

July 2010



ALMADEN SWING & SPLASH

Issue 3

Points of Interest:

- Monday Nite Socials begin in July
- Summer Swim Lessons
asrcswimlessons.org
- Book a Pool Party
asrc2@earthlink.net
- Why not Brush up on your Tennis Game?
10sbill@earthlink.net

Website Dan Chapman Bill Kress Andre Salles-Cunha
www.asrc.org asrc2@earthlink.net 10sbill@earthlink.net asrcswimteam@earthlink.net

FROM THE BOARD by Brent McKim, President



Summer is in full swing. Finally some hot weather! Though I have to admit I was out on the tennis court last weekend wishing it were a little cooler. We have a record number of folks signed up for our tennis programs this summer and the swim team is having another outstanding year.

Dan's staff is doing an excellent job of checking everyone in as they come through the gate. Guest fee revenue is way up, so we have lots of potential new member families coming through the door.

We are looking for tennis committee members. Please contact Ric Davis or Dan or me and we can tell you a little bit about what being on the committee entails and make sure your name is submitted. Tennis has good momentum and we need some great committee volunteers to keep it going!

Welcome

To the following Families:

- BRITT LAWRENCE**
LEE/PON
YAMAGAMI
ALONGI
ANDERSON
GOODWIN

OUT OF THE MANAGER'S MIND by Dan Chapman

Inside this issue:

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JULY POOL HOURS

MONDAY – SUNDAY 12 – 8PM

POOL CLOSED 7/11

Due to the 38th Annual Almaden Relay Invitational, the pool will be **CLOSED** all day for recreational swimming on Sunday, July 11th. Thank you for understanding and supporting our swim team!



SUMMER SWIM LESSONS

ASRC is now offering swimming lessons 7 days a week. With group, semi-private, and private lessons available we will make sure your swimmer is water safe and swim team ready! Visit asrcswimlessons.org to register.

MEMBERSHIP CARDS AND CHECK-IN

Please be aware that all members will be required to check-in at the front gate by showing their membership card or valid id effective 6/3/10 to the front gate attendant. It is our goal to have every member's picture in our system. This will enable us to generate a membership card for every member. You can have your picture taken in the office during recreational swim 12-8pm or email your pictures to asrc_member_card@earthlink.net.



CLUB SOCIAL NEWS by Dan Chapman

FOURTH OF JULY POOL PARTY A SUCCESS

The 4th of July pool party was yet again a tremendous success. A big thank you to the Almaden staff for putting on such a great event. Another special thanks to Al Gook for providing the music and the kids tennis event. Hope to see you all around for our next pool party on the Sunday before Labor day.

MONDAY NITE SOCIALS ARE BACK!

Come On Out and Bring the Family ~ Enjoy Dinner and Fun At The Pool!

July 12	Mexican	Baja Fresh
July 19	Pizza and Salad	Costco
July 26	Pasta, Salad, Garlic Bread	DiPuccio
Aug 2	Chinese	TBA
Aug 9	Ice Cream and Toppings Only*	TBA

SUMMER SOCIAL SCHEDULE ON WEBSITE

Check www.asrc.org for social schedule under the "Social and Events" tab.

The summer swim team season will culminate at SBSL's where we are the defending Champs!

FROM THE SWIM COACH by Andre Salles-Cunha, Head Swim Coach



SWIMMERS OF THE MONTH

Bronze: Samantha and Earl Schweizer have moved up to swim in the lanes group of bronze and they are doing fantastic! Their dives have improved dramatically and each of their strokes are getting better as well.

Also, all the dual meets they have swum in they have gotten best times! Congratulations Earl and Samantha!
Silver: Anna Gruvberger - Anna has stepped up her efforts in practice, she is enjoying leading her lane and racing her team mates. Anna has had some very fast swims and we look forward to seeing her race at SBSL's. Congratulations Anna! Continue the hard work and focus at practice.

Gold: Brain Huang. Brian has shown great motivation this summer and made a commitment to not only be at all practices but to train harder and it is showing in his results.

National Development: Carole Gao is my pick for SOM for June. She consistently arrives early for practice ready to listen, swim right, and work hard. I have always been impressed on how she makes sure she clearly understands what the set is, what is expected, and making sure she is doing whatever it is she needs to be doing, RIGHT! She's a team player, ALWAYS polite, and well loved and respected by her teammates.

