

# 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 & Neil Johnson

It's finally starting to warm up! Time to start thinking about Tennis, Swimming, and weekend pool parties. If you have friends who are thinking about joining ASRC, suggest that they join soon. We typically see the cost of a membership rise as summer approaches, so joining now may save some money on the membership cost. We are also running the referral incentive program through March 31<sup>st</sup>, so find a warm Saturday or Sunday this month and invite your son's or daughter's baseball or softball team to the pool for a team pool party! It will not only be fun for the team, but it's a great way to recruit new members. Email Dan or me in advance and we'll make sure we put our best foot forward.

My boys came home from swim practice (held at the Country Club) last week and said that the pool was freezing! I reminded them that when I was a kid we had to break the ice off the pool to have swim practice on some days. They just rolled their eyes...but apparently the heater at AGCC is broken. Andre and the Swim Committee are doing a great job of trying to accommodate everyone at ASRC, so thanks for your patience and flexibility.

Speaking of Tennis, Franck Ergas has issued a challenge to the Ladies' 3.0 team. He said his Men's team has been practicing and are ready to take on the Ladies in a match...loser buys the after-match-refreshments. It will be as epic as Billy Jean King vs. Bobby Riggs. In honor of that 1973 event, Kirk McKim and Matt Wegner have offered to wear those tight tennis shorts worn "back-in-the-day." Should be entertaining. I'll be there to cheer.

—Brent McKim, ASRC President

The ASRC Board of Directors has created a Facilities Committee whose purpose is to assist the Board in maintaining and improving club facilities. As the Chair of the Committee and Liaison with the Board, I will be acting as the conduit through which the members can address facility issues. These can be either short term or long term issues. We have set up an e-mail address to which you can send any concerns:

[asrc\\_facility\\_committee@earthlink.net](mailto:asrc_facility_committee@earthlink.net)

—Neil Johnson, ASRC Facility Committee Liaison

### OUT OF THE MANAGER'S MIND

by Dan Chapman, Club Manager

#### MARCH POOL HOURS

It's that time of the year again. The sun is coming out and it's getting warmer. Come and join us down at the pool. The recreational pool hours for March are **TUE - SUN 12-5PM**. Closed Mondays.

**JOIN THE FUN DOWN AT THE POOL!**

#### MEMBERSHIP REFERRAL PROGRAM

ASRC is offering an incentive for its members to spread the word about the club. If a new member joins the club and mentions an existing club member's name as a sponsor the existing member will receive **1 MONTH FREE DUES**. Now is that an incentive or what? So get out there tell your friends what a great place ASRC is for family fun!

#### PAYMENT DEADLINES & DROP BOX

Payments are due by the 26<sup>th</sup> of each month. Please read the new collections policy on the back of this month's statement. Thanks for your continued support.

If for some reason no one is in the main office, you can drop off your payment in the mail slot located on the outside of office. Your payment will drop into a box where it will be safe until a staff member or myself receives it. If you have any questions contact me at [asrc2@earthlink.net](mailto:asrc2@earthlink.net).

# Welcome

to the following new members:

SOE, Justin & Robin  
Trevor, Kevin

## FROM THE SWIM COACH

By Andre Salles-Cunha, Head Swim Coach

Congratulations to all of our All-Star Swimmers! Happy St. Patti's Day!

## SWIMMERS OF THE MONTH

**Yellow:** *Halle Thompson* has been working really hard in practice, she is always listening to the instructions so she can do ALL of her strokes legal. Halle is always trying her best when she swims which is very important as a young swimmer. Congratulations Halle!

*Nathan Roach* has improved a great deal in how he listens at practice and how he tries to do his strokes correctly. Nathan's breaststroke has become very advanced and impressive within the past month and it will be fun to watch him swim it in a meet in the future. Congratulations Nathan!

**White:** *Alex Lymeropoulos* - Alex has been stepping up his efforts at practice this month, taking charge of his lane and leading. Keep up the good work Alex! Look forward to seeing you race at the next meet.

**Green:** *Christine Ebrahimi*. Fantastic attendance this last month were the catalyst to her huge interval drops in practice. Cannot wait to see this transition into fast swimming at meets!

**Red I:** *Julie Lance* was just moved to the red group last month and has worked very hard since arriving. She has gotten used to the harder workouts and has given many of the red group swimmers some good competition in test sets.

**Purple:** *Michael Sandoval* has been working very hard the last 3 months and he has really started learned how to push himself to another level. The hard work has been paying off at meets because he keeps dropping time in almost all of his events. Congratulations Michael!

**Blue:** *Sandra Soe* has been racing well in meets and set two more team records this month! Her new records are in the 200 IM and 200 Free for 11-12 girls.

*Jonathan Kane* has been working hard in practice and has improved his freestyle stroke. He has focused on lengthening his stroke in the freestyle and has come a long way in having a loose relaxed arm on his recovery. This is high praise and I hope he continues to keep that focus!

**Masters:** *Craig Stephan* was a team player in many ways this month. He made us awesome homemade chili for our masters social. Also, he continues to be very welcoming and helpful to those who are new to the masters team. He is retiring from the chili cook off after 20 years, but he will still be swimming with us. Thanks Craig!

## ALMA TO HOST FAR WESTERNS- WE NEED YOUR HELP!

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. Please remember every family is required to put in at least 7 hours in support of the meet or pay \$30 per un-worked hour. Many families will put in far more than that. 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

We attended the WEST meet on the first weekend of February. We had some solid performances at the meet and several new JO cuts! We had some swimmers with excellent starts and turns, we need many others to perform those turns with more focus when they are tired in practice so they can have more than one good turn in their races.

