



Issue 56 August 2016

# Newsletter

Rancho Bernardo Swim & Tennis Club  
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The RBSTC Board of Directors Meeting is held on the 3<sup>rd</sup> Tuesday of every month in the Club 21 Room!

## END OF SUMMER FESTIVAL SATURDAY, SEPTEMBER 3

**The RBSTC Annual Summer Festival is happening on  
September 3 between 12 and 4 PM  
for Members ONLY!**

**Come and enjoy hamburgers, hot dogs, chicken strips,  
drinks, & more!**

**Children will have a blast on the water slide!!!**

*Music \* Food \* Games \* Prizes*

**Join fellow RBSTC members for a  
FREE fun afternoon!**



**Volunteer cooks, servers & clean-up crew needed!!!  
If interested, please sign up at the front office!**

## WAYNE'S WORLD

Summer is almost over. Most students are back in school already, but there is still a lot of activity at the Club. Many people have fond memories about their summer experiences over the years. It is my hope that many of our young people will have fond memories of spending their summers at RBSTC. Our summer camps were well attended this year. This year we had tennis, dance, and Lego camps to help our youth stay busy and build friendships and memories. Additionally, many families spent fun times together around the pool. The diving board is still a magnet for kids and there is usually a line of youngsters waiting to show off their latest spinning, whirling moves and cannonballs. Future Olympic hopefuls are getting their start right here at the Club!

There will be more chances for our kids to compete in various activities at our 'End of Summer Festival' advertised on the front page of the newsletter. It is great fun for competitors and spectators alike to watch the kids having fun doing the Limbo and various dance competitions, as well as other games. A chance to win some 'Wayne Bucks' to spend on ice cream at the snack bar is a great motivation for many. The giant water slide is always a big attraction.

Adults will also have a chance to win some great prizes as well. Our friends at the Rancho Bernardo Inn have donated some

free meals at both The Veranda and The Avant restaurants as well as rounds of golf at their golf course. Come on out and have a great afternoon at the Club with your neighbors on the Saturday of Labor Day weekend. Please note this is a 'members-only' event since there is no charge for the food, drinks, or prizes. Labor Day weekend will also be the end of the lifeguard season at the Club. We had a great group of guards this year and owe them a big "Thank You"!

The staff at the Club is always busy during the summer keeping the facilities in top shape. Now that summer is over, we have more time to tackle some larger projects. Two major projects scheduled for this fall are the replacement of all the tennis court lights and the conversion of tennis court number eight into 4 permanent pickleball courts. Pickleball is the fastest growing sport in the U.S. and many of our members really enjoy this fast-moving sport. It is a very social game and it is our expectation that many additional members will take up this fun pastime once we have permanent facilities available. Additionally, we will be replacing the wood flooring in both MP1 and MP2 rooms and repairing the playground equipment. All of these projects should be completed by September.

I have just completed my 5<sup>th</sup> year as General Manager of the Club and I promise you that I still look forward to coming to

the Club every day. It is our desire that our members also look forward to coming to the Club and always leave with a smile on their face. We really want our Club to be a valuable resource to our community and a place of fond memories. If you have suggestions on what we can do to make the Club a better place for you, please feel free to contact me directly. Thanks for your continued support.

## GYM NEWS

We are proud of our gym at the Club. We recently installed two new treadmills and one new spin bike. The treadmills operate very similar to all the others but have some really nice features. The spin bike is the first one we've had. Many gyms have many spin bikes and we have had requests for this as well so give it a try and see if it is something you enjoy.

The gym is one of the busiest places at the Club. Year round we have a lot of regular users. Keeping all the equipment working and in good order is a big job. Our staff, as well as some volunteer members, help to make this happen. Additionally, we have outside contractors who help with some maintenance.

Here are several things that you can do to help keep the gym in top shape for the next users.

- Wipe down the machines you use with the moist wipes that are provided in the gym. People appreciate having a clean machine to use.

- Don't drop the weights on the floor when finished. Set them down gently so as not to damage the weights or the flooring. Put the weights back on the racks provided when you are done.
- Leave the cardio machines in the 'on' position. You do not need to turn them off after use. Our staff will turn them off at the end of the day. Do not turn them on or off using your foot.
- Please read and be familiar with the gym rules. They are there for your safety and for the enjoyment of all our members.
- **Bring a towel to place on benches and seats of the equipment in the weight room.**



**-Towels Required-**

- Be considerate of others in sharing equipment when the gym is particularly busy.
- Notify the staff at the front desk if you notice something that is not working properly.

