



# Newsletter

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Rancho Bernardo Swim & Tennis Club  
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## CLUB'S HOLIDAY HOURS



CHRISTMAS EVE	7 AM TO NOON
CHRISTMAS DAY	CLOSED
NEW YEAR'S EVE	7 AM TO NOON



### WAYNE'S WORLD

Are you ready for the Holidays? It's that time again. It has been a busy fall around the Club. We have completed several major projects. We have installed four permanent pickleball courts and have replaced all the tennis court and basketball court lighting. Additionally we did a major refurbishment of the playground equipment to insure it is safe for our kids for many years to come. Additionally, we replaced the flooring in our MP rooms. We will continue to have maintenance projects in the months ahead. I hope you are enjoying the Club and appreciate the efforts of our staff to keep the Club in top shape for our member's enjoyment.

Everyone who plays tennis or pickleball at night is very excited about how great the new lighting is. This has resulted in a substantial increase in the night-time us-

age of our courts. This at times has resulted in members having to wait to get a court. The rules for court usage are printed separately in this newsletter. These rules are also posted next to tennis court 1. It is important that all members be familiar with rules to avoid misunderstandings. If you are unclear or need assistance, our staff is happy to assist you. At this time, Tuesday and Thursday evening are the busiest time so you might want to try another evening. Every day between 10:00 and 5:00 there are lots of courts available.

Pickleball continues to increase in popularity both at the Club and nationwide. Our pickleball players are very excited about their new courts and have organized several events to encourage participation. There were 43 participants at 'Rally for Cure' who raised \$ 1200 for cancer research. We held our first beginning pickleball clinic for 13 members. The

Club hosts open pickleball play every Sunday from 2 – 4 and every Wednesday from 5 – 7 PM.

The Club again had success in tennis. Our men's 55+ team won the district competition and participated in the regional team competition. The Club's 4.0 Ladies' team advanced all the way to the National Championships. We are proud of all of our competitors.

We welcome your suggestions on how to improve your Club.



*Happy Pickleballers*

## TENNIS & PICKLEBALL GUIDELINES

Each member is allowed to have 3 guests on the court.

All courts are available on a first come / first served basis.

At least 2 players must be present to sign up on the board located at court 1. List the first name of all players and your start and finish time. You may sign up for 1 hour for singles and 1 ½ for doubles and 2 hours for pickleball. After your time is up, if no one is waiting, you may continue to play, but must give up the court to anyone who arrives and signs up.

If all the courts are full when you arrive, write your names on left hand side of the board under 'Waiting'. Shortly prior to expiration of scheduled court time, stand outside the gate of the court to be occupied. Do not enter the court while the ball is in play. Inform the occupants between points that "their time has expired." Granting extra time to finish one game as a courtesy is encouraged.

Court 6 is designated for pro teaching on weekdays from 7 – 11 AM. Courts 4 and 5 are designated for pro teaching every day from 11AM until closing. However, they are available for member sign up whenever they are not being used for teaching.

Thursday is Ladies' Day and the ladies have priority.

Saturday morning is Men's Day and men have priority on courts 1 – 7 until 11am.

Whenever special events are scheduled such as league matches or junior tournaments, it will be posted in advance.

## SANTA AT THE CLUB



Mark your calendars... Santa has confirmed that he will be at the Club on Sunday, December 11th from 1 to 3 PM. Once again, Santa will have many friends joining him which include: Frosty, Rudolph, elves, and more. We will be taking some photos and you are encouraged to bring your own camera so you can get lots of photos! Come and join Santa and his friends and helpers for some fun and yummy cookies and hot cocoa!

## STAFF APPRECIATION HOLIDAY FUND

It's that time of year again! Let's make sure our Club staff know they are appreciated.

They have been working hard this past year. Members of the maintenance staff begin to arrive as early as 3 AM to start their daily cleaning, repairing and landscaping. Also, from the moment the Club opens the front gate, they are here to serve your needs.

As the holiday season approaches, it is tradition for us to open a fund and begin accepting donations to be divided among the maintenance and office staff, so they know how much they are valued.

Members may drop off an envelope at the front office with cash or a check made out to RB Swim &

Tennis Club marked "Employee Holiday Fund". Please include your full name on the envelope unless you want your gift to be anonymous. Thank you, we truly appreciate our members!

## HOLIDAY FOOD DRIVE



Every year, the employees at the Club want to do a little something to help. So once again this year, we are inviting our members to join us in supporting North County Interfaith Community Services by donating canned and dry food products for their food bank.

We at RBSTC have a lot to be thankful for this holiday season. However, we are also aware that many in our community struggle to meet their basic needs. Throughout the holiday season you can drop off food donations at the food container located at our front gate. Suggested food items are: dried pasta, canned items like chili, soup, beans, vegetables, fruit and boxed items like mac & cheese or cold cereal.

If you prefer to donate cash towards food, please leave it with the front desk staff and be sure to indicate that it is for the food drive. Let's all remember to give thanks. You can learn more about them at their @ [www.interfaithservices.org](http://www.interfaithservices.org)

Thank you in advance for any help you can give.

## ARCHITECTURAL COMMITTEE

### *Yards, Banks & Slopes*

In addition to front and back yards, many homes in our area have banks and slopes to the front or rear of the property. In some cases these run all the way down from the home to the street. The CCR's address yards, banks, and slopes, and ask that homeowners plant and maintain them to an attractive appearance.

Many homeowners do an excellent job of this; there are however some yards, banks, and slopes that need attention.