Pre-National: Michael and Nicholas Hoefling have shown great improvement in their strokes and they have been working hard in practices to build up their endurance. They both have gotten new Junior Olympic cuts in the last month and I am now sure that they are on their way to making Far Western cuts very soon! Congratulations Michael and Nicholas!

Senior Development: Lindsey Lindt. She has been consistently pushing herself to complete some really tough workouts. She is a pleasure to coach and a very valuable part of our team!

National: Samantha Ettinger has been at almost every practice despite having to go directly to work each day. She has worked hard at practice every day and should be fast when she rests!

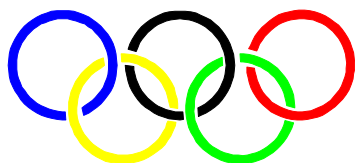
Masters: Dottie McLean. Dottie has taken advantage of the new 12:15 master's time and has been coming every day and improving. **Jeanette Soe** is in the best swimming shape since she has joined ALMA masters. Her biggest accomplishment recently was swimming 5 x 100s on the 1:18 interval when swimming them on the 1:30 was her previous norm. **Thyra Tegner** is my other pick of the month. She recently competed in the Senior Games down in AZ and achieved **FIVE GOLD** medals for her age group!!!! Thyra continues to be an amazing inspiration to all and we are very lucky to have someone like her on our masters swim team.

Featured Coach



Gold Group and Masters

Jason Martin



SWIM MEET REVIEW

We had an outstanding set of meets this month. We attended the Long Course meets at SJA, Summer Sanders, and Valley Splash. Our swimmers have been training hard and they did a great job of getting best times at these midseason meets. Our Dual meet performances have been extremely satisfying as well. We dominated undermanned MSJA and WEST teams en route big victories! The dual meets are sanctioned and our swimmers have gotten many level ups and new cuts at the meets so far. Only the MSJA results will be included in the short course reports below.

ALL BEST TIMES

Max Bi, Alex Biz, Patrick Fang, Christine Ebrahimi, Samantha Stebbins, Ben Dietz, Brandon Liu, Chris Rue, David Webb, Kara Neiders, Josh Applebaum, Thomas Lindsley, Avalon Gook, Preston Gook, John Giacinto, Katie Lindsley, Matt Sandoval, Jeana Lindsley, Gemma Takahashi, Cooper Burrill, Kevin Lance, Allisyn Kolesar, Brian Cicoletti, Matt Flickner, Eddie Nazaradeh, Gavin McGee.

All Best Short Course Times: Meghan Devaughn, Alyssa Chen, Anna Gruvberger, Allison Li, Samantha Schweizer, Halle Thompson, Celine Wang, Benjamin Fuchs, Bradley Liu, Cole McKim, Matt McKim, Taylor Flemming, Lauren Jufiar, Zoe King, Madeline McKee, Samantha McKee, Georgia Stebbins, Alisha Vasani, Kaylyn Wolf, Joshua Bergles, Max Bi, Patrick Fang, Sepi Farazi, Toby Fuchs, Ethan Yu, Katie Lindsley, Grace Phan, Kaitlyn Weinstock, Shun Endo, Joshua Mao, Alex Sokol, Ken Tanaka, William Wang, David Webb, Devin Phan,

Congratulations to all our swimmers who achieved best times this month!

NEW PAC LEVELS

Our level report consists of PRT, FW, JO Pac A, and Pac B time standards. These times are not tied to national times like the USS standards and they are less competitive. I encourage our swimmers to make sure they use the 2010 Pacific Swim Guide (we still have many in the office for those families who have not picked one up yet, 1 per family while supplies last) to keep track of their progress with the USS standards. Congratulations for all our swimmers who achieved new B, BB, A, AA, AAA, AAAA this month!