We want to keep the gym equipment in good working order and your feedback is useful. Thanks for your help in making the gym an asset to our members!

**ARCHITECTURAL COMMITTEE**

**BANKS and SLOPES**

Many homes in our area have banks and slopes to the front or rear of the property that are very visible from the street and in some cases run all the way down from the home to the street. The CC&R's address such slopes and banks and ask that homeowners plant and maintain them to an attractive appearance.

Many homeowners do a very good job of this and we take this opportunity to thank them. However, the Architectural Committee continually receives complaints about banks and slopes that are not so well maintained.

The Committee appreciates that it is Summer and very dry and that some watering restrictions are still in place. However, as a minimum it would ask that homeowners keep their banks and slopes free of weeds and that they remove any dead plants, shrubs or trees.

Please remember that the CC&R's are in place to protect your home, and the community. And that they benefit all who own property in Rancho Bernardo.

If you have any questions or concerns about your bank or slope, the Committee can always be reached for advice at 858-729-1232 or by e mail at [rbstcarchcommittee@gmail.com](mailto:rbstcarchcommittee@gmail.com).

Committee meetings are held every Saturday morning at 8:30 am at the Swim and Tennis Club. Please stop by if you want to talk about your slope or bank, or any other issue. No appointment is needed.

The Architectural Committee thanks all of you who work so hard to maintain and enhance your homes. Have a good summer!

**SWIMMING SENSE**

*Counting Laps*

By Linda West

Lap swimmers like to measure their swims by time or distance. Here are some tips to help keep count if you are swimming for distance.

Count laps (down and back) to swim a mile. The Club 21 Pool is 20 yards and since 1760 yards=1 mile then 44 laps=a mile. The Main Pool is 25 meters. Since about 1609 meters=1 mile that is 32/33 laps.

In case you lose count you can calculate an average time per lap. Here's an example: Swim and time 5 laps (two lengths is a lap). Keep a normal pace and note your time for each lap. For a 1 minute lap-- 10 laps = 10 minutes: your mile/1600 meters will take around 33 minutes.

If you swim a 1 minute lap of 40 yds.in the Club 21 pool and since 44 laps=1760 yards your swim is around 45 minutes. In case you lose count this average lap time is your backup.

You can break your workout into sets to count more easily. For

example, use sets of 500 meters or 10 laps in the main pool or 200 yards which is 5 laps in the Club 21 pool. *Change your sets for variety: freestyle, other strokes, kicking, intervals and drills.*

Keeping track of your mileage over a year is fun. You can set an annual goal and add-up your weekly and monthly distances.

### **TENNIS TIP**

#### *Decisive Hitting*

By Jeff Dollins

There's a lot to learn about strokes and how to hit correctly. It's easy to get overwhelmed with technical thoughts of how to hit the ball. I do believe there is a time to concentrate on specific aspects of your stroke, however it's important to always remember the goal. It's not just to hit the ball but to actually take the ball where you want.

One of the most important parts of taking the ball where you want is to be decisive about where you'd like the ball to go. To have an image of the trajectory and target in your head can actually help your body figure out how to get it done. The best players are quick to pick a target. The sooner you can decide, the more confidence you bring to your movement and ability to accomplish the shot that's in your mind. I like to make a decision as soon as I see the ball coming off of my opponents' racket. The shot may not always go exactly as you wanted but it's probably a better shot than if you were just trying to get the ball back.

It's also smart to decide on shots that make sense for the situation. There's a lot to consider in shot selecting, but I'll give a few examples and let you take it from there. If someone hits a deep strong ball to the corner, then a safer shot like down the middle deep with good net clearance would be a good choice. Or a short easy ball could be played with a confident low strong shot to the opponents backhand. Another example is a patient choice to just keep the ball cross court with a medium height and wait for an opportunity might be a good decision. If you are choosing shots that are too safe or too risky then just make some adjustments, but keep making decisions with intention.



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### **ATTENTION: Seniors & Caregivers**

“Helping families plan a successful aging journey & leaving a memorable legacy!”

MEMORY GUIDES (a non-profit org.) will be hosting an Informational Meeting here on Wed., Sept. 7<sup>th</sup> from 2 - 3:30 pm.

This organization provides family members and caregivers help for their loved ones so they can navigate the journey of aging.

Come to ask questions & share your thoughts and see you are interested in attending bi-monthly meetings here at the Club.

Details please call Terry 858-335-0916 or Nicole 858-248-0034.





