed for staff training and maintenance
- 1/27 Bingo Night and Dinner
- 2/5 Super Bowl Social & Party
- 2/10-12 Mammoth Ski Trip
- 2/20 President's Day-Club closes at 6pm
- 2/26 Parent-Child Tournament

*1/6 to 3/2 - RCI Singles Challenge Ladder

JUNIOR TENNIS TEAM



Does your son or daughter need more match play experience? If they do and are between the ages of 7-14, you need them to sign up for the junior team tennis. We have an interest list in the activity book at the front

desk and we hope to have enough interest to field several beginner and intermediate teams for the 10, 12, and 14 and under age groups. We will be fielding the teams in January and the season will start in February and run through May. The league consists of co-ed teams that play against other clubs and tennis facilities. This program is the perfect program for those players getting started playing matches or trying to become better tournament players. We will have more information about the cost and how many teams we will be fielding once we see what the interest is. If you have any questions feel free to call **Eric Quade** at 949-786-3000. You may also sign up in the club activities book located at the front desk.



Racquet Club of Irvine

5 Ethel Coplen Way, Irvine, CA 92612

(949) 786-3000 (Front Desk); (949) 786-3001 (Membership)

www.spearmanclubs.com [FACEBOOK.com/RCIclub](https://www.facebook.com/RCIclub)



A Note from our General Manager

RCI Ambassador Program - RCI has always prided itself on its match arranging program. We get compliments and criticisms about this program designed to help our members play more tennis on a daily basis. We take the criticisms seriously and the compliments thankfully, but we are always looking for ways to improve this service. One of the biggest problems is matches that fall apart after we have worked to pull them together, or no shows. This can be caused by member emergencies, mistakes by the members or staff, or simply forgetfulness.

No matter what happens or who is at fault, the club looks bad as the members count on us to provide them with people to play. To reduce this problem, RCI will be starting an Ambassador Program. Starting sometime in January, RCI will have Ambassadors on hand to fill matches that have fallen apart for whatever reason. These Ambassadors will be on site willing to fill in to matches that fall a part, hit with players looking for someone to hit with or just be a friendly face at the club. They will be visible by red shirts and here to make your tennis more enjoyable by filling in when needed. We hope to have one ambassador on site most mornings and evenings, but it will take us some time to ramp up and find the right people. Until that time, we will have spotty coverage but that will still be an improvement. Ambassadors must not have been a member of RCI for at least 3 years and be approved by management and our tennis committee (if you are wondering who these people might be). We hope this new program will result in more tennis for our members and less frustration and more enjoyment when using the club. I hope to announce our first team of Ambassadors in early January, and can't wait to see them on the courts playing with our members.

Eric Quade, GM



BINGO IS BACK!

It's Bingo and Dinner Night at RCI once again. 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.

Jr. Pizza & Play Night

Starting January 13th and running every 2nd and 4th Friday of the month, RCI will be holding a Pizza and Play night for our junior members and guests. The night will start at 5:30 with match play and tennis games followed by a pizza and drinks and more match play. The night ends with an 8:30 pick up. It is a fun casual evening of tennis for the juniors and a great chance for parents to have a night out. The cost for the evening is \$30.00 for members and \$35.00 for guests. Players must be 8 years old and be able to rally and keep score. Sign ups are at the front desk or just drop in.

WELCOME NEW MEMBERS - *Debby Fisher, Kunle Ola Family, James Morales Family, Harry Sakata Family, Gavin Spencer, Randy Scott, Yumiko Lewis, Keith Garcia Family, Megan Rindlisba, Dale and Julie Leslie, Peter Larriue, Daunte Harris, Ron Kfoury, The Xuesong Yu family, Ken Maclin*

Taryn's Corner



Happy New Year! I hope that you took advantage of the Fitness promotion that was happening in the month of December. Our Fitness membership is new and improved. We have added additional benefits to this membership, which includes Group Exercise Classes and Pickleball. Basically if any of your friends are interested in joining, the initiation fee is \$50, and they pay only \$90 for the first three months (money back guarantee if they quit for any reason before April 1st). Wow, what a great deal. There's a lot of activities going on this month at the Club - something for everyone! Have a great January!