Bradley Liu (2B), Cole McKim (2A,B), Matt McKim (3A,B), Max Bi (2A), Alex Biz (2PRT,4FW,JO), Gavin McGee (4FW), Carole Gao (2A,B), Jenny Guise (3A,B), Isabelle Huynh (A,B), Lauren Smith (2JO), Ben Dietz (A,B), Chris Rue (2B), William Wang (PRT,JO), David Webb (A), Mohini Narasimhan (A,B), Kara Nieders (JO,A,B), Josh Applebaum (A), Lenny Giacinto (A), Calvin Kane (A), Meghan Hall (A), Reese Burrill (2B), Thomas Lindsley (2A,B), Joseph Sandoval (B), Riley Burrill (A,B), Avalon Gook (JO,A), Preston Gook (JO,2A), Carole Gao (3A), Katie Lindsley (2A), John Giacinto (JO), Trey Guise (B), Matt Sandoval (2JO,A), Kate Cezar (A), Jeana Lindsley (4A), Gemma Takahashi (A), Cooper Burrill (JO), Michael Flickner (2B), Kevin Lance (B), Matt Nachtigal (FW), Michael Sandoval (A), Allisyn Kolesar (2A,B), Brian Cicoletti (A), Matt Flickner (2JO,2A), Ryan McCombs (A), Eddie Nazaradeh (2B)

New Pac Levels (SC): Brynn McGee (B), Caroline Beaulieu (B), Alyssa Chen (A,B), Cynthia Gao (B), Anna Gruvberger (2A), Grace Han (2B), Halle Thompson (B), Celine Wang (3B), Benjamin Fuchs (3B), Steve Han (B), Bradley Liu (A,B), Cole McKim (2A), Sean Wolf (B), Lauren Jufiar (A), Katie Muraco (B), Kaylyn Wolf (B), Max Bi (2B), Alex Biz (PRT,2JO), Sepi Farazi (2B), Bradfod Lee (2B), Gavin McGee (FW), JP Raimondi (2FW,JO), Kaitlyn Weinstock (B), Colin Devine (2B), Shun Endo (2A,B), Christopher Green (JO), Henderson Hsu (2B), William Wang (2FW,JO), David Webb (2B), Chris Devine (A), Devin Phan (2B), Nick Soe (JO).

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

THE SEMI-PERMANENT TEAM RECORDS SECTION (7 months in a row!)

Arrington McGee (7-8), 400 Free (7:28.94) *new event not swam by anyone else before

Gavin McGee (9-10): 400 Free (5:35.16)
 800 Free (11:19.13)
 200 Back (3:03.40) *new event not swam by anyone else before
 200 Fly (3:21.21) *new event not swam by anyone else before

Morganne Mckennan (11-12): 50 Breast (37.80)
 100 Breast (1:21.09)

Sandra Soe (11-12): 400 IM (5:41.06)



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 that is mailed as your reference point for your account status. Only the paper bill will reflect your payments and current status.

*Many families have turned in their advertising! If you have an ad you haven't gotten in yet, make sure to get those ads in today!

MASTERS REPORT

Thyra Tegner recently competed in the Senior Games down in AZ and achieved **FIVE GOLD** medals for her age group!!!! Thyra continues to be an amazing inspiration to all and we are very lucky to have someone like her on our masters swim team.



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.

PRACTICE SCHEDULE CHANGES

Please make sure to check out the practice schedule tab at www.goalma.org for the upcoming practice schedule in July. There are no more Saturday practices until fall trimester.

JULY SWIM MEETS

6th SBSL SC ALMA & SUNN @ VS (Fly & Breast)

11th Invt'l SC ALMA RELAYS @ ALMA

15th - 18th LC JUNIOR OLYMPICS @ Concord, CA

23rd - 25th SBSL SC SBSL CHAMPIONSHIP @ Valley Christian H.S.

28th - 1st LC FAR WESTERNS @ Independence H.S.

Make sure to go to our website www.goalma.org to check out the upcoming meets on the meets tab! July is a HUGE month for us. We'll have a blast and try for team victories in the ALMA Relays meet and the SBSL Champs meet. Our qualifiers will represent our team at the Championship JO and Far Western Meets. Let's go race!



FROM THE TENNIS DIRECTOR by Bill Kress

BILL'S NOTES



ASRC

TENNIS DIRECTOR

BILL KRESS

Announcing our new "Sure Thing" summer Tennis Office hours. To better serve our members, you will now be able to call or drop-in to the tennis office Monday thru Friday between 11am-1pm and speak to a live human being. Vivian Ngo, or myself, will glad to serve your tennis needs. Stop in and meet Vivian. We also have a new Tennis Office cell phone if you can't reach us in the office between 9am-5pm. The number is 408-637-0587.

