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MESSAGE FROM THE MANAGERS

Annual Meeting

The Salt Lake Swimming & Tennis Annual Meeting is a very important event for our members, our staff, and our board. We extend a sincere appeal for you to attend the meeting on May 10, 2011 at 6 pm in the Clubhouse. Look for the Annual Meeting agenda and Board of Directors ballots in your mailbox at least 10 days in advance of the meeting. To vote, Full-Equity members must ensure their accounts are in good standing.

Board Elections

It takes a special kind of person to step forward and run as a board candidate. Board members past, present, and future all share leadership qualities and areas of expertise. They must be able to work toward consensus and have the creativity to solve problems with limited resources. These are a few of the qualities that have enabled our board to shape nearly every aspect of the Club through the years.

It is our hope that board members provide the Club with varied talents and perspectives that complement those of other board members. We believe they should have an unwavering commitment to the long-term betterment of the Club. We also believe that patience and a sense of humor are indispensable. Finally, we believe a big heart is essential. To be effective with colleagues, members, and the community-at-large, board members must have a sincere passion for the Club's mission of improving the quality of our members' lives through a lifetime of tennis and swimming.

You have the opportunity to truly make a difference. We hope you'll consider working with us—as a board member—toward building the future of the Club.

Ian Rothfels & Laurie Staton

2011 MEMBER POLICIES ON WEBSITE

Our 2011 member policies are now posted on our website at www.thetennisclub.org.





A FRIENDLY REMINDER

Just a friendly reminder that the club has a 24 hour cancellation policy for lessons. If you have a lesson scheduled and cancel after 24 hours or do not show up for your appointment you will be charged.

NEW POOL POLICIES

The Club strives to ensure a safe and enjoyable environment for members and their guests at all times. Please make note of the following pool rules:

- **Guests must be accompanied by a Club member at all times.** Members are responsible for ensuring their guests register with the Front Desk, pay the appropriate guest fees, and receive a wristband before entering the pool area. Club members and their guests **MUST** wear wrist bands at all times when on deck.
- Pool toys—including inflatable water wings, air mattresses, or squirt guns—are allowed **ONLY** in the tots pool.

For all member policies, please visit our website, www.thetennisclub.org, and click on the 2011 Member Policies link. See you on deck!



TENNIS – GETTING TOUGHER!

As I look back at the last five months, it has been a whirlwind of excitement and growth. The first thing I would like to do is thank former Head Pro, Byron Boyd, for his dedication to the club and wish him well in his new adventure in Aspen, Colorado. Good things happen for people when preparedness and opportunity meet, and Byron has been preparing over the years to take advantage of the opportunity that presented itself ... Good Luck Byron!

Secondly, I would like to thank our Director of Junior Tennis, Zach Rideout, and our Director of Quickstart Tennis, Jane Waterstradt, for continuing to put their heart and soul into working hard at the Tennis Club on behalf of our incredible junior program and the growth it is experiencing. With a long tradition of dedicated employees to the club, Mike Trabert (my long time friend, comrade and “iconic figure”), Karen Jeppson (a pillar of support to me over the past few months), and of course Ric Foulger (long-time promoter of the game and as I would rather call him ... Uncle Dic). I believe Zach and Jane are great additions to the unbelievable staff and tradition that the

Tennis Club is used to. Together, we have all made a difference and have had significant contributions in the Adult Programs, as well as the juniors. Our numbers are beginning to grow in all of the adult workouts, and we are seeing the adult league matches provide us with much positive input to share at the workouts. People are improving and there is an overall great feeling and buzz at the club and that is exciting for me!

Lastly, I would like to thank Ian and Laurie for their trust in the program and all we are trying to accomplish. I appreciate the tireless, countless hours that they put in, in order to up the level of the Club, for you the members and the tennis community in general. They also head up the staff of all the behind the scenes things. Tom B. and staff, our newly designed front desk staff, and even the curly headed guy (hahaha) in the accounting dept., Mario, all have played major roles for myself and the tennis staff in the overall appearance of the tennis program. Thanks so much for all of your support!!!

Get Tough,
Rod



STAYING HYDRATED FOR SWIMMERS



While most tennis players, soccer players and runners know the importance of hydration, swimmers frequently overlook this critical key to performance. Here are some questions to consider that will impact how you approach hydration during a typical pool workout:



- How hydrated are you at the beginning of the training session?
- How many caffeinated drinks did you consume during the day, knowing that caffeine serves as a diuretic and depletes you of total body water?
- How many hours of training have you had today?
- How warm is the water that you are training in?
- Are you having problems with cramping as the practice goes on and on and on?
- Does it seem like regardless of where you are in your season, your last set is the weakest?
- Are you taking any medication that would affect hydration?



All of these questions may point to dehydration as a key factor that will affect the success of your training and performance.

So, how much should you drink during a typical practice? One to two large water bottles will help to keep your muscles maximize their performance. Start the first sips during warm-up and do not wait until you are thirsty. That is too late. Remember, it's all in the water!—*USA Swimming team physician Dr. Jim Miller*

MESSAGE WITH MATTHEW CARTER

Matthew Carter, a member of the Salt Lake Swimming & Tennis Club, will be at the club practicing sports massage and assisted Yoga, more commonly known as Thai massage. Feel free to call the Salt Lake Swimming & Tennis Club Front Desk to find out what days he will be exercising massage and to check for availability.

SUMMER SWIMMING & TENNIS SIGN-UPS BEGIN APRIL 15!



Member sign-ups for 2011 summer swim, dive, and tennis lessons will begin April 15, 2011 from 9 until 12 noon in the Clubhouse. Nonmember sign-ups for summer swim and dive lessons will be gin April 22 from 9 until 12 noon in the Clubhouse. Members and nonmembers will be able to continue registering for summer aquatics and tennis programs at the Front Desk after the above dates. The Club Café will be open for tasty snacks!

****ESSENTIAL PARENT MEETING AND EARLY LESSON REGISTRATION FOR 2011 SWIM/DIVE TEAM, APRIL 14TH, 6-7 PM. (Must be in good standing to register)****



CLUB UPDATES

Several things we want our members to be aware of for the 2011 season:

- We want to ensure a safe and enjoyable environment for our Club members and their guests at all times. Guests **MUST** be accompanied by a member at all times.
- Swimming wrist bands will be required for all members and guests at all times. This is to ensure that everyone on deck has checked in with the Front Desk and is accounted for.
- Remember that charging to your Club account is a privilege and with that privilege comes the responsibility to keep your Club account current.

As a reminder, Full Equity and Summer members will receive statements for annual dues on April 30, 2011.




SALT LAKE
SWIMMING & TENNIS CLUB

APRIL 2011



SUN MON TUE WED THU FRI SAT

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APRIL 1ST
STROKE OF THE MONTH CLINIC
 10:30 - 11:30 AM
 COURT 1

April Fools Day


USTA NATIONAL MEN'S 40 INDOOR CHAMPIONSHIPS
APRIL 4TH - 9TH



10 11 12 13 14 15 16

Member registration for summer Aquatics and Tennis programs is April 15th:
Nonmember registration for summer Aquatics program is April 22, 9th - 12th noon

USTA
ONE UP/ONE DOWN
TENNIS WINTER
SERIES #4



17 18 19 20 21 22 23

SPRING BUBBLE DROP DAY
APRIL 16TH

Good Friday
Earth Day

24 25 26 27 28 29 30

Happy Easter



31

SPRING