The Committee appreciates that we have had little rain this year and that some watering restrictions are still in place. However, as a minimum, it asks that homeowners keep their yards, banks, and slopes tidy, free of debris and rubbish, and free of weeds and dead plants, shrubs or trees. It is an excellent time now to think of planting, ready for the winter rains.

Committee meetings are held every Saturday morning at 8:30 AM at the Swim & Tennis Club. Please stop by if you want to talk about other issues related to your property, the neighborhood in which you live, or the CCR's.

The Committee can also be reached at 858-729-1232 or email [rbstcarchcommittee@gmail.com](mailto:rbstcarchcommittee@gmail.com).

Thank you on behalf of the Architectural Committee and the community to all of you who work so hard to maintain and enhance your homes.

## SWIMMING SENSE

### *Training Fins: My Favorite Toy*

by Linda West



During the holidays, I like to think of toys. I use training "toys" to enhance my swim workout. These include fins, snorkels, kick boards, pull buoys and paddles. Fins are my favorite toys.

Using fins for swim drills helps streamline and lengthen the body. Controlling and minimizing the kick with fins helps me concentrate on correct body position and balance. Fins make freestyle, backstroke and especially dolphin kick easier.

Fins give me power. I can swim faster and longer distance in less time. Fins can help slower swimmers keep up with faster partners. There is evidence that fins strengthen legs and improve swimming speed.

Choose a training fin with a medium blade that fits and surrounds the foot comfortably. Try them on for proper fit at a swim supply store. Long fins are for snorkeling and scuba; they allow undulating underwater kicking. Short fins make you work hard and don't necessarily enhance balance or form so go for medium. You can find some reviews online. Next newsletter, I will talk about the other training tools in the swimmer's bag. What is your favorite?

## GYM NEWS

### *Fitness Goals for Seniors*

As a senior citizen, you are part of the fastest growing segment of the population. Your goal for fitness is now called Functional Fitness. What in the world is Functional Fitness you may ask?? It refers to a level of strength, endurance, cardiovascular efficiency, joint flexibility and balance that enables us to carry out your activities of daily living effectively.

Your focus in your workouts is no longer "body building or packing on muscle." But rather your focus should be about 30 minutes of cardio, 30 minutes of strength training and some stretching. As you age, the focus has now switched to being able to continue running your own errands, unloading groceries from the car, balance, strength and stamina. Your goal is to be better at whatever activity it is you enjoy.

Take some time to evaluate your goals in the gym and see if they are in line with Functional Fitness.

### **MEMBERS OPPORTUNITY**

"COMPLIMENTARY FUNCTIONAL SCREENING AND CONSULTATION" (\$125.00 value) provided by Dr. Deniz Arman (Health Coach and Movement Analysis Specialist). This screening will help to determine muscle imbalances, flexibility levels, and movement patterns which directly affect performance and longevity in all sports. Reserve your 20 minute personal screening and consultation for Dec. 7, call 619 807 6571 or fill out the contact form at [www.drdenizarmagan.com](http://www.drdenizarmagan.com).

## TENNIS TIP

### *Understanding the game*

by Jeff Dollins



How do you win a point in tennis? When I ask people this question there are a variety of answers that can be partially correct but very few know the actual definition. If asked this same question about soccer, basketball, or baseball the answer always seems so simple: Soccer - get the ball in the goal. Basketball - get the ball in the basket. Baseball - get a man to home base. But tennis players will say things like don't miss or hit a winner which are kind of conflicting answers but both correct.

Most people fall into one of these two categories where the goal is to just get it in and never miss, or finish off the opponent with a winner or great shot. Both are equally valid ways to win a point but very different mindsets. The actual definition in tennis is "to be the last one to get the ball in the court", which is a definition we all should think about because it includes both of the previously mentioned ways to win a point. Therefore if you're stuck in only one of the mindsets you need to be open to the other.

I tell my students to image soccer where you can score two ways— by getting the ball in the goal (the normal way), or by the opposing team kicking it out of bounds. This would make soccer a much higher scoring affair (due to misses) and make a shot on goal a much more calculated and dangerous decision that would only happen if you were sure you couldn't miss. Also, reducing the risk by staying away from the edges

of the soccer field would be smart. To be fair and not take away all scoring you would have to have a soccer goal that's much larger so more shots in goal would be possible to make a comparison to tennis. Think of it in this way, there's a time to try for a goal and a time to make sure you're not making silly mistakes like trying to shoot a goal from way out of position and missing, giving the other team a point.

So I'm not sure if this is much of a tennis "tip", but understanding the game and how both sides of "being the last one to get the ball in the court" can hopefully help you win. With this in mind, I'd suggest both patiently keeping the ball in the court when you don't have a clear opening and having the confidence to hit a great shot when the goal is wide open. Try not to get stuck in only one of these two mindsets. Have fun out there!



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## RBSTC ELECTIONS

The annual elections for Board of Directors are held every year in March. Each year we elect 3 directors to 3 year terms. We will be accepting nominations in December and January. If you think you would be interested in serving the community in this capacity, you are encourage to attend some of the BOD meetings to familiarize yourself with what is involved. You may also contact the GM, Wayne Klusmeier if you have any questions @ 858-487-5002.

**FYI...** if ownership of your property formally changes names, we need to be informed. You would need to provide documentation so we can adjust are records accordingly. Please contact Janet at [janet@rbstc.com](mailto:janet@rbstc.com) or call her at 858-859-5581 for information.