I'm proud to say we now have over 100 kids in the Summer Junior Tennis Program!!! Up from 40, last summer. Thanks to all of you who are spreading the word!

I would like to announce the hiring of our newest Tennis Professional, Jim (Reggie) Regino. Reggie is incredible with the young kids, and will be running the Quick Start Junior Program.

We will be starting "Friday Evening Mixed-Doubles Drop-in" on Friday, July 9th. It will be from 6:30-10pm and run the same as Sat. Adult Drop-in.

There will soon be a few openings on the Tennis Committee. Those of you interested in helping the club progress into the future, please contact me at 268-9556.

Doug Bloomquist has donated new benches with canopies for all six tennis courts. There will now be shade near by on all the courts. Thank Doug the next time you see him. We also have new score-cards coming soon.

Please do not use ice from the club for your personal use outside the club. We need it for club activities. Also, please do not remove coolers from the club premises.

Good luck to Adult League Teams going to the playoffs! Have a great summer!

Call Bill at 408-268-9556 for more information on tennis programs for all ages and ability levels!

HAWAIIAN SOCIAL MIXER

Fun, Friends, Food, and "Hawaiian Sunset and Mai Tails" are the main ingredients for this evening club social event. There will be some exciting and exhilarating round robin tennis played and we hope that you will be able to join us on Saturday, July 10th, from 6:00-10:00 P.M. Please bring your favorite Hawaiian appetizers!! The club will provide the main-course and drinks. If you want a true taste of the Islands, a real sense of the flavor of Hawaii, come and join us! Some of the wide varieties of delicious Hawaiian dishes prepared by our members during this wonderful festivity are incredible. If you haven't been to one of our club mixers, be sure to sign up for this event. Join the ASRC Pros, Bill, Ravi, Kathy and David in this fun club social event. The sign up sheet is already posted on the tennis bulletin board. Hope to see you there!!! Aloha!!



BANK OF THE WEST CLASSIC



The Bank of the West Classic (in its 40th year) is the longest running, women-only professional tennis tournament in the world, and is the first stop of the US Open Series. A Sony Ericsson WTA Tour Tier II event, the Bank of the West Classic features a 28-player singles draw and a 16-team doubles draw with total prize money of \$700,000. Held on Stanford University's campus at Taube Family Tennis Stadium since 1997, former champions include: Billie Jean King, Chris Evert, Martina Navratilova, Andrea Jaeger, Monica Seles, Martina Hingis, Lindsay Davenport and Venus Williams.

Defending Bank of the West Classic champion Marion Bartoli announced that she will return to Stanford in 2010 to defend her title. The 2010 Bank of the West Classic will be held July 26th- August 1st at the Taube Family Tennis Stadium on the campus of Stanford University. Bartoli joins the strongest field in tournament history with Venus & Serena Williams, Maria Sharapova, Elana Dementieva and Jelena Jankovic as tournament commitments.

Bank of the West Classic tickets are on sale now. Opening round tickets start as low as \$23. See Ravi Gill for discounts on 1st & 2nd round tickets.



SUMMER TENNIS PROGRAMS

Brochures and schedules for the summer tennis clinics are available in the tennis office, or on-line at asrc.org. For more information regarding tennis clinics, programs or private lessons, please call 268-9556.

ASRC Summer Sports Camp

We are happy to announce the addition of a Summer Sports/Tennis/Swim Camp to be offered 7 weeks at ASRC this summer for 7–12 year-olds. The focus of this camp is to keep the kids active while playing a variety of team sports from 9-11am, moving to the tennis courts to learn the basics in a fun and low-key atmosphere from 11am-1pm, and then head to the pool for open swim and activities on the grass until 3pm.

Each child is required to bring lunch and a water-bottle, or drinks of their choice, daily. The club will provide snacks and a pizza party on Friday of each week. Each child should have breakfast prior to arriving at 9am.

Weeks Offered: June 14th, June 21st, June 28th, July 5th, July 12th, July 19th, July 26th.

Cost for 1 week camp:

6 hours per day = \$300 per week per child

For tennis only 11am-1pm = \$100 per week.

For sports only 9am-11am = \$100 per week.

For swim only 1pm-3pm = \$100 per week.

Cost for all 7 weeks: 6 hours per day = \$1800 1st child; \$1500 each additional.

