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MESSAGE FROM THE MANAGERS

We were fortunate to be able to attend the United State Professional Tennis Association’s 2010 World Conference on tennis at La Quinta, California, September 27–October 1. We attended excellent specialty courses, on-court demonstrations, and general sessions. What we took away from the conference were 3 key ideas:

1. It’s all about beginners. There are numerous ways to attract and retain beginners, whether they’re 5 or 55 years old. Tennis Industry Association (www.tennisindustry.org) research shows that 7.1 million new players participated in tennis in 2009, up from a high of 6 million in 2006 over the last 7 years. Beginners form a foundation for both junior and adult programs as well as inspiring a lifelong sport.

2. There’s a Little Tennis revolution. At an on-court QuickStart Tennis demonstration, Petersburg Racquet Club owner/Director of Tennis, Craig Jones volleyed with a 6-year-old player, Finley, who had taken only three ½ -hour lessons. Instead of teaching Finley an Eastern Backhand or Continental grip, Craig encouraged Finley to step out on a QuickStart

court, grab his little racket, hit the foam ball—and simply play tennis. Finley and Craig volleyed more than 25 times. Finley was hooked on playing tennis before he even began to learn the technical side of the sport.

3. Tennis stands out among traditional sports. In 2009, total tennis participation topped 30 million players for the first time in more than two decades, according to TIA/USTA research. Further, the subsequent “Sports, Fitness, and Recreation Participation Overview Report” showed tennis at #1 among 117 different traditional sports, with participation up 43% since 2000.

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After two years as the Salt Lake Swimming & Tennis Club’s Director of Tennis, Mike Trabert stepped down to free up time in his schedule to pursue other interests. We’re pleased that he is staying on to teach at the Club—so look for him on our courts. Byron Boyd has stepped forward to ensure consistency and continuity in the Club’s tennis program.

Best,

Ian Rothfels & Laurie Staton

Masters Swimming Schedule:

M-F Noon-1:00pm

Jr. Tennis Schedule:

Senior Elite

Time: M & W 4:30–6:00pm

Academy

Time: T & TH 4:30–6:00pm

Flight

Time: M & W 6:00–7:00pm

Stars

Time: T & TH 3:30–4:30pm

OCTOBER EVENT SPOTLIGHT

Junior Tennis Halloween Party

Calling all ghosts and goblins! Come join the fun on Wednesday, October 27th, from 6–7 pm for our annual Junior Tennis Halloween Party! Come in costume and enjoy music, games, prizes, a costume contest, food, and fun! Contact Byron Boyd at 801.487.3206.



Survey Extended Through October

There's still time to let us know what you think. We've extended the Club survey through October to ensure we get as many responses as possible. Here's the survey link: <http://www.surveymonkey.com/s/CV5P3HJ>

TOURNEY RESULTS

We would like to congratulate the 2.5 Men's Team for winning the **National 2.5 Men's League Championship** in Palm Spring, CA. Way to go gentlemen!

Congratulations to the following juniors for their outstanding performance at **Liberty Park Junior Fall Championships**, held September 11–18, 2010:

- Boy's 18s Challenger Champion
Howard Cooke

- Boys 18s Open Consolation Finalist
Tyler Glauser
- Girl's 14s Challenger Champion
Caroline Cantera

We would also like to congratulate **Chas Foote** and **Alyssa Evensen** for being selected for Junior Tennis **Team Utah**—a great honor and opportunity!

Congrats to Boy's 16s Finalist **Christian Sears** at the **Salt Lake County Pumpkin Smash Tournament** held September 20–25, 2010. Way to go!

