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MESSAGE FROM THE MANAGERS

It's that time of year—as we prepare for the Salt Lake Swimming & Tennis Club's Annual Meeting, scheduled for Tuesday, May 10, 2011, at 6 p.m. Full Equity members are invited to prepare for the upcoming board member election by either electing to serve or voting for someone to represent them on the board. Our board consists of 9 members. Each board member serves a 3-year term.

The Club needs people who are creative, honest, and have a vision for the Club, and who are willing to roll up their sleeves and go to work. If you are interested in running for a 3-year board position beginning May 10, 2011 through May 2014, please consider the following responsibilities of board members:

- Have a commitment to the long-term betterment of the Salt Lake Swimming & Tennis Club.
- Be a voice for the Club membership.
- Attend monthly board meetings and serve on additional subcommittees (tennis, membership, finance, etc.).
- Be familiar with the Club's Constitution and Bylaws, policies, rules, and regulations.
- Work toward consensus and have the creativity to solve problems with limited resources.

To join our team, please create a brief statement of candidacy, including the following 3 elements:

- Information about your ability and willingness to serve as a leader for the club and a voice for the membership.
- Biographical information or whatever personal information you wish to share about your family and history with the Club. A digital photo is helpful.
- Conclude with a concise statement about your vision for the Club.

Please submit your candidate statement to the General Managers by Friday, March 18, 2011. Candidate statements and voting ballots will be published April 8, 2011. Election results will be announced at the Annual Meeting, Tuesday, May 10, 2011.

The Salt Lake Swimming & Tennis Club was awarded 2010 Intermountain Tennis Association's Organization of the Year in February and Ian Rothfels was honored with Utah Tennis Association's 2010 David L. Freed Award in January. Tommy Thorum is returning to hone his highly successful aquatics program and Rod Horton continues to build on the Club's successful tennis programming. Spencer and Lisa Ahrend (Club Full Equity members and tennis players) are taking Club Café to a whole new level of freshness, delectability, and service to members. Finally, we continue to strengthen and expand our community partnerships in both aquatics and tennis. We're looking forward to another great year at the Club!

Ian Rothfels & Laurie Staton
General Managers



2011 MEMBER POLICIES ON WEBSITE

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





GO GREEN AND GUEST FEES ARE FREE!

We're celebrating St. Patrick's Day, March 17, with a little green-power here at the Club—go green and guest fees are free! You and your guest must wear green to take advantage of this one-day offer.

GET TOUGH TENNIS BY ROD HORTON

All sports have 3 main areas: technical, physical and mental. As we all know, in tennis the mental part of our game is usually the winning or losing factor. We might ask ourselves, "why am I fighting the urge to throw my racquet, stomp around the court and curse into the air?" These are common reactions to the challenge of our mental state ("Mental Toughness," as we refer to it in our Get Tough program) on and off the court. Some decide to let that control win, and are still visibly and emotionally upset.

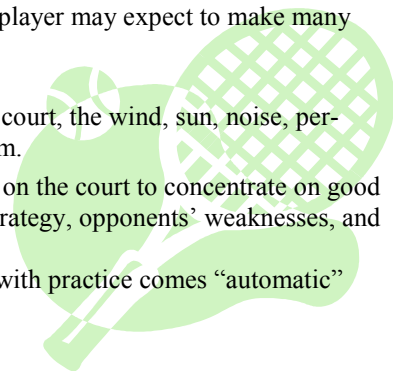
Did you know that a player has to make 1,000 decisions in a typical match? It's no surprise that some of those decisions end up being mistakes. Before a player has enough experience that those decisions become automatic, a player may expect to make many mistakes.

In the meantime, here are a few things to consider:

- You can't control your outer surroundings—the bad line calls, the ranting player on the next court, the wind, sun, noise, perceived cheating. Those distractions will eat you alive if you spend negative mental energy on them.
- Focus on controlling those things you can control—make a decision during the "down" time on the court to concentrate on good mental energy. Use that time wisely—review notes and great shots; visualize the win; focus on strategy, opponents' weaknesses, and positive physical response between points, to name a few.

Practice, practice, practice. It seems a bit cliché, but it's a universal truth that will never change: with practice comes "automatic" decision-making that will come with time. Time + Experience = Wins.

GET TOUGH = Technically, Physically, (and for long-time fun and growth) MENTALLY!



NEW DIETARY GUIDELINES: MORE EXERCISE, LESS FOOD, LESS TV!



New USDA Guidelines

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Make half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) milk.
- Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers.
- Drink water instead of sugary drinks.

