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# ALMADEN

## SWIM & RACQUET CLUB

6604 Northridge Drive San Jose, 95120-5517 (408) 268-9555 Web site @ <http://www.asrc.org>

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### FROM THE BOARD

by Brent McKim – Board President

I would like to introduce to you the ASRC Board for 2010. I will be serving as president this year. The following is a list of the other members and their roles: Pete Bucter - Vice President, Alex Marquez - Secretary, Steve Laughlin - Treasurer, Jim Nachtigal - Swim Liaison, Doug Bloomquist - Tennis Liaison, Neil Johnson – Facilities Liaison.

In addition, we have created a Facilities Committee. The Facilities Committee will be focused on improvements to the ASRC facilities, including the Facilities Master Plan discussed last spring, and some short term interim projects. The Board felt that this would be a much more efficient way to manage and drive needed upgrades to our facilities. Neil Johnson will be the ASRC Board's Facilities Committee Liaison. In the next newsletter we will have an update from the Facilities Committee outlining our progress on the various projects...stay tuned!

The 2010 Board owes a tremendous debt of gratitude to the outgoing members that worked incredibly hard and achieved much in the past year. Jeff Burrill, Bev Dunn, Janet Nachtigal, Maureen Schilling and Marshall Case worked tirelessly over the past two years. We are fortunate to have had such dedicated members on the Board.

We know that 2010 will be an exciting year for ASRC. Our Tennis and Swim Programs are stronger than ever, powered by excellent coaching staffs. With the advent of the Facilities Committee, our goal is to explore and drive additional capital improvements to improve the overall experience of the club, while, of course, remaining within our operating budget.

Dan, your Swim Committee, your Tennis Committee, your Facilities Committee and your Board are committed to making the club a better place for you and your family. If at anytime you have a concern or a suggestion, please let any of us know. Thanks for the opportunity to serve and we look forward to a fantastic 2010.

### OUT OF THE MANAGER'S MIND

by Dan Chapman – Club Manager

#### POOL OPENS MARCH 1, 2010

It's hard to believe that we only have one month to go before the pool opens for recreational swim. Please make plans to come and join us for rec swim. The pool hours for March are: **TUE – SUN 12:00 – 5:00. Closed Mondays.**

*Welcome*

to the following new members:

**FANG**, Richard & Karen  
Patrick, Sophia

**THOMPSON**, Hugh & Hanh  
Halle, Hugh

**MARTINSON**, Dan & Jessica  
Ara, Charlotte, Greta

**ETTINGER**, Jeffrey & Angela  
Samantha, Matthew

#### LIFEGUARDING CLASSES OPEN FOR REGISTRATION

If you're 15 or older you are eligible to participate in our exciting American Red Cross Lifeguard Training Course. Visit our website at [www.asrc.org](http://www.asrc.org) and click on the '[American Red Cross Courses](#)' link in the lower right-hand corner of the homepage.

# FROM THE SWIM TEAM

by Andre Salles- Cunha – Head Swim Coach

Congratulations on a great Zone Champs meet! Happy Valentines Day!



## SWIMMERS OF THE MONTH

**Yellow:** *Abigail Jufiar* has made great improvements in her strokes lately and at Champs in January she got ALL BEST TIMES!! Congratulations Abigail!!

**White:** *David Webb* - David has progressed very quickly through the groups, he started with ALMA in Yellow in the fall, he has stayed focused and worked hard, and he will now be moving on to the Green group. David is willing and interested to try whatever is asked of him. David did very well in his first meet at Champs.

**Green:** *Kyle McKim*. I have seen his hard work payoff in the last few weeks by a tremendously improved underwater dolphin kick.

**Red:** *Emma Wheelock* is new to the red group and has come along way in a short time. She loves to work hard and improve her techniques for stroke, turns, etc. She's upbeat and has a positive attitude.

*Chris Divine* is new to the team this year. I have been impressed on how focused he is at workout, loves to work hard, push, and better himself in the water. He is also courteous to the coaches and his teammates. A great leader.

**Purple:** *Trevor Ergas* has been practicing extremely hard and has had great attendance throughout the last few months. At Champs in January he got ALL BEST TIMES so all of his hard work paid off!! Congratulations Trevor!!

*Aaron Huang* has been practicing five days a week for the last three months and every time he is at practice he always does his best. He got ALL BEST TIMES at Champs and even some new Far Western Times!! Congratulations Aaron!!

