

MESSAGE FROM THE MANAGERS



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September is a month of many things ... a bittersweet month of endless summer finally coming to a close; the anticipation of beginning a new season and all that comes with it: wearing shoes instead of flip-flops; morning running and swimming in the dark instead of with the sun rising; and knowing we'll be longing to be outside all day long with our families and friends before we know it. Enjoy all that the Club and the season have to offer in the pool and on the courts; kick your training back into gear by running and cycling in nearby Sugar House Park!

Cheers,
Ian Rothfels & Laurie Staton



SEPTEMBER IS SURVEY MONTH

We are using the month of September to get your feedback on all aspects of the Salt Lake Swimming & Tennis Club. It is vital that we get honest and complete information from you to continue to improve on your experiences as members of our club, so we want to thank you in advance for taking the time to complete the survey. As in our last survey, we are using Survey Monkey, which allows us a much more concise online

format. We will send the survey link out in an email to all members with a current email address. If you don't have a computer or prefer a hard copy of the survey, the front desk will be happy to help you out.

The online survey will be available only from September 1-30, 2010. Come to the next Annual Meeting for survey results. Here's the survey link: <http://www.surveymonkey.com/s/CV5P3HJ>

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

WELCOME AND FAREWELL

Welcome Zach Rideout to the Professional Tennis staff

Zach Rideout grew up in Sandy, Utah. He graduated from Alta High School and was part of the backend of 6 straight State tennis titles. He played 4 years at Weber State University and is currently the Women's Tennis Assistant Coach along with Jonas Ehrlin. While at Weber State, Zach served on the Student Athletic Advisory Committee for 3 years, 2 of which were on the

Executive Committee. In addition, he coached at Woods Cross High School bringing in 2 State singles titles in the 2 years he was there. Zach also played on the Futures Tour. He has spent the last 5 years at Eagleridge Tennis and Swim Club as the Junior Tennis Director.

Farewell to Kelsey & Courtney

In the last few weeks as we transition from summer to fall, two of our Key Staff members have transitioned into other en-

deavors. Kelsey Tannehill; desk attendant, swim coach and Aquatics Coordinator, moved back to her home state of Oregon with her fiancé to be closer to her friends and family. Courtney Mitchell; Executive Assistant, took a full time job with the Sundance Film Festival. We wish to recognize these two amazing employees for their contributions in the past year and wish them the best for things to come!

TOP TIPS FOR IMPROVING YOUR TENNIS GAME

What are my top tips for the average club player? There are many tips, including racquet preparation, footwork, watching the ball, grips, strategy, practice routines, readiness, relaxation, non-relaxation, soft hands, powerful core movements, slowing down, speeding up, singles, doubles, first serve, second serve, return of serve, concentration, and that's just to name a few. Here are my "Top Tips" for everyone to improve their game:

Tip 1 – Learn to be a dancer on the court. Tennis is a light a flowing game. There is only one moment of force in the game of tennis (when you drive the ball) and the rest of the game is a choreographed flow of delicate motion. Think and feel like a dancer to increase rhythm, form, and continuity and minimize sporadic and labored movement.

Tip 2 – Learn to stroke and not swing. There is no "swinging" in tennis. Swinging (which is what almost all club players do) is when the racquet is pulling the arm and hand (like a tether ball). Swinging will only lead to collision between the ball and the racquet and proper control will never be achieved.

In contrast, stroking is when the body "drives" or pushes the arm. The racquet is used like a big hand to grab onto the ball rather than to collide with the ball, while the body drives the arm out to the target. Stroking is an energy transfer that is based upon connection (torque) rather than collision, and it is the only way to keep your tennis game from getting "out of hand."—*Doug King, from Tennis One September 1, 2010* acuity, balance, muscle mass, and bone health.

SLSTC LEAGUE TEAMS QUALIFY FOR NATIONALS!

Congratulations to the Men's 3.0 team captained by club member Randy Jensen for winning the league sectionals tournament! As a result, they've

qualified for Nationals in Tucson, AZ, October 15-17. Also, the Men's 2.5 team qualified for Nationals October 1-3 in

Palm Springs, CA. Way to represent!



2010-2011 JUNIOR TENNIS PROGRAM

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 - Mon & Wed, 4:30-6:00pm

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 - Tues & Thurs, 4:30-6:00pm

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

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 - Mon & Wed, 6:00-7:00pm

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 - Tues & Thurs, 3:45-4:30pm

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

JUNIOR TOURNAMENT SPOTLIGHT

Cottonwood Club Jr. Classic

Tyler Glauser – Boys 18 Singles
Open Consolation Finalist

Nate Leishman – Boys 14 Singles
Challenger Champion

Emily Rougelot — Girls 10 Singles
Challenger Champion

Emmie Kate Leishman – Girls 12
Singles Challenger Finalist

Caroline Cantera – Girls 14 Singles
Challenger Finalist

Sarah Koelliker – Girls 14 Open
Singles Semi-Finalist

Cottonwood Summer Challenger


Nate Leishman - Boys 14 Singles
Champion

Emmie Kate Leishman - Girls 12
Singles Runner-up

Analisa Nielsen – Girls 16 Singles
Champion

COME TO PLAY

SEPTEMBER 2010

SUN	MON	TUE	WED	THU	FRI	SAT
<u>Pool Hours</u> M-F 4-9pm S-S 11am-7pm Labor Day 11am-9pm	<u>Snack Bar Hours</u> M-F 4pm-7pm Sat 11-7pm Sun - CLOSED	<u>Masters Schedule:</u> M-F: Noon-1pm	1	2 Pool Hours 4-9pm	3	4 Pool Hours: 11am-7pm
5 Pool Hours: 11am-7pm	6 Pool Hours: 11am-9pm  Labor Day	7	8	9	10 Senior Districts	11 Senior Districts
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