Taryn



ONE MAN'S OPINION

We have a new manager for food service that will be in charge of food and beverage service at both clubs. We have opened the new Service Bar in the lobby at LNRC. We are in the process of revising many aspects of service at RCI.

I would like to share a few of our goals for food service. We are still in the planning stage and thus we can change if someone gives us some suggestions that improve our current thinking. Our current objective is to offer three food service programs.

1) One goal is to offer a Bar and Grill service that will include soups salads and sandwiches. We will offer several specials during the time the Bar and Grill is staffed

with a cook. After the cook leaves, we will have pre-made sandwiches and salads available for purchase, as well as several meals ready to put in the refractor oven to prepare. We want to accommodate our members thus we will be flexible on planning the menu and the hours to be open. We welcome feedback from members.

2) We will also offer a Juice Bar Service at both locations. The juice bar will feature "Recovery Drinks" that will be fortified with protein. These smoothies will be made with fresh fruit and will be designed to help the body recover from a hard work out on the tennis court or in the gym or during a group class. After a hard work out, and tennis can be a VERY hard work out at times the body needs a large portion of protein within 30 minutes after the work out. We plan to offer these healthy drinks to prevent sore muscles and to help keep your body fit. We will also be offering fruit juice and vegetable juice and many healthy items from the juice bar.

3) We will be offering upscale coffee and some special rolls like blueberry muffins—we cannot be healthy ALL the time and we MUST offer a few things that will allow you to get off your routine a few special moments.

4) Juan, our food service manager is working on menus, hours and pricing as I write this. Juan and Scott will review the best way to try to resolve these challenges and they will then present their ideas to **Eric** and **Sandy**. The GM's will then review the plans and makes suggestions for changes. After everyone has an idea about how to serve the members, I will make the final decision as to when we are open, what we will offer for members to purchase and how much we will charge for the purchase.

5) I want to make as many members happy as possible---thus feel free to send me emails about your ideas as to what we should serve and when and how much we should charge for the food and beverage.

LNRC will be different from RCI in some respects, but in general both Bar and Grills will offer Up Scale Coffee and Juice Bar Services and will function as a Bar and Grill with beer, wine and liquor as well as soups salads and sandwiches with at least two specials when the kitchen is staffed with a cook.

I welcome ideas and I hope to meet your food service needs as I definitely need your support of the Bar and Grill. We will be trying our best to offer quality FOOD AND BEVERAGE SERVICE that all members will enjoy, Feel free to tell **Eric, Scott,** and **Sandy** about ANY ideas as WE ARE HERE TO SERVE OUR MEMBERS. Happy New Year and blessings to all and let's hope we see a recovery to our economy and that 2012 is the best year EVER.

Cecil Spearman

FRONT DESK NEWS

Greetings from the front desk at RCI! I would like to thank all the members who have so faithfully used their membership cards to check themselves in this year. Our member check in policy was instituted to help keep our club private and secure. The front desk staff greatly appreciates you taking the time to swipe your card before entering the club. If you have lost or misplaced your card and need a new one, we would be happy to help you. Just stop by the front desk and our staff will make you a new member check in card. In 2012 we hope that every member will take that few extra seconds to swipe their cards upon check in. It would be greatly appreciated. Thanks again from your friendly front desk staff at the Racquet Club of Irvine. Happy New Year!