*Amanda Rios* has been coming to more practices in the last two months and the hard work paid off at Champs where she got ALL BEST TIMES and few new JO times!! Congratulations Amanda!!

**Blue:** *Cooper Burrill* has worked very hard to improve. He has focused on both working hard to get the most out of sets and improving his technique to become more efficient in the water. It is great to see his attention to detail paying off with several excellent swims including an NRT time in the 100 freestyle!

**Masters:** *Johanna Jaffer* is new to our team and swims with the 5:30am group. She is always upbeat and loves a challenging workout. She told me she has "never swam without fins before". Times have changed for her :-)

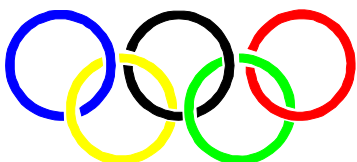
## UPCOMING MEETS

Feb 6-7: C/B/A+ @ West (Independence HS)

Make sure to go to our website [www.goalma.org](http://www.goalma.org) to check out the upcoming meets on the meets tab!

## FAR WESTERNS

We will be hosting Far Westerns April 8-11 at the Morgan Hill Aquatic Center. Far Westerns is one of the fastest and most prestigious age-group meets of the season. Even though many of our swimmers will not be swimming in the meet, we will all have to chip in to make sure the meet runs smoothly. We would like to see all of our swimmers there on the weekend cheering for our relays and supporting their teammates!



## **SWIM MEET REVIEW**

ALMA swimmers looked and sounded great walking to check in at Zone Champs on Sat! ALMA took second behind SCSC in the race for the top Zone 1 South spot. ALMA showed tremendous team spirit in the stands and it showed in the water too as our relays performed extremely well with 15 top 2 finishes. The relays were highlighted by victories in both the 200 MR and FR relays by the 11-12 girls squad of Sandra Soe/Morganne McKennan/Amanda Rios/Alanna Jurich and Alanna Jurich/Amanda Rios/Julie Mao/Sandra Soe, the 8&Under boys 100 FR relay of Matt McKim/Tom Lindsley/Preston Gook/Joseph Sandoval, The 10&under boys 200 FR with Matthew Sandoval/Gavin McGee/Trey Guise/J.P. Raimondi and 200 MR with Trey/Maxwell Yun/Matthew/Gavin, and the 11-12 boys 200 MR of Cooper Burrill/Aaron Huang/Michael Sandoval/William Wang. Great job to all of our relay swimmers and supporters!

Several team records fell this year:

Lauren Green (9-10), 50 Back (32.92), 50 Fly (30.51)

Lauren Smith (9-10), 200 Back (2:30.71)

Sandra Soe (11-12), 50 Back (29.83)

Cooper Burrill (11-12), 50 Back (28.62), 100 Back (1:01.55), 200 Back (2:13.90)

Cooper also achieved an NRT in the 100 free with a 52.29

11-12 Boys 200 Medley Relay (1:58.74)

(Cooper Burrill, Aaron Huang, Michael Sandoval,, William Wang)

13-14 Girls 200 Medley Relay (1:59.75)

(Heather Keighley, Layna Auchard, Courtney Markle, Diana Hatamian)

Congratulations to all of our new team record holders!

Zone Meet Analysis:

Our starts looked great; our turns showed progress but can still improve. We need to do good turns when we are tired in practice to get to the next level since we often won the first wall.

All Best Times: Sophia Fang, Abby Jufiar, Zoe King, Rachel Wheelock, Aaron Fenton, Nathan Roach (6/6), Riley Burrill (6/6), Sara Duke (6/6), Taylor Flemming, Madeleine Gayraud (6/6), Sarah Shih, Kaylyn Wolfe, Max Bi (6/6), Ping Hsieh, Howard Hsu, Mason King, JP Raimondi (6/6), Isaac Wegner, Ethan Yu, Mackenzie Davis, Samar Elahi, Angela Huang, Stephanie Lindt (6/6), Emily Milburn, Amanda Rios (6/6), Florence Scheve, Kaitlyn Weinstock, John Davis, Aaron Huang, Michael Sandoval (6/6), Alex Sokol, Anthony Streete (6/6), William Wang (6/6), David Webb, Kara Neiders (6/6), Brian Cicoletti (6/6), Christopher Devine, Nicholas Devine, Trevor Ergas (6/6), Faith O'Malley (6/6). Congratulations to all of our swimmers who achieved best times at the Champs meet!