"We need to eat smarter," said Thomas Pearson, a doctor who directs the Rochester Prevention Research Center and who served on the advisory committee that helped develop the guidelines. "Generally, we need to eat less, and understand the good choices we can make in our daily activity."—*Wall Street Journal*



THE CLUB RECYCLES!!

WE WILL SET UP STATIONS AROUND THE CLUB
FOR RECYCLING CENTERS

PLEASE PLACE YOUR GARBAGE IN APPROPRIATE BINS



BYRON BOYD ACCEPTS NEW POSITION

Byron Boyd has accepted the position of Head Tennis Professional at Snowmass Club in Aspen, Colorado. His last day at the Salt Lake Swimming & Tennis Club will be March 11, 2011. We greatly appreciate all Byron has done for the Club, our tennis community, and as an integral part of the Club's tennis professional staff. We will miss Byron's calm manner and organized approach. We wish him all the best in this new chapter of his career.

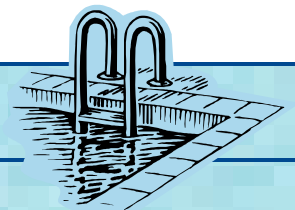


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THE BENEFITS OF SWIMMING



Why should my child be a swimmer?

- Swimming is an outstanding activity for people of all ages.
- Swimming promotes fitness and teaches a child to strive for physical achievement. Many super-stars in other sports started out as swimmers and gained strength and coordination that helped them to excel.
- Swimming is an exciting individual and team sport.
- Swimming is a technical and specialized activity involving extensive skill development.
- Swimming is a healthy "lifetime" activity. Participants may be 1 or 101 years old.
- Swimming is relatively injury free in comparison to other youth sports.
- Swimming teaches the life lessons of sport and sportsmanship which include learning to deal with winning and losing, as well as working with officials, teammates and coaches.
- Swimming motivates participants to strive for self improvement and teaches goal orientation.
- Swimming cultivates a positive mental attitude and high self-esteem.
- Swimming can prevent drowning.

KEY QUESTIONS

While winning is nice, while setting a record, getting a best time, or making a qualifying time feels good, we hope that our young athletes learn more than to swim fast. No where in human history or theology do we learn that the ability to swim fast holds a very high priority in the grand scheme of the universe. From a practical standpoint, over-emphasis on speed, times and achievements will eventually end in frustration. No matter how fast a young athlete swims, there will probably be another swimmer in the next town, state, or country, swimming faster, if not now, then next month. So as coaches and parents, ask yourselves:

- Did the child learn to swim with more skill this past season so he or she is both stronger and safer in the water?
- Did the child learn to exhibit initiative, wanting to come to the pool and do the practice without having to be constantly pushed or prodded by parents and coaches?
- Did the child learn something about unselfishness, sacrificing his or her personal wants for the good of others or the team?
- Did the child benefit from the competitive experience, learning how to handle winning and losing in our competitive society?
- Did the child learn more patience in overcoming obstacles, setbacks and problems?
- Did the child learn empathy?

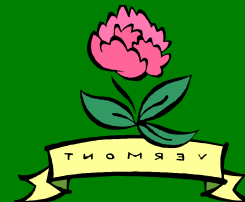
In a few years, the medals and ribbons will be laid aside and best times will be a hazy memory. The friendships that will develop and the life skills learned will carry on for a lifetime.—USA Swimming





SALT LAKE
SWIMMING & TENNIS CLUB

MARCH 2011



SUN MON TUE WED THU FRI SAT



THE CLUB CAFE
WILL BE OPEN MARCH 4 & 5
9 AM - 7 PM
JOIN US FOR SOME FESTIVE FARE!

2 3 4 5

TENNIS ON CAMPUS TOURNAMENT
March 4th & 5th

6 7 8 9 10 11 12

DESIREE AND TRAVIS BASTIAN MEMORIAL JUNIOR TOURNAMENT
MARCH 7TH - 16TH
REGISTRATION DEADLINE WAS FEBRUARY 26

MARCH 11TH
STROKE OF THE MONTH
CLINIC 10:30 - 11:30 AM
COURT 1

13 14 15 16 17 18 19



Happy St. Patrick's Day

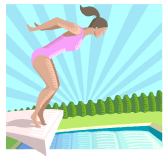
USTA
ONE UP/ONE DOWN
TENNIS WINTER SERIES
#3
March 18th

20 21 22 23 24 25 26

POOL OPENS
FOR MASTER'S
SWIMMING
WORKOUTS!



27 28



2011 Summer Aquatics Information, Check our 2011 Aquatics Links