SLSTC TIGERS POUNCE ON QUICKSTART TENNIS

It's a whole new ball game for kids' tennis! **QuickStart Tennis**—with shorter racquets, slower and lighter balls, and smaller courts—allows kids to rally back and forth over the net right away and enjoy the game right from the start. The Salt Lake Swimming & Tennis Club is proud to be represented by an outstanding group of young stars, who chose "Tigers" as their team name. They are doing a great job representing the club and having a lot of fun. The Tigers

Team members are:

- Max Hart age 6
- Gunnar Woller age 6
- Emmie Moore age 6
- Stephanie Zeyala age 7

We would like to thank our team parent volunteer, Camille Hart, and all the parents helping out to make this a great experience for the kids. Go Tigers!



From left to right: Emmie, Stephanie, Byron, Gunnar, & Max.

BUBBLE UP!

The bubble went up in record time on Saturday, October 2nd, thanks to Tom Baker, his staff, Scott Thomas, and University of Utah Physical Therapy Department. Please help us protect our facility by remembering to:

- line up the arrows on the door
- avoid taking food into the bubble

Thanks for your cooperation.
See you out on the courts!



STAY IN THE SWIM

There are many reasons to swim—health benefits for your heart and lungs, a chance to enjoy the sun with some friends, or a break from the daily impact of running or tennis. Whether it's strength, endurance, or lifelong fitness, Coach Tommy Thorum offers great workouts in our beautiful pool. Master's swimming workouts are going strong every weekday from 12 noon–1 pm.

If you are a tennis player or a runner, your body constantly withstands a high degree of stress from the impact of every step—whether it's on the court or on the roads. Swimming can help build overall strength, endurance, and cardiovascular condition-

ing. Kicking workouts, drills, or a regular swimming workout can give you a great exercise session without your body-weight pounding with each step.

Before running or tennis, you can use swimming as a great warm up session. After dry land workouts, swimming can help you cool down, move blood through the muscles to help ensure recovery.

Swimming can also serve as a great cross-training element to your regular workout schedule. So whether you're a tennis player, runner, or cyclist, come for a swim and feel the all-around benefits swimming has to offer.

HEALTH OFFICIALS WARNINGS: ENERGY DRINKS

The flashy ads and colorful labels of most energy drinks espouse the pick-me-up qualities of the popular beverages. However, health advocates are advising parents to be aware of the potentially harmful effects of energy drinks, which have become increasingly popular with kids, teens and young adults.

While most parents wouldn't want their children or teens drinking several cups of coffee a day, the energy drinks often contain several times the caffeine found in a regular cup of coffee, said Barbara Crouch, director of

the Utah Poison Control Center.

The beverages are not only loaded with caffeine, but are also loaded with sugar and other substances. These substances, combined with caffeine, can pose health risks when consumed excessively, including heart arrhythmias and seizures in the most serious cases, says Barbara Crouch, director of the Utah Poison Control Center.

Salt Lake Swimming & Tennis Club member, Dr. Howard Kadish, emergency department physician at Primary Children's Medical Center, commented that




the potential health risks to young people in overusing the high-caffeine beverages far outweigh any possible advantages.

"There really is no beneficial effect for these energy drinks," he said. "There is really quite a bit of adverse effects but nothing beneficial that the kids can get out of this." Athletes especially should avoid energy drinks and consume water instead, **Kadish** said.

To read the rest of this article, click <http://www.deseretnews.com/article/700057896>

COME TO PLAY

OCTOBER 2010

SUN	MON	TUE	WED	THU	FRI	SAT
		<i>Masters Schedule: M-F: Noon-1pm</i>			1	2
3	4	5	6	7	8	9
					Free "Stroke of the Month" Tennis Clinic, 10:30-11:30am	
10	11	12	13	14	15	16
		UTA League Captains Meeting - 6pm HHS Girls Tennis Dinner - 6pm				Fall Indoor League Begins <i>David L. Freed Memorial Jr. Tournament</i>
17	18	19	20	21	22	23
<i>David L. Freed Memorial Jr. Tournament (No Sunday Play)</i>						
24	25	26	27	28	29	30
			 <i>Jr. Tennis Halloween Party 6-7pm</i>			
31	