## **LEVEL UPS**

Anna Gruberger (B), Abigail Jufiar (2B), Zoe King (2B), Samantha McKee (A), Katherine Muraco (A), Katelyn Stone (A), Reese Burrill (B), Alex Lymberopoulos (B), Connor Murphy (B), Nathan Roach (B), Joseph Sandoval (A,PRT), Megan Beaulieu (A), Riley Burrill (B), Sara Duke (2B), Madeleine Gayraud (3A,2B), Avalon Gook (JO), Meghan Hall (A,B), Lauren Jufiar (A), Greta Scheve (2B), Sarah Shih (A,2B), Arya Adibi (B), Alex Biz (2A), Joshua Chapman (B), Benjamin Dietz (2A), Trey Guise (JO), Howard Hsu (B), Brandon Liu (B), JP Raimondi (JO), Matthew Sandoval (JO), Ken Tanaka (A), Yannick Thomas (B), Isaac Wegner (B), Maxwell Yun (A), Samantha Baker (A,2B), Sonja Giacinto (A), Jenny Guise (4A), Stephanie Lindt (2B), Emily Milburn (A,B), Amanda Rios (2JO), Florence Scheve (B), Sandra Soe (FW), Cooper Burrill (NRT), John Davis (B), John Giacinto (A), Leonard Giacinto (A), Aaron Huang (FW), Chris Rue (B), Michael Sandoval (JO, PRT), Anthony Streete (2A,2B), William Wang (2JO), Diana Hatamian (JO), Kara Nieders (3A), Keri Richardson (B), Brian Cicoletti (2A), Trevor Ergas (JO,A), Michael Hannigan (A), Cory Murphy (A), Adam Pinarbasi (JO), Samantha Ettinger (JO), Faith O'Malley (3JO), Alec Wu (FW,JO)

Congratulations to all of our swimmers who achieved best times and leveled up!

ALMA had a 69% best time rate and most of our swimmers moved up in the rankings. Zones was an outstanding meet that saw several swimmers show breakthrough swims in terms of race planning and aggressiveness as well as times. The team atmosphere was tremendous; over all the coaching staff was pleased by our teams performance at zones with best times levels at: 65% 12&Under & 61% 14&Under.

Our top age-groups were:

9-10 Girls 71%

9-10 Boys 71%

11-12 Boys 70%

## **BILLING NOTICE**

Please do not use the online invoice section to check if your account has been credited. The on-line section will only tell you about upcoming bills. Please use the monthly bill mailed with the newsletter as your reference point for your account status. Only the paper bill will reflect your payments and current status.

## **ALMA ACCOMPLISHMENTS**

Please be sure to submit any accomplishments of our swimmers outside of the team meets that you would like the team to know about. Submissions should be limited to around 4 lines in Times New Roman 12 pt font.

## MASTERS NEWS-

### MEET RESULTS

Sarah Barrantes, an ASRC alumni, swam her first masters meet for the Almaden Masters in San Francisco on Sunday, January 24th. She swam and WON all of the events offered including the 500, 200, 100, and 50 freestyles.

Our next team meet is our popular Rinconada swim meet on March 13th in Palo Alto. This is a MUST for our new swimmers who joined the team this past year.

### MASTERS SOCIAL

We had a great time "UnWined-ing" at our bi-annual "UnWined" adventure on Tuesday January 19th. We had a great display of appetizers as well as a great selection of wines. The event lasted well after the coach left at 9pm. Jim and Janet Nachtigal, Sarah Barrantes, Thyra Tegner, Gloria Schironski, Carole Keighley, Jeanette Soe, and Coach Chris Henry attended. Don't ask what we talked about. What is said at UnWined, STAYS at UnWined!!!

