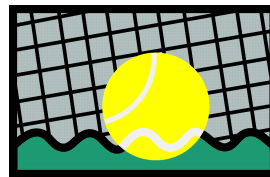


RVSTC Newsletter



Rogue Valley
Swim & Tennis Club

**Fall
Jr. Tennis
Group Times**

back page

Vol 16 Num 10

RVSTC 709 N. Phoenix Rd., Medford, Oregon 97504 (541) 734-2222

Oct/Nov 2007

MANAGER'S MESSAGE

Now that the kids are back in school, it is time to step up your exercise program. And what better way to do it than with a pacing bike class or conditioning class taught by Tekla Delaney. Another great way to stay fit is to sign-up for a personalized exercise program just for you from our new personal trainer, Dennis Konecny.

Our fall tennis leagues have begun. If you did not sign up for one and would like to join or be a sub let Yvonne know. They're a lot of fun, great exercise and a good way of meeting new players.

As the indoor tennis season comes into full swing, courts are not as readily available. To help your chances of getting a court, make sure to call early to reserve a court. Consider playing during our "off hours" from 12:00-3:00p or 7:30-9:00p.

A big congratulation goes out to RVSTC member and USTA official, Gary Stevenson. Gary is one of the top USTA officials in the PNW and he was selected to be an umpire at last months US Open in New York. Great job Gary!

Thank you,

Brian Morse



Brian Morse - General Manager

2007 TURKEY TOURNAMENT

Our annual Turkey Tournament will be held Saturday, November 17, beginning at 10:30 am. Get your names on the sign-up and let's fill up all the courts with our great members for a fun day of social tennis, lunch at noon, and the possibility of winning the grand prize for the day - a turkey!



JUNIOR TENNIS CONDITIONING CLASS

Join us on Tue. & Wed. from 6:00-6:45 for our Tennis Conditioning Class. The class will incorporate conditioning techniques which will make the athlete quicker, faster, and more explosive. Before beginning the training program, each athlete is evaluated with the latest probotics computerized testing equipment thereby recording baseline scores for various training activities. The cost is \$6.00 per class.



4.0 MEN AND WOMEN!

Drill with Jon, the USPTA's 2007 Player of the Year on October 27, from 9:00a - 12:00p. Learn singles and doubles tactics, get a good workout, and hit against a variety of different game styles at your own level. Cost is \$30. Call the front desk at 734-2222 to sign up.



NEW PERSONAL TRAINING AT RVSTC



Personal training is now available at RVSTC! Our new personal trainer, Dennis Konecny, is available to develop a personalized exercise program just for you. Personal training packages include a nutrition plan, body fat analysis, and custom exercise program. Please sign up at the front desk for a private consultation with Dennis or call Dennis at 326-8905. Private consultation including a Initial Needs Assessment is \$25.00.

E-MAIL INFORMATION



Please stop by the front desk and make sure that we have your e-mail address. We will be emailing new things going on at the club, socials, etc. This will be a great way to get information to the members fast and hopefully will encourage everyone to join in on all the fun things happening at RVSTC.



CARDIO TENNIS WITH JON

Enjoy a cardio based workout with music and hitting tennis balls at the same time! This fast-paced fun class is for any level of player and is taught by Jon. Classes are at 12:00 o'clock Monday, Friday and Saturday and 7:00 pm Tuesday night. The fee is \$8.00 per class.

Frank's Place



Warm Up!!!

As the weather starts to cool down, it is important to make sure you have a good warm up before you start playing. This will prevent muscle pulls and strains that can occur if you are cold and start exploding too fast. Dynamic stretching before would be a good idea as well. Static stretching is for after you have played. It is important to take care of your body this fall and winter so that you can play more tennis.

Playing mini tennis (short court) is a great warm up. Focus on your position and then your stroke. Try to stretch your follow through with a slow deliberate swing. Feel the spin that you put on the ball. Get a feel (kines-
thetic awareness) for what the body is doing to produce a good stroke. Do this for about five minutes before you go back to the baseline. It is a good idea to hit all your strokes in warm up and, again, get a "feel" for your shots.

