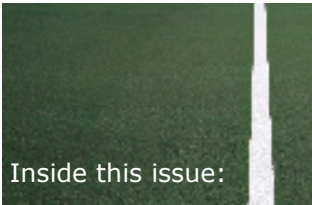


## MESSAGE FROM THE MANAGERS



|  |     |
|--|-----|
| <i>2010 Swim Banquet</i>                               | 2   |
| <i>Swim Lesson, Masters &amp; Open Plunge Schedule</i> | 2   |
| <i>Fall Jr. Tennis Schedule</i>                        | 2-3 |
| <i>Optimism can Enhance your Long-Term Health</i>      | 3   |
| <i>Club Calendar</i>                                   | 4   |

Congratulations to our Swim and Dive Team for their outstanding performances at the Utah Country Club Swim & Dive League 2010 Conference Championships August 2–4, 2010. Salt Lake Swimming & Tennis Club’s **Dive Team** garnered Utah Country Club Swim & Dive League’s 2010 Conference Championship 1<sup>st</sup> place. The Club’s **Swim Team** took Utah Country Club Swim & Dive League’s 2010 Conference Championship 2<sup>nd</sup> place honors.

As we held our stopwatches, looking across the churning water, we realized how proud we are of each swimmer and each diver on our team. We only imagine you aren’t swimming and diving your hearts out just for a personal best or to just make it through your heat—you’re swimming for each other, your teammates. As a team, you accomplished so much more than you ever could alone. Though you’re swimming in a lane by yourself or are the only diver on the board at every meet, you’re always a part of your team.

You worked hard all summer, coming to daily practices at dawn, giving your best every day. You stayed

rested and may have occasionally given up staying out late with friends. Your family may have put off a summer vacation so that you could see your team through the conference championships. You worked hard and pulled your weight—you didn’t expect anyone else to carry you through. And we saw it over and over again those 3 days of conference championships—so many swimmers swimming personal best times, swimming even faster in finals than in prelims; divers diving a higher degree of difficulty and leading your team to victory.



You gave us the best you had. You have inspired us to give our best as well. Thank you.

Ian Rothfels & Laurie Staton

- Session #5 of Swimming Lessons is August 9-20.
- Final session of Jr. Tennis Session #9 began August 9-12.
- Fall Schedule for Adult Tennis programs begins August 23rd.
- Fall Schedule for Jr. Tennis programs begins August 30th.

## 2010 SWIM & DIVE TEAM AWARDS BANQUET



Join us a wonderful awards ceremony, barbeque buffet, and slide show on August 25, 2010 at 5:30 p.m. This will be truly a memorable evening for all Salt Lake Swimming & Tennis Club swimmers, divers, and their families. Each child will receive a 2010 Aquatics Season full-color memory book, certificate, and all ribbons

earned throughout the season. **Please RSVP to the Club front desk ([frontdesk@thetennisclub.org](mailto:frontdesk@thetennisclub.org)) or 801-487-3206 for your entire family: \$10 for adults; children, 12 and under, are \$7; all swim/dive team member are free. Beginning August 16, the price goes up to \$15 for adults and \$10 for children.**

## STAY IN THE SWIM WITH LESSONS & WORKOUTS

Stay in the swim with swim and dive lessons—Session V runs August 9–20, 2010 for all ages and abilities. Visit our website at [www.thetennisclub.org](http://www.thetennisclub.org) and click on Swim & Dive Lessons link for complete class descriptions and prerequisites. Private swim and dive lessons are also available.

### Masters Swimming

Whether you swim for competition or for fitness, stay in top shape by joining us for great workouts!

### Workout times for August 9th-28th:

|                    |            |
|--------------------|------------|
| Monday – Friday    | 6 am–7 am  |
| Tuesday & Thursday | 8 pm– 9 pm |
| Saturday           | 7 am– 8 am |

### Workout times for August 30th–October 31<sup>st</sup>:

|                 |            |
|-----------------|------------|
| Monday – Friday | 12 pm–1 pm |
| Saturday        | 7 am–8 am  |

### Open Plunge Pool Hours until Labor Day

|                |                              |
|----------------|------------------------------|
| Aug 1-22:      | M-F - 1-9pm, S,Su - 11am-7pm |
| Aug 23-Sept 5: | M-F - 4-9pm, S,Su - 11am-7pm |
| Labor Day:     | 11am-9pm                     |

## 2010-2011 JR. TENNIS BEGINS AUGUST 30!

The Junior Development Tennis Program offers year-round programs for children 5–18 years old and for individuals of varying abilities. These groups meet for instruction, practice, and competition.

### Senior Elite

Ranked Juniors and High School Varsity Players (13–18 years old)

This class is comprised of our top level juniors. Players in this class have already spent many hours

on the court developing their game. They have sound technical foundations and have the ability to win points with multiple weapons. Players in this class compete in local, sectional and national tournaments on a regular basis. Ongoing commitment to and participation in tournaments is a requirement of this class.