## FROM THE TENNIS DIRECTOR

by Bill Kress – Tennis Director

### UPCOMING TENNIS EVENTS:

#### *Club Socials*

Feb. 5<sup>th</sup> Wine Down  
Feb. 9-15<sup>th</sup> SAP Open Tennis  
Feb. 12<sup>th</sup> ASRC Night @ SAP



### USTA LEAGUE:

Feb. 1<sup>st</sup> Adult League sign up deadline for ASRC members  
Feb. 15<sup>th</sup> All request for court reservation for team practice should be in  
Feb. 15<sup>th</sup> Adult League Online team registration closes  
Mar. 15<sup>th</sup> Adult League Season Begins

## From Bill's Desk

- I would like to personally invite you to watch some great tennis with me at the SAP Open Friday, Feb. 12th. Call me for tickets.
- Please wait to register on the USTA website until you have been placed on a team. Kathy & I will set the team rosters soon and you will be notified when it is OK to register.
- Please don't use the ball machine if any part of the court is wet. Wet balls cause breakdowns.
- Thank you all for signing in your guests!
- Congratulations to Patti Donovan & Jenni Eisenberg for capturing the 4.0 SAP Ladies Doubles Challenge. (see Patti's following article).

## **Patti Donovan & Jenni Eisenberg Take the Title 4.0 SAP Ladies Doubles Challenge**

The week of January 25 saw a variety of rain storms wreak havoc on the schedule for the SAP Ladies Doubles Challenge, which was hosted by Los Gatos Swim & Racquet Club. Finally, on Wednesday, the courts dried after a 2.5 hour start delay! Playing a round robin format, three pro-set matches with no ad scoring we met our first team: friendly foes from AVAC. Nerves hit hard and we found ourselves losing, but before we knew it, and to our opponents dismay, we rose to the occasion for a 8-5 win.

In the second round, we met a team from Marin. We thought they would be hard to play since they only lost their first round in a tie break coming back from a 1-6 deficit. We beat them 8-3. Third round ladies from Courtside were tough. We came from far behind to win 8-6. This win solidified winning our flight and it was off to the finals the next day.

With the sun finally out during finals and a banner waiving "Rule the Court," we played hard against familiar and formidable Santa Clara opponents. The match was always jovial but intense. First set, them 6-3. Second set, us, 6-3. After being down in the super tie break 5-2, we hunkered down to take a 7-6 lead. It went back and forth. Finally we took the super tie break at 12-10.

On Tuesday, February 9 at the SAP Open, Patti and Jenni will be announced as the 4.0 Ladies Doubles Champions at Center Court between the first and second evening matches.



## SAP OPEN TENNIS

It's not too late to get your tickets for this great Professional Tennis event. SAP, the world's leader in business solutions, is the title sponsor for this event. The 2010 SAP Open Tournament has an incredibly strong player field featuring Pete Sampras in a Mon. exhibition match, Andy Roddick, James Blake, Lleyton Hewitt, Mardy Fish, Sam Querrey, Taylor Dent, Tommy Haas and defending champion Radek Stepanek plus the world's #1 doubles team The Bryan Brothers & 50 more Worlds –Class players! This event begins February 9-15 and Bill has purchased lower reserved baseline seats for the Friday evening match that starts at 7 pm.

If you are interested in seeing some great tennis matches, call or email Bill to reserve your tickets and come and join us for Wine & Cheese at the **UnWined Wine Bar** before the matches at the HP Pavilion. The cost for each ticket is \$52, or \$42 for tennis only. Call 268-9556 to order now, or email me and take advantage of the best available seating.

## WINTER/SPRING TENNIS PROGRAMS

Schedules for the 2010-winter/spring tennis clinics are available in the tennis office and on the club website. For those of you who have been involved in other fall sports that are ending, come out and join us. For more information regarding tennis clinics, programs or private lessons, please call Tennis Director Bill Kress at 268-9556.



## 50% DISCOUNT ON TENNIS LESSONS

Now is a great time to get introduced to, or return to, tennis. The Club is offering reduced rate tennis lessons to the membership. You and members of your family may take up to two ½ hr lessons per month per family and pay just 1/2 the normal rate. The Board is underwriting the cost (up to \$1500) of this program as another benefit of membership in our Club. This offer is good for lessons with Bill or members of his staff. This offer is not available for junior or adult clinics. This discounted rate is good for adults and juniors taking private lessons only. This offer begins on February 15<sup>th</sup> and you can contact Bill or any of the ASRC tennis staff to sign up for these lessons beginning February 1<sup>st</sup>. This offer is good only through March, or until the \$1500 total is used, whichever comes first, and may not be combined with any other discounts or coupons.

## 2010 TENNIS EVENT SCHEDULE

**ADULT EVENING SOCIALS:** Most of these activities are held on a Friday or Saturday night on the tennis patio beginning at 7:00 P.M. These are friendly social mixers and you may choose to play tennis or not. Bring a special dish of something to share. The club provides the beverages. Non-tennis players are always welcome. Contact Bill if you plan to play tennis.

