

BATH & RACQUET



WHERE SARASOTA COMES TO PLAY!

The Club Beat Newsletter July 2010

2170 Robinhood Street Sarasota, FL 34231 941.921.6675 Pro Shop 941.923.8381 bathandracquet.com

Club Hours:

Monday thru Friday 6 am - 11pm
Saturday 7 am - 6 pm
Sunday 7 am - 5 pm



Up & Coming

- USTA Jr. 12 - 18 Super Series Tournament, July 2 - 4
- Free Friends & Family - July 3 & 4 after 1pm
- USTA Jr. 10 - 18 Local Tournament, July 24-25
- Free Friends & Family - August 7 & 8 after 1pm

A Note from Scott

Who am I going to pay first?...

After doing a lot of research, I was amazed at how much we were spending in advertising to obtain new members. And as much as I love the Herald I would rather give the money back to you, our members. So I am UPGRADING our member referral program. Members who refer a new fitness member will receive sixty dollars (\$60) in Club Bucks. Members who refer a new tennis member will receive one hundred and twenty dollars (\$120) in Club Bucks. But that is not all I will have a big winner and give away an additional \$150 in Club Bucks to one lucky winner. Is it going to be you?

Thanks,
Scott Olson
General Manager

Clayton's

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FUNCTION...

By now, you have probably heard the latest fitness buzz words "core" & "functional." Just what do they mean and why are they important. Well here you go:

Core: Your core is simply the middle portion of your body, your torso. All movements start with the core (or should) either as a stabilizer or mover.

Functional: Exercises are referred to as functional if they mimic your everyday life or sport movements. Squatting is functional because you have to squat to sit down and stand.

Why are they important and why so popular now?

Once upon a time most exercise was functional and used the core. It involved healthy amounts of balance, coordination, flexibility and strength. As we became more interested in aesthetics rather than health we started to train "parts" that were "problem areas". In turn, innovation brought "machines" to make exercise easier. No longer did you have to bend, lift and twist to pick up a weight.

I even remember being told that bending, lifting and twisting was HOW you hurt your back! Holy moly! The machine age meant that no longer did you need to balance a weight, or use your **core** to stabilize you while moving it. You could blast those problem spots and ignore the rest...the path to dysfunction and injury.

The reason it is popular now, is because we've realized that the body needs exposure to all its movement patterns to thrive and be less susceptible to injury. Variety is truly the spice of life. If you never bend or twist, then those muscles become weak. Imbalances develop and sometimes, muscles can even "forget" how to do their job!

The core is the foundation from which all movement begins and ends. It is essential to functional physical fitness, injury prevention and sports enhancement. Power comes from the core. The core stabilizes the body against stresses on the appendages. It is the anchor between the upper and lower body. Think of tennis. Can you hit the ball harder just swinging your arm standing stiff and rigid or when you wind up by bending the knees and turning the hips & shoulders?

There are a few definitions of the word core... none of them are "6 pack" or "wash board". Core work doesn't mean doing more crunches. It's a balance of strength and flexibility through all three major movement planes (forward/backward, side to side, rotation) in all the muscles involved in those movements. By training the core properly you are training for function in that the core is used for everything.

Are Summer Parties wearing you out?

Time to refresh and rejuvenate!

\$50

*Treat yourself to custom made Spa Package.
Three services - one low price.*

*Choose from our special menu of services
to create an indulgent day of revival.*

There's a lot more summer to come, get ready now!

For a limited time only. One package per client please.

Sarasota Facials & More

Call for more info: Linda Lee Averett, 504-0592

\$50



Massage Therapy

Client Appreciation Special - Extended thru July

Melissa Wabnitz
LMT ma21172
941-302-4581

\$39.99
DON'T 'ENVY
HEIGHTS'

Chris Scalzo
LMT ma19308
941-302-4580

Former, Current, Future clients. Gift certificates included.
Must be purchased by 7/31/10. Appts. must be used by 9/15/10.

Helen's Summer Yoga Party

Friday, July 23rd @ 7 pm
in the Courtside Grill.