When you are done playing, take five minutes and do a little static stretching to prevent soreness, and possibly attain more flexibility. Have fun and stay injury free!!!

See you on the court,

Frank Inn, Jr. USPTA
Director of Tennis



TOURNAMENT CONGRATULATIONS CORNER



Gary Woodring and Gary Bowman were the 65's Doubles finalists at the Sun River Sr.'s Tournament held in August. Gary Bowman WON the Men's 65's Singles at the Albany Senior Classic. He beat the number two seed, Mike Stone, in the semi-final and the number one seed, George Watts, in the final!

CORE STRENGTHENING

by Dennis Konecny

The most important area in a work out is the abdominal, low back and hip flexor area of the body or the core area any activity we as athletes do the core area stabilizes and is brought into play. If the abdominal area gets to strong the lower back will weaken, you must incorporate equal amount of exercises that strengthen both the back and stomach. As a trainer I incorporate elements such as balance techniques to force the core muscles into effect. Similar to the sport or activity that one is getting ready to participate in.

UPCOMING EVENTS:

December 3 Christmas Dinner

December 8 Family Doubles
Tournament

December 14 Ladies Member/
Guest Tennis Social,
Luncheon Fashion
Show and Cookie
Exchange

December 25 Christmas Day
Club Closed

January 1 New Year's Day
Club Closed

TOWEL ROUND-UP

Please check your tennis bags and cars, etc. and look for RVSTC towels!



We are missing quite a number of towels and would appreciate your checking to see if you have them at home.



OCTOBER BIRTHDAYS

- 2 Evgeny Ivanov
- 4 Liza Barrows
Yanzi Healy
- 5 Jeff Works
Marian Yonan
Art Stevens
- 6 Jane Schacher
Eileen Ashpole
Lynda Stevenson
- 10 Lori Schultz
Alan Trickle
- 12 Don Schacher
- 13 Greg Finnegan
- 16 Yvonne Endrikat
Anne Endrikat
- 17 Dave Preszler
Dick Webber
- 18 Marilyn Tribble
- 23 Paul Gerlick
- 24 Sara Johnson
- 25 Dwight Sinner
- 27 Pete Diestel
- 28 Judy Carroll
- 29 Ed Singler
- 31 Carl Norgauer

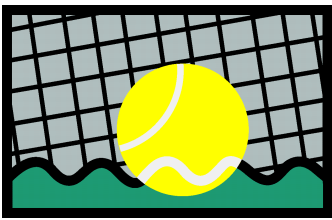
NOVEMBER BIRTHDAYS

- 9 Shawn Retzlaff
- 10 Ginny Anderson
- 11 Mike Retzlaff
- 14 Owen Atkinson
- 17 Bill Leever
Stephanie Philips
- 22 Charlene Arnesen
- 27 Jodi Buckmister
- 29 Nicole Sacks
Gary Tribble

NEW MEMBERS

Please welcome our new members. Rosters are available at the front desk

- Catherine Sexton (Fitness)
- Louis & Vicky Arne (Full)
- Brandon Battiatto (Jr. Tennis)
- Nick Hogan (Jr. Tennis)
- Yannic Gagnon (Jr. Tennis)

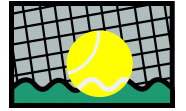
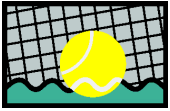