Tennis will be directed by USPTA Certified Tennis Professional **Kathy Barnes**



Kathy is a USPTA Licensed Teaching Professional with over 30 years of experience. She is an astute teacher dedicated to developing sound fundamental skills from recreational to competitive players with a focus on encouraging tennis as a lifetime sport.

Highlights:

Kathy is a National and International Ranked player, ranking in top 5 in the past 5 years including #1 singles and doubles in 2007. Winner of 2007 Maureen Connolly World Cup in Turkey and finalist in the Maureen Connolly World Cup in South Africa.

Tennis Socials

7/10 Summer Time Mixer

7/9 Mixed Doubles Drop-in
Tennis from 6:30-10:00pm

Junior Tennis Events

Junior Team Tennis Underway

USTA League

7/5 Combo League Begins

9/27 Senior League Begins

Tennis Quote for July

“One important key to success is self-confidence. An important key to self-confidence is preparation.”

-Arthur Ashe

JUNIOR TENNIS TEAM PROGRAMS

Our 2010 summer Junior Team Tennis is a USTA South Bay program that promotes fun, fitness, and friendship through the lifetime sport of tennis.

Teams are organized at ASRC to match juniors of similar skills, ages, and abilities in a round-robin schedule with other teams in the region. There will be both advanced and intermediate teams, depending on the number of participants.

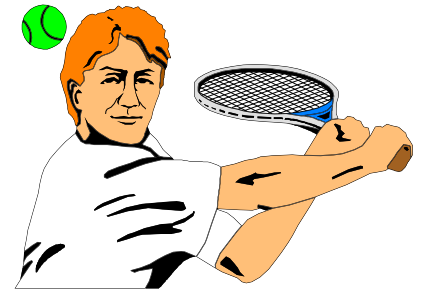
Players practice as a team, gearing up for the team match at the end of every week (home and away). Players can develop a spirit of teamwork and meet new friends as they learn the responsibilities of being a team member.

The Almaden Junior Team Tennis Program will begin on June 14th with practice and ladder competition.

All players interested in participation in this league program must be on the team roster by June 14th, even if they will not be available for all 7 weeks of the program.

This team tennis program will consist of:

- Instruction, Live-ball drills & Match-play coaching
- Two or two-and-a-half hour workouts, instruction and drills with a team coach 2 or 3 days per week.
- Scheduled team matches against other clubs 1 day per week.
- End of the season pizza party
- Team T-shirts.



Team Schedule

12 & under (2 hr.) 1pm – 3pm, Mon. & Tues. practice days. Th. or Fri. matches.

This is a 3 day-per-week, 7-week USTA South Bay Junior Team.

Coached by Oren Motevassel, David Crain & Ravi Gill.

ASRC Members \$560 1st child \$420 2nd child.

Non-members \$640 1st child \$480 2nd child

Price for Weekly Sessions:

ASRC Members \$84 per wk. \$24 per day

Non-members \$115 per wk. \$32 per day

15 and 18 & under teams (2 ½ hr.).

3pm – 5:30 pm Mon., Tues., & Wed. practice days. Th. or Fri. matches.

Coached by Bill Kress, David Crain and Ravi Gill.

This is a 4 day-per-week, 7-week USTA South Bay Junior Team.

ASRC Members: \$725 1st child

\$540 2nd child.

Non-members: \$820 1st child

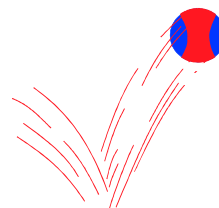
\$610 2nd child.

Price for Weekly Sessions:

ASRC Members \$110 per wk., \$30 per day

Non-members \$140 per wk., \$40 per day

All players need to be current USTA members, and pay the league fee.



High Performance Team

Come train with former ATP Tour player, Oren Motevassel. An invitation-only USTA Junior Team designed for tournament level juniors focusing on advanced match play strategies, stroke production and conditioning. We will make you a better match player by developing your weapons, teaching smarter shot selection & working on mental toughness. Clinics meet Mon., Tues., Wed. & Th. or Fri. from 3:00-5:30pm.