**\$12 donation for
finger food & entertainment.**

**Sign up before or after Helen's classes,
Mon 6:30 - 8 pm, Wed/Fri 10:30 - Noon, Fri 5:30 - 7pm**

"Get Healthy From the Inside Out"

*Do You Want to Learn How to Feel Better,
Have More Energy, Lose Body Fat & Get Healthy?*

Then Come and Join Dr. Melody Clancy, M. Ac, D.O.M.

Wednesday, July 28th @ 7 PM

@ Bath & Racquet - Upstairs in the Mezzanine

We are all faced with different health challenges at some point in our lives. This presentation not only provides you with information on the latest advances in the Science of Natural Health and Nutrition but it also offers you the opportunity to learn about your body and how your lifestyle choices and the environment you live in affects your health.

Join us and receive a chance to win a free training session!

Call to reserve your seat.



USTA JR.

Celsius

SUMMER

TOURNAMENTS

July 2-4 12^s - 18^s Super Series Tournament

July 24-25 10^s - 18^s Local Tournament

August 28-30 12^s - 18^s Super Series Tournament

Sign up online @ ustaflorida.com



Weekly sessions available
June 7 - Aug 20

CAMP OPTIONS

FULL DAY, 9 AM - 3 PM

\$155/wk (Members) \$170/wk (Non-Members)

HALF DAY, 9 AM - NOON

\$110/wk (Members) \$125/wk (Non-Members)

TENNIS ONLY, 9 AM - 10:30 AM

\$95/wk (Member/Non-Member)

Sports

TENNIS

Games

Swim

FUN

Crafts

Fitness

The goal of our summer camp is for your child to have fun while meeting new friends and learning new skills. They may hit a backhand, learn a lifesaver jump, or try a new sport.

Our camp offers a large variety of activities along with different field trips and in-house events.

Ages 5 to 12 years of age are appropriate for our camp.

DAILY SCHEDULE

- 9:00 1½ hours of tennis skills, drills and sportsmanship
- 10:30 45 min of Swim instruction/45 min of free play!
- 12:00 Half day camp ends. Lunch for full day campers.
- 12:45 The afternoon program may include field trips, tennis match play, Indoor/outdoor sports, fitness class, dance class, games, arts & crafts
- 3:00 Pick up (Aftercare available until 5pm, \$5 per hour)

VISIT OUR WEBSITE FOR MORE DETAILS

SQUASH IS BACK ON THE MENU!

SUNNY'S BACK FOR SUMMER,
AND IS AVAILABLE FOR LESSONS



\$60/hr. for
private lessons



Jr. Clinics - \$15
Wednesdays, 4 - 5 pm

FOR MORE INFO OR TO BOOK A LESSON,
CONTACT SUNNY 239-470-4220

SUNNY SQUASH CAMP

July 24 - 29

Directed by Sunny Hunt, Australian Champion,
with coaching from David Palmer,
a #1 player in the world
Instruction includes on-court
and off-court training
as well as lectures and game play.
Go to sunnysquash.com for full details
and registration information.

JULY PRO SHOP SPECIAL:
\$20 OFF ALL NATIVE EYEWEAR



NATIVE
ALL SPORTS ALL POLARIZED



Tennis Talk

By: Eric Davidson *Director of Tennis*

The following is a rerun from last year, but definitely worth repeating...

I would like to bring up a subject that we all deal with on the courts, and that is mental toughness.

It is so important that you keep a positive mind set when you are practicing, competing and even away from the courts. I have seen players that go into a match thinking that they can't beat the player that they are about to play. So in a way, they have lost the match before they even step on the court. The self defeating attitude is like a self fulfilling prophecy. When you miss a few shots, you think, "Oh, no - here it comes. I knew it." And there goes the set and eventually, the match. How do we fix this mind set? Well,

first - think positive at all times in a match. There will always be peaks and valleys during a match.

Nobody plays perfectly throughout an entire match. You must ride the emotional rollercoaster and stay positive. Don't give up if you miss a few shots - it's going to happen. Also, your opponent sees your body language when this happens and their confidence rises. So never let your opponent have that advantage.

Keep your head up, shoulders proud, and your feet moving!

Have fun,

Eric