Feb 05	Fri	Wine Down
Mar 13	Sat	USTA Opener
Apr 03	Sat	Team tennis
May 07	Fri	Mexican Fiesta
Jul 24	Sat	Men's Member/Guest
Aug 14	Sat	Women's Member/Guest
Oct 15	Fri	Oktoberfest Social
Nov 20	Sat	DiWali Social

## 2010 USTA SEASON OPENER

All USTA team participants are invited to attend this social! Mark your calendar for Saturday, March 13th from 11:00 A.M. to 3:00 P.M. Sign up sheet will be posted at the tennis bulletin board soon.

- Skills drills with ASRC pros
- Social and competitive tennis
- Food and drink
- Wilson, Dunlop & Prince demo racquets

## ASRC PRIORITY REGISTRATION

ASRC family members will have priority registration for all junior programs with space being held until one week before a session begins. Spaces that are not reserved by that deadline will be made available to non-members. **A \$25 cancellation fee** may be charged unless notice of cancellation is received seven calendar days prior to the start of the class.

## JUNIOR TENNIS SCHEDULE

Program	Starting Date
Group Lessons	Feb 01
Jr. Interclub	Feb 02
Jr. Excellence	Feb 01
Tiny Tots	Feb 03
Jr. Aces	Feb 02
Jr. League	Feb 02



## WEATHER CONDITIONS

Winter is here and with it can come rainy days! If it should rain the day of the tennis class, please call Bill's voice mail (**268-9556**) one hour before the class for the status of the courts. Bill will leave an updated message regarding court conditions and whether the class will be held that day.



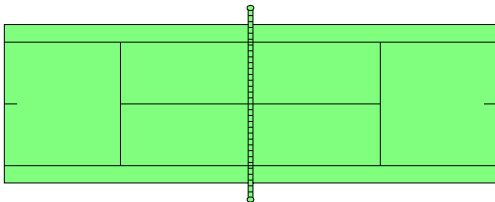
## REMINDER

With the amount of rain we have had recently, our "roll dries" have been in great demand. Please hang up the roll dry when you finish with it. Also, should you take a roll dry from one court to use on another, please return it to its original court when finished. We need to keep one on each court. Your cooperation is greatly appreciated.

## USTA Adult League – Team Court Reservation

Courts reservations for USTA team practice will begin this month. All requests should be email to Bill at the Club by Feb. 15th. The tennis committee will review all request for team court reservation and team captains will be notify of their practice days and times.

## RAVI'S COURT By USRSA & USPTA Certified Pro Ravi Gill



## "MIND OVER MATTER"

Try to imagine how complex the actions are when you hit the ball. The mind goes through 4 different processes in one exchange of the ball... **ANTICIPATION** of what is your opponent going to do, **REACTION** to what happens, **DECISION** of what to do with the next shot, and **EXECUTION** of the stroke. After the stroke production is completed, the 4 stages repeat again and again. Better players are more calm and have better decision making skills, with no thoughts and no emotions during the stroke production.

**ANTICIPATION** skills develop through time with a lot of playing experience. A good player anticipates the most probable shot with other options available. When you have more options, you can react much faster than if you have only one or two.

**REACTION** is much faster and more fluid if it happens based on anticipation. Reaction can be slowed down by thinking. Reaction is executing the simplest command - "Get to the ball as fast as possible and position yourself in the best possible zone to strike the ball clean and with ease". When you react to the ball, the brain has millions of calculations to do - "How far away the ball is, How fast it is moving, where on the court you are, where the ball will be bouncing and so on...". The mind needs all the power it can get if you want good timing, distance to the ball, proper footwork and balance.

Next month, I'll continue this discussion with the Decision & Execution phase of this process... As always, I welcome any questions or topics you might have that you would like to explore and find-out more about. So please feel free to reach me and I would also really appreciate your feedback as well... Thanks for time & interest!!!

## SPECIAL OF THE MONTH!!!

Looking to switch racquets for more power... Head Airlow 5 Crossbow packs a punch and is also lightweight for easy maneuverability. Now available for only \$110- with cover which normally retails for \$180-. Contact Ravi Gill @ (408) 666-RAVI (7284) for all your tennis needs... Racquets, Bags & Backpacks as well as Strings & Grips... Racquet Customization!!!