Up & Coming

- Free Friends & Family - February 7 - 8 after 1 pm
- Club Singles Tennis Tournament, February 7-8
- Member-Guest Tennis Round Robin, February 20
- Free Friends & Family - March 7 - 8 after 1 pm
- Club Doubles Tennis Tournament, February 7-8
- New After-School Tennis session starts, March 10

**Squash**

We have several juniors in our new league, they are playing with adults to develop themselves further, and this is a great way to meet people and play different styles of play. To get very fit, join in our Cardio Squash Clinic on Tuesdays at 5.30pm. It’s after our junior clinic at 4.30pm, bring more friends from school and use squash as cross training like Roger Federer does and other top tennis players.

Enjoy the Aussie Open!

**Book Signing**

In the Bath & Racquet Lobby
Saturday, Feb 8th, 10am - Noon
Meet the author, Jennifer Joy Walker, a fellow Bath & Racquet Member!

Jennifer Joy Walker, MA is an author, speaker, coach and consultant whose enthusiastic spirit, commitment to unleashing individual and organizational potential and real world experience, help individuals and organizations make significant transitions toward greater satisfaction and achievement.

My first career was in the theater. Not a particularly practical choice, but I loved it. All around me were people who were passionate about what they were doing, using their talents and energy to create something of value. When I left the theater, I perhaps naively was surprised to see a profound difference as I spent time in various organizations. In my role as a communications consultant, I worked with clients in health care, insurance, banking, retail, manufacturing, food service, and other industries. Wherever I went, I couldn’t help noticing that people seemed to be caught up in a gray daily grind. They were not thriving, they were not fully engaged, they were not even sure they were in the right jobs. I was struck by the grayness. That was the beginning of my search for full color living.

Since then, I have worked as a career counselor and organization development consultant. I have continued looking for the secrets of full color living -- why some of us fully embody our lives, while others are dragging themselves through each gray day. Over 20 years of reading, training and experience, plus interviews with people who are living fully expressive lives, have brought me to this book. Full Color Living is for anyone who is ready to move beyond merely surviving, toward a more honest, healthy, satisfying and joyful “full color” life.

**The Club Beat Newsletter**

February 2009

**Working out with someone makes it seem so much easier!**

**Form the Fitness 1-2-3 Habit with a friend!**

- 3 Weeks - 2 Sessions per week
- Fitness Assessment
- Topics Covered: Weight Training, Cardiovascular Training, Stretching Exercises, Diet Tips
- Morning and Evening Classes
- Small Class Size
- Free T-Shirt

Call membership to schedule your new addiction.

All for $35

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**Valentine’s Day Facts**

The first Valentine’s Day box of chocolates was introduced by Richard Cadbury in 1868. In Victorian times it was considered bad luck to sign a Valentine’s Day card. Teachers receive the most Valentine’s Day cards, followed by children, mothers, wives, and then, sweethearts.

**Thoughts on Love . . .**

- When you are courting a nice girl an hour seems like a second. When you sit on a red-hot cinder a second seems like an hour. That’s relativity. ~ Albert Einstein
- Love is an irresistible desire to be irresistibly desired. ~ Robert Frost
- You know you’re in love when you don’t want to fall asleep because reality is finally better than your dreams. ~ Dr. Seuss
- Forget love - I’d rather fall in chocolate! ~ Sandra J. Dykes

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**BellaVida Salon and Spa**

**Now Open!**

Diane Winters is now providing salon and spa services at our club. Visit her shop at the top of the north staircase (over the racquetball courts) and peruse the menu of services. She is currently offering hair and nail services, and soon facials and waxing.

Bath & Racquet members will enjoy a 20% discount off menu prices. Call Diane at 941-628-3561 for an appointment.
DOES YOUR CAR NEED SOME BLING?
Stop in the membership office and pick up a B & R Bumbersticker, featuring our new logo!

MEMBER-GUEST Round Robin
Friday, Feb 20th @ 6pm
$8 per person
Sign up in the Pro Shop.
You do not need a guest to sign up.

After School
Junior Tennis Program
Tuesdays & Thursdays, 8-week sessions
The next session starts March 10.
Call 448-4079 for more info.
or visit www.tennisafterschool.com

TENNIS EVENTS
B & R CHAMPIONSHIP SERIES
😊 Club Singles, Feb 7 - 8
😊 Club Doubles, Mar 7-8 😊
😊 Mixed Doubles, April 18-19

MARK YOUR CALENDARS!

LEAGUE WINNERS

MONDAY
Division 1 - Mens
1st - Peter Laughlin    2nd - Phil Mihm
Division 2 - Mens
1st - Chris Deveso    2nd - Ash Patel

TUESDAY
Ladies 3.0 - 3.5
1st - Ann Davy    2nd - Kris Sutton
Ladies 4.0 - up
1st - JoAnn DeMartini    2nd - Sharon Yancy

WEDNESDAY - Mixed
1st - Tim Gruters & Ashley Petruzzi
2nd - Ray Collins & Janet Sperling

THURSDAY
Mens
1st - Mel Kestner    2nd - Bob Iverson
Mixed
1st - Barry Bright & Jen Bowman
2nd - James Williamson & Cheri Williamson

FRIDAY - Ladies
1st - Margaret Dirmann    2nd - Pat Key

Racquet Blowout!

HEAD CROSSBOW
Reg $320
NOW $159

BABOLAT DRIVE Z 110
Reg $199
NOW $99

BABOLAT DRIVE Z 118
Reg $225
NOW $112

BABOLAT AERO 112
Reg $219
NOW $109

Tennis Talk
By: Eric Davidson Director of Tennis

I would like to thank everyone who came out and participated in the Jr. Tennis Carnival. We had a
great turnout and the kids had a lot of fun. This was the kickoff to the new B & R Jr. program
lead by Gabriel and Susan Ferrer. They are doing a terrific job.
A member told me a tennis story the other day. A story that I unfortunately hear all the time. In this particular
instance, it worked out in favor of the member. He and his partner were losing 5-2 and about to lose the set. The
opposing team member missed an easy shot and his partner took him aside and apparently said something negative. They went on and lost the set 7-5. Can anyone guess the moral of the story? A good doubles partner
should always be positive, even during tough times or missing an easy put away.

Have fun,

Eric