

BATH & RACQUET



WHERE SARASOTA COMES TO PLAY!



The Club Beat Newsletter

June 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

- Free Friends & Family - June 5 & 6 after 1pm
- Summer Camp starts June 7
- USTA Jr. 12 - 18 Super Series Tournament, July 2 - 3
- Free Friends & Family - July 3 & 4 after 1pm
- USTA Jr. 10 - 18 Local Tournament, July 24-25

IT'S SUMMER CAMP TIME!
The pool will be closed from 10:30 am till Noon. Monday thru Friday.

Massage Therapy Client Appreciation Special \$39.99

DON'T 'ENVY HEIGHTS'

Former, Current, Future clients
Gift certificates included
Must be purchased by 6/30/10.
Apts. must be used by 8/15/10.

appointments with

Melissa Wabnitz Chris Scalzo
941-302-4581 941-302-4580

Father's Day Gift Special

Make it a gift package for that special Dad by adding a Men's haircut or Men's pedicure with



Linda Lee Averett,
Sarasota Facials & More
for \$20 more.
Call 504-0592
for more info.

A Note from Scott

Time for a men's locker room update. "WATER, WATER, EVERYWHERE!" Is the best way to describe this project. Every time we look we see more water. Water inside a building is very bad and is a contributing cause to the poor condition of the locker room. So we find a leak...Stop it... Find another one. We have pipe leaks in the wall, leaks in the walls from ceiling vents, steam room leaks... As of 5/25 we are trying to make sure there is not a leak below the building contributing to the water problems. While we did not intend to do the steam room with this construction, nothing was drying while having it running. The steam room was not water tight (very bad.) Also, we are replacing all the 2 by 4 studs in the showers and steam because of rot. So I apologize about the length of time this construction is taking (I'm sure anyone who has done a remodel can sympathize) but we are trying to get it right this time. Use of durable materials will make the project look better for much longer. We hope to have this project finished by the beginning of July. And we hope you will be happy with the results.

Thanks,
Scott Olson
General Manager

Clayton's

A CHALLENGE...

I wanted to say thank you to everyone who commented on last months article. I was very touched by the response. It was also nice to know that so many people actually read the newsletter! This month I'm going give you a testimonial/story from one of my clients as a segue to a new challenge.

About 6 weeks ago, at my annual physical, I was told by my doctor I needed to lose 15 lbs by our next visit in October. I thought that was a reasonable goal and we shook hands on it. We'll, I went another 2 weeks and did nothing as we all have a tendency to do. Then I saw my friend George Maurizi at the gym and he said he too needed to lose a little weight. So, we decided to have a bet (\$100) with each other. Whoever lost the most weight before he went back to his home in New Jersey for the summer would win our little bet.

Then I actually got serious about it. It was a great amount of fun when we would see each other on Monday, Wednesday, and Friday's. Several people began to get into it at the gym and started rooting us on!! Well, that Friday came a few weeks ago for our weigh in with our trainer's (Clayton Wight for me and Mike Vega for George). I guess I won the bet, but as George and I said to each other, we both won and vowed to continue it over the next 4 months until George got back on October for the season.

I ended up losing 16 lbs and George 8lbs (I had more to lose than George). Best of all our trainers, Clayton and Mike made it fun, and the Bath and Racket was very supportive of our goals.

Challenge yourself to make take the step and who knows how high you can go!!!
Thanks.

John Kittle

We are going to follow up this inspirational tale in true Hollywood fashion...a Sequel! Anyone who wants to, may enter. You have 4 weeks to lose as much weight as you can. The reward? The biggest loser gets \$90.00 in "Club Bucks" (as good as cash inside Bath & Racquet) and Prize Pack including a T-Shirt, Hat and Workout Gloves.

Rules:

1. Weigh in must take place in the fitness room and validated by Fitness Center staff. Deadline: June 11th.
2. Final weigh in must take place at the same scale and validated by Fitness Center staff no more than 4 weeks later. Deadline: July 9th.
3. Dates between weigh ins can NOT be longer than 4 weeks total.

Pick up entry/weigh in form in the Fitness Center. Good Luck!

It's Clayton again -

I know I'm taking up much more than my usual corner, but I would like to welcome

Our New Personal Trainer, David Taylor.

David is a lifetime athlete, former high school wrestler with 23yrs weight training experience. He has trained numerous teen athletes in sports including Basketball, Soccer, and Tennis. David is ACSM Certified (one of the best in the business).

His resume' includes working with retired Minnesota Twins pitcher, Jason Miller in a weight training program - prepping teen baseball players for college as well as working with local physical therapists.

Whether its helping someone pick up speed for their tennis game or helping someone finally loose the weight they've been trying to shed for years, he says he finds it very rewarding to be a part of their success! He is here to answer questions, give advice and help you get where you want to be.

David's broad fitness interests include: Sport Specific Training, Weight Management, Core, Strength, Balance, Post Rehab Therapy, and Special Populations. Be sure to introduce yourself if you see him.

Look New Leagues



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

Racquetball & Squash Leagues

The leagues will start on June 17th @ 7 pm and run for 10 weeks. They will include prizes and party at the end of the session. The fee for members is \$10.

Check the sign-up sheets for more details or talk to John Schneider in the Membership Office.



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)

Weekly sessions available June 7 - Aug 20

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

Take an additional 10% off already Closeout prices on Prince & Babolat racquets

Look for the racquets with tags on them.



By: Eric Davidson Director of Tennis

Congrats to our own Jane Lutz for capturing another gold ball in the National USTA 80's Championships in LaJolla, CA. Way to go bring home the gold Jane!

Just a little tip for members that want to improve their game - most of the club members I watch hitting volleys and overheads are using the wrong grip. Players often wonder "Why did I hit that volley to the bottom of the net?" Well, you need to change your grip. If you are using a forehand grip, you might want to think about working on changing to the continental (or backhand) grip. This will help you lead more with the bottom edge of the racquet, giving more depth on your volley. This grip will also help you snap your wrist on your overhead. Expect to fail at this at first, but if you stick with it, you will be a better player in the long run.

Have fun,
Eric