**Rogue Valley
Swim & Tennis Club**
709 N. Phoenix Road

RVSTC October 2007



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 6:00a Pacing w/ Tekla 9:00a Pacing w/ Tekla 9:00a Ladies League 12:00 Cardio Tennis w/Jon <i>Junior Group Tennis:</i> 3:15-4:00p Little Aces 4:00-5:00p Beg/Adv Beg 4:00-5:00p Jr. Rookies <i>Ballet</i> 2:30-4:00p Ballet IV 4:00-5:00p Ballet III	2 6:00a 3.0-3.5 Men's Drop-In Tennis 9:00a Sr. Walk-In Tennis 9:00a Conditioning w/ Tekla 6:00p Men's Doubles 7:00p Cardio Tennis w/Jon <i>Junior Group Tennis:</i> 4:00-5:00p Jr. Challengers 5:00-6:30p Jr. Champs & College Prep <i>Ballet</i> 3:30-4:30p Ballet I 4:30-6:00p Ballet IV	3 6:00a Pacing w/ Tekla 9:00a Pacing w/ Tekla 6:00p Men's Doubles <i>Junior Group Tennis:</i> 3:15-4:00p Little Aces 4:00-5:00p Beg/Adv Beg 4:00-5:00p Jr. Rookies 5:00-6:30p Jr. Champs & College Prep <i>Ballet</i> 2:30-4:00p Ballet IV 4:00-5:00p Ballet III	4 9:00a Sr. Walk-In Tennis 9:00a Conditioning w/ Tekla 10:30a 3.5 Women's Drop-In Tennis 6:30p 4.5+ Advanced Men's Drop-In Tennis <i>Junior Group Tennis:</i> 4:00-5:00p Jr. Challengers 5:00-6:30p Jr. Champs & College Prep <i>Ballet</i> 3:30-4:30p Ballet II 4:30-6:00p Ballet IV	5 6:00a Pacing w/ Tekla 12:00 Cardio Tennis w/Jon <i>Junior Group Tennis:</i> 3:15-4:00p Little Aces 4:00-5:00p Beg/Adv Beg  6:00p 7.0 Mxd vs. SOTC	6 12:00 Cardio Tennis w/Jon <i>Ballet</i> 9:30-10:30a Pre Ballet 10:30-12:00a Ballet IV  3:00p 8.0 Mxd vs Ussportplex
7	8 6:00a Pacing w/ Tekla 9:00a Pacing w/ Tekla 9:00a Ladies League 12:00 Cardio Tennis w/Jon <i>Junior Group Tennis:</i> 3:15-4:00p Little Aces 4:00-5:00p Beg/Adv Beg 4:00-5:00p Jr. Rookies <i>Ballet</i> 2:30-4:00p Ballet IV 4:00-5:00p Ballet III	9 6:00a 3.0-3.5 Men's Drop-In Tennis 9:00a Sr. Walk-In Tennis 9:00a Conditioning w/ Tekla 6:00p Men's Doubles 7:00p Cardio Tennis w/Jon <i>Junior Group Tennis:</i> 4:00-5:00p Jr. Challengers 5:00-6:30p Jr. Champs & College Prep <i>Ballet</i> 3:30-4:30p Ballet I 4:30-6:00p Ballet IV	10 6:00a Pacing w/ Tekla 9:00a Pacing w/ Tekla 6:00p Men's Doubles <i>Junior Group Tennis:</i> 3:15-4:00p Little Aces 4:00-5:00p Beg/Adv Beg 4:00-5:00p Jr. Rookies 5:00-6:30p Jr. Champs & College Prep <i>Ballet</i> 2:30-4:00p Ballet IV 4:00-5:00p Ballet III	11 9:00a Sr. Walk-In Tennis 9:00a Conditioning w/ Tekla 10:30a 3.5 Women's Drop-In Tennis 6:30p 4.5+ Advanced Men's Drop-In Tennis <i>Junior Group Tennis:</i> 4:00-5:00p Jr. Challengers 5:00-6:30p Jr. Champs & College Prep <i>Ballet</i> 3:30-4:30p Ballet II 4:30-6:00p Ballet IV	12 6:00a Pacing w/ Tekla 12:00 Cardio Tennis w/Jon <i>Junior Group Tennis:</i> 3:15-4:00p Little Aces 4:00-5:00p Beg/Adv Beg	13 12:00 Cardio Tennis w/Jon <i>Ballet</i> 9:30-10:30a Pre Ballet 10:30-12:00a Ballet IV  1:30p 7.0 Men's Super Sr. vs Eaglcrest