FITNESS AT RCI

Let's make 2012 your year for getting healthy and fit! Not another New Years resolution but your own

health revolution! It all begins with a strong desire to change your health and fitness to achieve the body you've always wanted. I speak from personal experience. Not so long ago I weighed 211 lbs! I cleaned up my nutrition and began a workout routine that I stayed diligent with until I reached my goals. Now it has become part of my life and that is where the transformation truly is. You can have the body you've always wanted, you can achieve the health and energy you desire. I know it, I've done it, now let me show you how to do it! To get you started on your own health transformation, for the month of January, I am offering a 30 minute complimentary Personal Training session to all RCI members. Nutrition, workout time management and specific exercises tailored for your goals will all be covered. Take this opportunity to get on the road to wellness. I look forward to working with you. Please contact **Katie Salerno**, RCI Fitness Coordinator and Personal Trainer and Integrative Nutrition Consultant at cell 203-561-0192 or email ksalerno@cox.net

A reminder to read the RCI emails for updates on **Nicola Strother's monthly Saturday hikes. There are also a few changes in our Group Exercise schedule. Wednesday's 10:30 yoga class will now be taught by **Lisa Umbelina**, and Friday morning's 8:30 yoga class will be taught by **Destiny Yard**. Also, a big welcome to **Lisa Umbelina**, our new yoga instructor, who will be having classes on Wednesdays at 10:30 am.

Medicine Ball Training for Tennis with Head Tennis Professional Jason

Strother and Pat Etcheberry Certified Trainer Nicola Strother - Today's tennis

game is more than just strokes. It is match of fitness. To compete in tennis, players must train harder with their fitness, training their muscles to explode through the impact of the ball, increasing the quickness of muscle fibers. Medicine ball training is a key ingredient in making this happen. Working with a medicine ball can help you learn how to use your legs and hips to help you load and explode through a shot, not just using the arms. Medicine balls are great training tools to help increase core strength, build explosive muscle fibers, and enhance your footwork. Coming in January, Jason and Nicola Strother will run a few medicine ball clinics to teach you how to implement a tennis specific workout routine. This one hour class will be limited to the first 5 members to sign up (as there are only 5 backboards) The class will \$30.00 per person and will

be held on Saturday mornings around 11:45. If you are interested, please email me directly at nstrother@ca.rr.com so I can keep you informed of the dates and times of the classes and sign you up.



It is a New Day, it is a New Year. Let's start it together - Over the past few years, I have continually worked on learning new training techniques. Training doesn't have to be the "same old thing". Let me tailor a workout program to your needs. Below are a few training techniques that I will bring into your sessions: 1. Medicine Ball work specific to both tennis and to help strengthen your core. 2. TRX training to work on overall body strength and stability. 3. Boxing and Kicking (Over 18 years experience in various martial arts)... I bring the gloves and work with you on the pads. In addition to a great cardiovascular workout, boxing helps in tennis because you use your legs to increase your power, you are constantly using your core, and your shoulders will get stronger. 4. Speed, Agility, and Quickness (using ladders, cones, plyometric boxes and medicine balls to help you become lighter and faster on the court). 5. Resistance Band work (using your own body resistance to strengthen and tone your body). 6. Injury Rehabilitation. 7. Stretching and Flexibility. 8. Good Old Weight Training. 9. Nutritional Coaching. **Everybody has different needs and goals, and each program that we put together is specific to you. I look forward to seeing you in the gym this upcoming year.**

"You Either Worked Out Today ... Or You Didn't!" - Nicola Strother, 310 210 7052



**FREE Triathlon
Training Bootcamp
Information Night,
PLUS Cardio/Core
Workout
Wednesday, January 4th
6:00-7:30pm
Racquet Club of Irvine**

Attend the FREE information night to learn more about the 8-week Triathlon Bootcamp: Jan 4–Feb 25, 2012. The camp is perfect for beginners and veteran triathletes. Certified Triathlon Coach **Pam Nichol** will guide you through the training process with Personalized Training Plans, Swim Stroke Instruction, Cycling/Running Skills and Transition Instruction.

Class Times: Wed 6 -7:30 p.m./ Sat 9-10:30 p.m. Cost: \$ 300. Non-Members are Welcome!
Bring a friend and receive a \$20 discount!!! Bring two and get a \$40 discount!!!

For More Info Contact: **PAM NICHOL**
USAT Triathlon Coach, ACSM Personnel Trainer



**MIXED DOUBLES
TENNIS SOCIAL**
Sunday, February 5th
at 12:45 p.m. The cost of
\$10 includes Tennis & One
Drink. 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. Guests are welcome!

The Holidays at RCI

