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November 2023

Hours of Operation  
Monday-Friday 7:00am-9:00pm  
Saturday & Sunday: 8:00am-5:00pm

### Holiday Hours for the Club



The club will close at 5:00 pm on Wednesday, November 22<sup>rd</sup> and will be closed on Thursday the 23<sup>rd</sup> Thanksgiving Day. We will be open regular hours on Friday, Saturday and Sunday of Thanksgiving weekend. May your day be full of peace, love, and joy!



### Staff Training on CPR

The staff is currently in process of being trained by First Response on the current methods of using CPR including the use of our automated external defibrillator (AED). Our AED is located next to the door that leads out to the tennis courts. CPR is a lifesaving tool that saves victims from cardiac arrest. Cardiac arrest is the leading cause of death in many parts of the world.

### Focus on Fitness



Pilates exercises develop the body through muscular effort that stems from the [core](#). The technique cultivates awareness of the body to support everyday movements that are efficient and graceful. Achieving strength without bulk draws many people to Pilates. According to the method, balanced muscular development is a result of training the body to move with harmony and efficiency. Sarah Canfield is our Pilates instructor. She became a Pilates and yoga instructor to help others find the same joy that she found in these practices. Her love for yoga, Pilates and dance has been the light that has led her to the present moment. She received her 200-hour certification in Hatha Yoga from Yoga Kingdom Sanctuary, CA in 2001. She was trained in Vinyasa yoga and Pilates at Life in Motion in New York City.

## Shannon's Scoop



Want to prevent falls and avoid osteoporosis?

Eating calcium rich foods like leafy green veggies along with grains and proteins are good for this and just about everything. I personally love eating whole foods because they are tasty and filled with nutrients and vitamins. Other advice is just plain common sense which is to prevent falling by putting a grab bar in your shower, not having slippery rugs and only going on a ladder when you are with others who can secure it. The club offers great classes in strength training. Most of the classes on our fitness schedule include weight bearing exercises and balancing poses, AND they are a lot of fun. Just look over the schedule and find one or two that are right for you. If you choose Yoga you will find that it calms the nervous system and makes for greater awareness which helps one to slow down and helps prevent falls.

Contributed by Shannon Rio

Jane's "Abs, Balance and Core" class, offered Tuesdays and Thursdays from 11:30-12:30, is open to ALL members of the club, free of charge. All of the other fitness classes are included with swim memberships, fitness memberships and full club access memberships.

Tennis only members interested in other fitness classes can pay a \$5 fee to attend each class or, by adding \$20 a month (for individual tennis memberships) or \$30-\$35 (for couples tennis memberships) all fitness classes, the ability to reserve a private swim lane and use the gym will be included with your membership.

See you in class!

## TIME CHANGE REMINDER



It is getting to that time of year when the clocks will once again go back due to daylight saving time. **This will happen on November 5 at 2 a.m. local time** so make sure to set your clocks back on Saturday night before you go to sleep. Although this means the morning and evenings get darker, we do gain an extra hour of sleep! Daylight saving time was first implemented in the U.S. in 1918 during World War I with the Standard Time Act, which added more daylight hours to conserve energy.

## Len's Lesson



### TIPS TO HELP STOP MAKING MISTAKES IN TENNIS

#### **\*Focus On Footwork**

One of the biggest causes of mistakes in tennis is poor footwork. By practising your footwork consistently, you can avoid unnecessary errors. A way to work on your footwork is by perfecting your split step. The split step is essentially jumping in the air, landing on both feet, and being ready to move in any direction the ball takes. Practice your split step until it becomes a habit. You should also focus on keeping your feet moving, maintaining the correct stance, and avoiding over-committing to shots.

#### **\*Watch The Ball**

To successfully hit a ball back, you must keep your eyes glued to the ball and watch it carefully. Make sure you keep your head still and watch the ball until it makes contact with your racket. If you take your eyes off the ball too early, you'll likely mis-hit it, resulting in mistakes. Practising your ball-tracking skills with repetitive drills will improve your focus, and you'll find yourself making fewer mistakes over time.

#### **\*Improve Your Serve**

Another common area for mistakes in tennis is in the serve. Serving is a crucial aspect of the game, and by mastering it, you can reduce the number of faults and errors. Work on your technique, use your body correctly, and focus on accuracy rather than power when serving.

#### **\*Slow Down Your Swing**

One of the most common mistakes tennis players make is that they try to hit the ball too hard, causing them to lose control and make errors. It is essential to know that the control you have over each swing is much more important than the power behind it. Adjust your swing so that it is slower and more deliberate, giving yourself a better chance of hitting the ball where you want.

#### **\*Take High-Percentage Shots**

When you're in high-pressure situations, like during a match, it's important to take high-percentage shots. These shots are ones that you are comfortable with and can execute consistently. These shots could be your basic topspin forehand or a conservative slice serve. Keep the shots simple and don't try to attempt anything too fancy under pressure.

#### **\*Focus On Recovery**

Another aspect of tennis that can lead to mistakes is recovery. If you hit a weak shot or your opponent hits a good one, you may find yourself out of position. In this case, it's important to quickly recover and get back into position for the next shot. This means moving quickly and efficiently, which ties into the importance of footwork. By being aware of your recovery and making sure you're in position for every shot, you can avoid mistakes and maintain control.

#### **\*Stay Calm**

Tennis can be a high-pressure game, especially when you're playing competitively. However, it's essential to stay calm; any negative emotions will affect your gameplay. By staying calm, you put yourself in a better position to play smarter shots and assess your opponent's moves. Take deep breaths, maintain your focus, and avoid overthinking.

#### **\*Focus On One Shot At A Time**

One of the most common mistakes in tennis is dwelling on the past and worrying too much about the future. This can lead to anxiety and hesitation, which ultimately leads to more mistakes. Instead, focus on the present, and take each shot one at a time. Analyse each point and what can be done better next time, then move on.

### **\*Learn From Your Mistakes**

Mistakes are inevitable in tennis, and you're likely to make them frequently while practising. However, what separates a good player from a great player is the ability to recognise their mistakes and learn from them. Take the time to assess your gameplay and identify which areas need more work. Watch videos of your practice or matches and find out what went wrong and how you should avoid making the same mistakes again.

### **\*Play Within Your Limits**

One of the biggest mistakes that tennis players make is overestimating their abilities. While it's essential to challenge yourself, playing beyond your limits can lead to mistakes. Stick to what you know and work on improving your technique and strategy. Once you have mastered the basic strokes, you can start to push your limits and take on more challenging opponents.

## **Riddle Me This**



**This month's riddle:** Delilah says: I want to tell you about a girl who only eats plants.

What's her next line?



**Last month's riddle** Why do ninety percent of bald people own a comb?

**Answer:** They just can't part with it.....