14  12:00p 7.0 Men's Super Sr. vs Courthouse	15 6:00a Pacing w/ Tekla 9:00a Pacing w/ Tekla 9:00a Ladies League 12:00 Cardio Tennis w/Jon <i>Junior Group Tennis:</i> 3:15-4:00p Little Aces 4:00-5:00p Beg/Adv Beg 4:00-5:00p Jr. Rookies <i>Ballet</i> 2:30-4:00p Ballet IV 4:00-5:00p Ballet III	16 6:00a 3.0-3.5 Men's Drop-In Tennis 9:00a Sr. Walk-In Tennis 9:00a Conditioning w/ Tekla 6:00p Men's Doubles 7:00p Cardio Tennis w/Jon <i>Junior Group Tennis:</i> 4:00-5:00p Jr. Challengers 5:00-6:30p Jr. Champs & College Prep <i>Ballet</i> 3:30-4:30p Ballet I 4:30-6:00p Ballet IV	17 6:00a Pacing w/ Tekla 9:00a Pacing w/ Tekla 6:00p Men's Doubles <i>Junior Group Tennis:</i> 3:15-4:00p Little Aces 4:00-5:00p Beg/Adv Beg 4:00-5:00p Jr. Rookies 5:00-6:30p Jr. Champs & College Prep <i>Ballet</i> 2:30-4:00p Ballet IV 4:00-5:00p Ballet III	18 9:00a Sr. Walk-In Tennis 9:00a Conditioning w/ Tekla 10:30a 3.5 Women's Drop-In Tennis 6:30p 4.5+ Advanced Men's Drop-In Tennis <i>Junior Group Tennis:</i> 4:00-5:00p Jr. Challengers 5:00-6:30p Jr. Champs & College Prep <i>Ballet</i> 3:30-4:30p Ballet II 4:30-6:00p Ballet IV	19 6:00a Pacing w/ Tekla 12:00 Cardio Tennis w/Jon <i>Junior Group Tennis:</i> 3:15-4:00p Little Aces 4:00-5:00p Beg/Adv Beg <i>TENNIS FEST IN PORTLAND</i>	20 12:00 Cardio Tennis w/Jon <i>Ballet</i> 9:30-10:30a Pre Ballet 10:30-12:00a Ballet IV
21  11:00a 7.0 Mxd vs Eugene YMCA	22 6:00a Pacing w/ Tekla 9:00a Pacing w/ Tekla 9:00a Ladies League 12:00 Cardio Tennis w/Jon <i>Junior Group Tennis:</i> 3:15-4:00p Little Aces 4:00-5:00p Beg/Adv Beg 4:00-5:00p Jr. Rookies <i>Ballet</i> 2:30-4:00p Ballet IV 4:00-5:00p Ballet III	23 6:00a 3.0-3.5 Men's Drop-In Tennis 9:00a Sr. Walk-In Tennis 9:00a Conditioning w/ Tekla 6:00p Men's Doubles 7:00p Cardio Tennis w/Jon <i>Junior Group Tennis:</i> 4:00-5:00p Jr. Challengers 5:00-6:30p Jr. Champs & College Prep <i>Ballet</i> 3:30-4:30p Ballet I 4:30-6:00p Ballet IV	24 6:00a Pacing w/ Tekla 9:00a Pacing w/ Tekla 6:00p Men's Doubles <i>Junior Group Tennis:</i> 3:15-4:00p Little Aces 4:00-5:00p Beg/Adv Beg 4:00-5:00p Jr. Rookies 5:00-6:30p Jr. Champs & College Prep <i>Ballet</i> 2:30-4:00p Ballet IV 4:00-5:00p Ballet III	25 9:00a Sr. Walk-In Tennis 9:00a Conditioning w/ Tekla 10:30a 3.5 Women's Drop-In Tennis 6:30p 4.5+ Advanced Men's Drop-In Tennis <i>Junior Group Tennis:</i> 4:00-5:00p Jr. Challengers 5:00-6:30p Jr. Champs & College Prep <i>Ballet</i> 3:30-4:30p Ballet II 4:30-6:00p Ballet IV	26 6:00a Pacing w/ Tekla 12:00 Cardio Tennis w/Jon <i>Junior Group Tennis:</i> 3:15-4:00p Little Aces 4:00-5:00p Beg/Adv Beg	27 9:00a-12:00p 4.0 Men & Women Drill w/ Jon 12:00 Cardio Tennis w/Jon <i>Ballet</i> 9:30-10:30a Pre Ballet 10:30-12:00a Ballet IV
28 Remember to set your clocks back 1 hr for daylight savings. 	29 6:00a Pacing w/ Tekla 9:00a Pacing w/ Tekla 9:00a Ladies League 12:00 Cardio Tennis w/Jon <i>Junior Group Tennis:</i> 3:15-4:00p Little Aces 4:00-5:00p Beg/Adv Beg 4:00-5:00p Jr. Rookies <i>Ballet</i> 2:30-4:00p Ballet IV 4:00-5:00p Ballet III	30 6:00a 3.0-3.5 Men's Drop-In Tennis 9:00a Sr. Walk-In Tennis 9:00a Conditioning w/ Tekla 6:00p Men's Doubles 7:00p Cardio Tennis w/Jon <i>Junior Group Tennis:</i> 4:00-5:00p Jr. Challengers 5:00-6:30p Jr. Champs & College Prep <i>Ballet</i> 3:30-4:30p Ballet I 4:30-6:00p Ballet IV	31 6:00a Pacing w/ Tekla 9:00a Pacing w/ Tekla 6:00p Men's Doubles <i>Junior Group Tennis:</i> 3:15-4:00p Little Aces 4:00-5:00p Beg/Adv Beg 4:00-5:00p Jr. Rookies 5:00-6:30p Jr. Champs & College Prep <i>Ballet</i> 2:30-4:00p Ballet IV 4:00-5:00p Ballet III			