Oren Motevassel

Birthplace: Tel Aviv, Israel

Oren played for fifteen years on the Professional Tour, winning sixteen Pro Tournaments and eleven time finalist all over the world. He has wins over many high ranked players such as David Wheaton, Wayne Arthurs, Ramon Sluiter, Anthony Dupuis, Julian Alonso, Cristiano Carrati, Gilad Bloom, Kevin Kim, Luke Jensen, Marcus Hipfl, Amos Mansdorf, Sebastian Lareau, Sandon Stolle, Daniel Nestor, Vladimir Voltchkov, Gary Muller and more, and has played in all four Grand Slam events.



Highlights:

Formerly ranked ATP # 161

2001-2005 Ranked # 1 in California Men's Open.

2006 Winner of USTA 35 National Hard & Clay Courts.

2006-2007 Ranked # 1 in USA Men's 35 Singles.

2008 Ranked # 1 in the world ITF Men's 35.

Program Fees

High Performance Team; 2 1/2 hrs.

An invitation-only team designed for high school and tournament level juniors focusing on advanced match play strategies, stroke production and conditioning. This is a 7-week USTA South Bay Junior Team. Mon., Tues. & Wed. are practice days with match days on Th. or Fri. Directed by Head Professional Oren Motevassel with assistance from Tennis Director Bill Kress.

7 week summer rate

ASRC Members \$775

Non-members \$875

Flex-pass (10 sessions, any time)

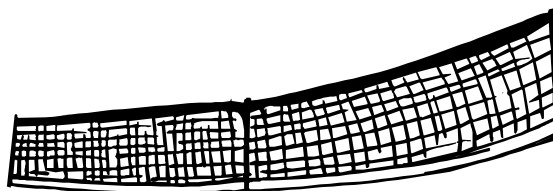
ASRC Members \$325

Non-members \$375

Drop-in rates

ASRC Members \$40 per day

Non-members \$45 per day



PRIVATE INSTRUCTION

One-on-one instruction is the fastest and most convenient way to improve one's tennis ability. Choose a day and time that fits your schedule and we will arrange the 1st lesson with our certified Tennis Professionals: Bill, Oren, Ravi, Kathy or David. Together with a pro, you can obtain your short or long-term goals.

USTA SENIOR LEAGUE

This league has been one of Northern California's best!! The season is from September 27 through February 6, 2009. Teams for the senior men and women are forming and a signup sheet will be posted on the tennis bulletin board for 3.0, 3.5 and 4.0 divisions. The Senior League is for men and women 50 years of age and older, with District, Sectional and National championships. (Turning 50 in 2010? You are eligible to join and play for a team on or after January 1, 2010.)

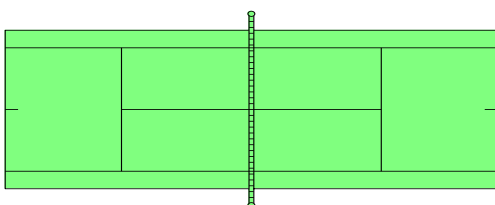
Team Registration Opens: July 16, 2009

Team Registration Closes: August 8, 2009

Season Starts: September 27, 2010

Sign up Sheet for teams will be posted on the tennis bulletin board.

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



“The Racquet Performance” Part II

The players are sensitive to the feel of a racquet and they are also sensitive to the sound of a racquet. The main way to affect the sound is to add or remove the vibration dampener. Another way is by increasing or decreasing the string tension which also affects the feel of the racquet. Some players confuse the feel of the racquet with its sound. If the dampener is stuck to the racquet frame instead of being inserted into the strings, then the sound will be different but the feel and performance of the racquet will be the same. In any case, the dampeners are too light to have any significant effect on the racquet performance.

The feel of a racquet is affected by its **weight, balance, stiffness** and **swing weight**. It is also affected by the type of grip used. The stiffness affects the level of vibrations in the handle that occur after the ball leaves the strings. Excessive vibration feels uncomfortable to the player which is caused by the miss-hits or balls hit all over the string plane other than the sweet-spot. Some of the quotes used by the racquet manufacturers such as “30% more feel” or “20% more power” have no meaning in an engineering or scientific sense. So the improvements due to different technologies... Are they valid or more of a smokescreen???

SPECIAL OF THE MONTH!!!

If you're looking for a more durable string with more power & spin, then try ADTEK Mono Hex (\$26-value) for only \$22- during this month. Contact Ravi Gill @ (408)666-RAVI (7284) for 30-60% discount on Racquets, Bags, Backpacks and Racquet Customization – Restrung & Regrip!!!