

# BATH & RACQUET



WHERE SARASOTA COMES TO PLAY!



June 2011

2170 Robinhood Street Sarasota, FL 34231

941.921.6675 Pro Shop 941.923.8381

bathandracquet.com

## Club Hours:

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



## Up & Coming

- ☛ "Free Friends & Family" - June 4 & 5 after 1pm
- ☛ Summer Camp Starts, June 7
- ☛ USTA Jr. 10 - 14 Super Series Tournament, July 1 - 3
- ☛ "Free Friends & Family" - July 2 & 3 after 1pm
- ☛ USTA Jr. 10 - 18 Local Tournament, July 23 - 24

## CLUB ISSUES

### No Coolers Please

Please note that coolers are not allowed to be brought onto the Bath & Racquet property. In particular, **no alcoholic beverages are allowed.** It is strictly prohibited by our liquor license. We could be in jeopardy of losing our license if there were an incident involving outside liquor.

### Return, Replace, Restore

There are several ways to say it, but only one way to do it. If you move something to use it, please return it to its original place when you are done. Whether it's a piece of furniture or piece of fitness equipment, certain things are expected to be in certain places. Classes have been held up while instructors had to search the club for "borrowed" items.

So feel free to use available items, but remember, it's not borrowing if you don't return it!

## Clayton's

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GIVE YOURSELF A KICK IN THE "CAN"  
AND GET RID OF YOUR "CAN'T"

Everyday, I hear people say things like,

"That's too hard."

"I have a slow metabolism."

"I have a thyroid issue."

"My diet is perfect and I can't lose weight"

I understand that some people might have legitimate issues like those mentioned but I am generalizing to make a point. More often, the fact is, they just aren't ready to commit in the manner required to get the results they want. It's easier to blame, than accept responsibility (a huge problem in our culture in many areas). The following are two samples of what can happen when you stop pointing the finger and really start looking in the mirror.

Not too long ago, someone told me we needed beginner classes on the schedule, because the classes we offer are too hard. I thought about the comment many times. Never acted on it. But definitely considered it. Was our schedule really excluding lower intensity classes? Well, I spoke to the same person the other day. Now over 40 pounds lighter and unable to take the easier classes on the schedule because they simply aren't hard enough! Amazing!

I had a client years ago who literally THREW the diet I had outlined for him back at me. Flatly refusing to follow such a ridiculous plan. We worked out for a while and he experienced some weight loss and eventually he quit training with me. Six months later he had lost 35 pounds. I asked what he had done. He said, "I finally started following your diet. I just wasn't ready before." Awesome!

Casting blame or judgment to deflect responsibility from what's required to get the job done is a lazy person's way out. The problem isn't that people can't have what they want, it's that they don't like to work hard to get it.

If you want it. Get on it.



Get yourself ready for those  
summer activities at  
**Sarasota Facials & More**



Start with a **Fruit Peel** to give your skin that summer glow

~ Then add some golden **Highlights** for a sun-kissed mane,

~ Then a **Spa Pedicure** to show off in those strappy sandals.

~ Finish with a mineral **makeup consultation & application** for a delicate facial shimmer.

Over \$200 worth of services, all for the Sunsational price of **\$149**

Call 504-0592 to schedule.



Ages 5-12

## 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)

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 variety of activities along with different field trips and in-house events.  
Weekly sessions available June 7 - Aug 15

Sports **TENNIS** Games **Swim** **FUN** **Fitness** Crafts

## DAILY SCHEDULE

9:00	1 1/2 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 TO REGISTER

## 2011 FLORIDA FIRECRACKER RACQUETBALL TOURNAMENT

June 24-26, 2011  
at Bath and Racquet

Info and Registration  
@ www.r2sports.com



Or contact Chad Bailey  
@ 941-545-5802 or [auchad99@hotmail.com](mailto:auchad99@hotmail.com)



Join Carol as she takes her aqua class on the road, to the healing waters of. . .

DESTINATION: The Warm Mineral Springs in North Port.

DATE: Tuesday, June 14th

DEPARTURE: Bath & Racquet @ 9:30 am

ADMISSION: \$15 per person

RSVP: To Carol @ 366.2135

## CONGRATULATIONS TO THE LEAGUE WINNERS

### MONDAY

Division 1 - Mens

1st Eric Abbott  
2nd Alan Amero

Division 2 - Mens

1st Mike Swor  
2nd Marc Pelletz

### TUESDAY

Mixed

1st Sam Caudle - Jean Caudle  
2nd Bob Glantz - Lola Creighton

### WEDNESDAY

Mixed

1st Walter Jones - Jo Ann DeMartini  
2nd Tim Gruters - Ashley Gruters

### THURSDAY

Mens

1st Leonard Belli  
2nd Allen Hill

Ladies

1st Lisa Niccum  
2nd Marina Yeliseyev

### FRIDAY

Ladies

1st Jane Rockwell  
2nd Cindy Helms

Join us in welcoming  
**Holly Moore & Mario Leguizamon**

to the Bath & Racquet Tennis Pro Staff. Both are talented coaches with the Celsius Tennis Academy and are now offering their expertise to adults in an exciting new adult clinic

## High Energy Tennis



Clinics are from 5:30 pm - 7:30 pm as follows:

Mondays - Men's & Women's 3.0 - 3.5

Tuesdays - Men's & Women's 5.0 - Open

Thursdays - Men's & Women's 4.0 - 4.5

See the pro shop for available session dates,  
Or contact Holly @ 941-809-8050 or hhmoore3@gmail.com



# Celsius



## USTA JR. SUMMER TOURNAMENTS

July 1-3 10<sup>s</sup> - 14<sup>s</sup> Super Series Tournament

July 23-24 10<sup>s</sup> - 18<sup>s</sup> Local Tournament

August 26-28 10<sup>s</sup> - 14<sup>s</sup> Super Series Tournament

Sign up online @ [ustaflorida.com](http://ustaflorida.com)

## Take 20% off

the regular price of  
Wilson & Prince  
racquets



**Wilson.**

**prince**

## Take 15% off

the regular price of  
all clothing  
and shoes



## Tennis Talk

By: Eric Davidson *Director of Tennis*

I would like to congratulate our Riverview Rams Boys & Girls Tennis Teams for finishing 2nd in the state championships in Orlando. Our own Holly Moore and Kathy Rosenberg who coach the teams did a great job again this year! Also, I would also like to acknowledge Kyle Hoffman for getting a scholarship to play Division I Tennis at Georgia Southern. He has been dedicated to our club and the game of tennis since the age of 4. I worked with him for 5 years and was amazed by his dedication to practice and love of the game. Also, kudos to his parents, Marie and Paul Hoffman, who were also committed to his passion. Good luck to Kyle at the next level. We are currently working on forming a small tennis committee to help organize events, future improvements, and court maintenance upgrades. I think this will be a useful tool to keep the strongest and best tennis club in town progressing forward. Paul Lambert will be heading up the committee and will be choosing some members to participate on the committee.

Have fun,

*Eric*