### Academy

High School Varsity and Junior Varsity Players (13–18 years old)

## WHY TENNIS? HEALTH, FITNESS, FUN MAKE TENNIS AN EXCELLENT CHOICE.

Players in this class are starting to take their tennis more seriously. They no longer want to just play tennis - they want to become better tennis players. The focus of our Academy class is to make sure each student's stroke production is sound and fundamentally correct. This class will prepare students to play on their high school team and in local and sectional tournaments. It will also prepare them for our Senior Elite class.

### Flight

Beginner to Intermediate Players (Ages 7-12)

This class is for beginner to intermediate players who have played for less than 3 years. Students are divided into ability levels within the group (ability first, age second) and are taught the fundamentals of the game. At this stage we emphasize

proper grips and swing paths for the forehand, backhand, volley, serve and overhead. Our goal in this class is to make our students' stroke production technically sound. We will also introduce our students to the basic rules of tennis.

### Stars

Beginners (Ages 5-6)

Having fun and developing a love of the game is the primary focus at this stage. We want our students to develop gross motor skills such as running, catching, jumping, and balance to help prepare them for our next class. A child who wants to play at this level may not be interested in repetitive drills. We will teach proper swings in a fun way. In this class, the teaching professionals are energetic and keep the atmosphere playful.

Our teaching professionals will place all players in the appropriate class within our program. Players can chal-

lenge to move up to the next class. The Club's professionals retain the right to make class level adjustments based on attitude, performance, and

## JR. TENNIS SCHEDULE 2010-2011

|                          |
|--------------------------|
| <u>Senior Elite</u>      |
| Time: M & W 4:30-6:00pm  |
| Cost: \$18 per class     |
| <u>Academy</u>           |
| Time: T & TH 4:30-6:00pm |
| Cost: \$18 per class     |
| <u>Flight</u>            |
| Time: M & W 6:00-7:00pm  |
| Cost: \$13 per class     |
| <u>Stars</u>             |
| Time: T & TH 3:30-4:30pm |
| Cost: \$13 members       |

## OPTIMISM CAN ENHANCE YOUR LONG-TERM HEALTH:

### A positive attitude and overall emotional wellness can help boost mental fitness at any age

It's a well-known fact that being optimistic and focusing on emotional wellness seems to reduce stress. But did you know that a glass-half-full kind of attitude can offer even more tangible health benefits? Research has found, for instance, that an upbeat attitude, or happiness, can help lessen the burden of chronic pain, say from arthritis, or even reduce your chances of developing cardiovascular disease.

In fact, some experts now think that staying positive can help you live

longer. In an intriguing study done at the Mayo Clinic in Rochester, Minnesota, researchers followed a group of people for 30 years. They found that those who were originally classified as "optimistic" on a standard personality test turned out to be 20 percent less likely to suffer an early death than those classified as "pessimistic."

### **Opt for a Good Mood, Opt to Live Longer**

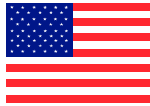
Happiness plays a pretty important role in keeping your brain healthy and vital, too. Staying positive, say experts, helps fight the "blues." This is good news in terms of longevity since, among other factors, depression has been

shown to increase a person's risk of developing Alzheimer's disease.

According to Marion Somers, PhD, a geriatric-care manager in Brooklyn, New York, an optimistic outlook isn't hard to achieve, and doing a few simple "optimism exercises" can yield a big reward. "Optimism exercises don't have to be formal," she says. "You can [improve] your attitude just by taking a brisk walk, petting your dog, or playing with your grandchildren outside." Anything that lets you release pent-up negativity and experience calm, peaceful thoughts can go a long way toward helping you become — and stay — more positive. —Gina Roberts-Grey

# COME TO PLAY

## AUGUST/SEPTEMBER 2010

| SUN                            | MON  | TUE                        | WED  | THU   | FRI   | SAT   |
|--------------------------------|--|----------------------------|--|---|---|---|
| 8                              | 9<br>Jr. Tennis Session #9<br><br>Swim Lesson Session #5   | 10                         | 11   | 12  | 13  | 14<br><br>Private Party 7-9pm                                       |
| 15                             | 16   | 17                         | 18   | 19  | 20  | 21  |
| 22                             | 23<br><br>Fall Schedule for Adult Tennis Programs begins   | 24<br><br>Pool Hours 4-9pm | 25<br><br>POOL CLOSED FOR BANQUET<br><br>Swim & Dive Banquet 6pm | 26  | 27  | 28<br><br>Private Party 7-10pm<br><br>Pool Hours: 11am-7pm          |
| 29<br><br>Pool Hours: 11am-7pm | 30<br><br>Fall Schedule for Jr. Tennis programs begins   | 31                         | 1<br><br>Pool Hours 4-9pm  | 2   | 3   | 4<br><br>Pool Hours: 11am-7pm                                       |
| 5<br><br>Pool Hours: 11am-7pm  | 6<br><br>Pool Hours: 11am-9pm<br><br><br><b>Labor Day</b> |                            |  | <b>Pool Hours (Until 8/22)</b><br>M-F 1-9pm<br>S-S 11am-7pm | <b>Pool Hours (After 8/23)</b><br>M-F 4-9pm<br>S-S 11am-7pm<br>Labor Day 11am-9pm | <b>Snack Bar Hours</b><br>M-F 8am-7pm<br>Sat 11-7pm<br>Sun - CLOSED |