Monthly Junior Tennis Classes

College Prep (college high performance) By Interview Only
\$108/month (Member) \$126/month (Non-member) Tues, Wed, Thurs 5:00p-6:00p
Preparing the 16's & 18's sectional and nationally ranked players for college tennis.

Jr. Champs (High Performance) By Invitation Only
\$108/month (Member) \$126/month (Non-Member) Tues, Wed, Thurs 5:00p-6:00p
Sectional players who play champ level tournaments

Jr. Challengers (A's)
\$72/month (Member), \$84/month (Non-Member) Tues & Thurs 4:00p-5:00p
Players who play challenger "A" level tournaments or Varsity High School players

Jr. Rookies (Adv. Beg High School & Rookie Tournament Players)
\$72/month (Member) \$84/month (Non-Member) Mon & Wed 4:00p-5:00p
Players who play Rookies level tournaments, intermediate players with no tournament experience and High School players.

Beginning/Advanced Beginning (Novice)
\$72/month (Member) \$84/month (Non-Member) Mon & Wed 4:00p-5:00p
Players who are just starting to learn how to play tennis or have very little experience.

Little Aces
\$54/month (Member) \$64/month (Non-Member) Mon & Wed 3:15p-4:00p
Beginning tennis players ages 4 - 6 years old.

Friday Only Classes
Little Aces
\$27/month (Member) \$32/month (Non-Member) Fri 3:15p-4:00p
Beginning tennis players ages 4 - 6 years old.

Beginning/Advanced Beginning (Novice)
\$36/month (Member) \$42/month (Non-Member) Fri 4:00p-5:00p
Players who are just starting to learn how to play tennis or have very little experience.



If you are not sure which group to join or are interested in weekly private lessons -- please contact Frank

Call 734 - 2222 To Sign-up

10/01/07 v 1.2

***Rogue Valley
Swim & Tennis Club***

709 N. Phoenix Rd.
Medford, OR 97504

Address Correction
Requested