**All Best Times:** Riley Burrill, Grace Slattery, Matthew DeVaughn, Emily Milburn, Caitlyn Tenczar, Henderson Hsu, Joshua Mao, Sabrina Slattery, Brian Cicoletti, Devin Meadows.

**New Pac Levels:** Caroline Beaulieu (B), Veerle De Jong (B), Anna Gruvberger (A), Lauren Tenczar (A), Reese Burrill (A), Cole McKim (2B), Matt McKim (A), Joseph Sandoval (A), Riley Burrill (B), Avalon Gook (JO), Samantha Grubman (B), Amanda Rice (A,2B), Elizabeth Shen (JO), Julie Lance (A), Alexander Biz (JO), Ben Dietz (JO), Trey Guise (JO), Gavin McGee (JO), Kyle McKim (B), Dante Panella (B), JP Raimondi (JO,2A), Matthew Sandoval (JO,2A), Jacob Tenczar (A), Sonja Giacinto (A), Jenny Guise (2A), Morganne McKennan (JO), Sandra Soe (FW), Caitlyn Tenczar (A), Emma Wheelock (A), Kyle Ergas (A), John Giacinto (A), Lenny Giacinto (A), Henderson Hsu (B), Anthony Streete (3A), Kate Cezar (A), Courtney Markle (A), Gemma Takahashi (A), Brian Cicoletti (2JO), Christopher Devine (2B), Trevor Ergas (A).

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

We are seeing the standards of Pac A, and Pac B times in the swim connection report. 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. I would like to say congratulations for all our swimmers who achieved new B, BB, A, AA, AAA, AAAA this month!

## CONGRATULATIONS TO ALMA FAR WESTERNS QUALIFIERS

Morganne McKennan, Gavin McGee, Michael Sandoval, Sandra Soe, Heather Keighley, Layna Auchard, Cooper Burrill, Nicholas Soe, Samantha Murphy, Stephanie Scannell, Tyler Nollette, Ryan McCombs, Austen Noh, Jonathan Kane, Scott Keighley, Hilary Hunt, Kathryn Rick, Rachel Cretcher, Emily Hannigan, Shanna Flynn, Meghan Bucter, Lyndsey Lindt, Alec Wu, Evan Camacho, and Jonathan Lie.

We have many 14 & Under swimmers who will have the opportunity to make their FW cuts at JO's and will have the opportunity to swim on relays at Far Westerns too!

## NEW ALMA TEAM RECORDS SET IN FEBRUARY

**Lauren Smith (9-10)** - 200 Free (2:13.81), 50 Back (32.81), 100 Back (1:09.12), 200 IM (2:35.02)

**Sandra Soe (11-12)** - 200 IM (2:25.15), 200 Free (2:04.57)

**Cooper Burrill (11-12)** - 50 Back (28.57)

## OUR MEETS THIS MONTH

13th - 14<sup>th</sup> SJA C/B/A+ @ Gunderson H.S.

26th - 28<sup>th</sup> JUNIOR OLYMPICS @ San Ramon, CA (qualifiers only)

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

## 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 REPORT

We are trying to update our masters roster and e-mail list so please help your coaches get your correct information. Please make sure you are registered for Pacific Masters Swimming.

## FROM THE TENNIS DIRECTOR

By Bill Kress, Tennis Director

### UPCOMING TENNIS EVENTS:

#### Club Socials

Mar. 20<sup>th</sup> St. Patrick's Day Mixer  
Apr. 3<sup>rd</sup> Team Tennis  
May 7<sup>th</sup> Mexican Fiesta

### USTA LEAGUE:

Mar. 15<sup>th</sup> Adult League Season  
Apr. 19<sup>th</sup> Super Senior 60 League Team Registration Opens  
Apr. 26<sup>th</sup> Flex Single League Ends



## Bill's Notes

- With the start of the USTA Adult League just around the corner, it's time to get those competitive juices flowing. Please help out your team captains by registering on the Norcal website ASAP and communicating your availability.
- We are offering team drills to get everyone ready to do battle with the infinite playing styles you will face this season. See me to set-up clinics for your teams.
- With the weather getting warmer soon this is the perfect time to get your racquets re-strung for the faster conditions of spring and summer.
- Captains, please remember that any non-members on your teams need to fill out a liability form and pay the non-member fee of \$125 to the club.
- Have a great USTA Adult Season!



### **ST. PATRICK'S SOCIAL**

Be sure to mark your calendar for our next social mixer on Saturday, March 20<sup>th</sup> from 6:30 - 10:00 P.M. It's time to get ready for our fun club social doubles mixer. Green beer, special appetizers and Irish coffee are the ingredients that make this a very special event. Come in your most colorful green tennis apparel and enjoy the music with our Pros David and Ravi. Even if you don't play tennis, come and cheer your favorite Irish team and enjoy the hot and cold hors d'oeuvres and green beer! Signup poster is located at the tennis bulletin board. Requirement for this event: Wearing' of the GREEN and Irish Spirit!!! **\$10.00 per person/\$15.00 Walk-ups**

### **PLEASE KEEP ASRC CLEAN!**

In an effort to keep the tennis courts and adjacent social areas clean, please remember to place all trash in the proper containers. A friendly reminder; the only liquid allowed on the courts is water. Also, please dispose of gum properly. Thank you.

### **WINTER/SPRING JUNIOR TENNIS**

Get your junior involved in our organized junior tennis programs. The juniors are grouped according to ability level and age. Tiny Tots tennis lessons and clinics are a great way to help your little one fall in love with tennis! March 1st is the start of our next session

of our junior tennis program. Classes are filling up quickly, so reserve your spot soon! For more information regarding tennis clinics, programs or private lessons, please call Tennis Director Bill Kress at 268-9556 or go to our club website: asrc.org and click on tennis.



## USTA TEAM CLINICS

The tennis staff is available for the USTA Adult League! We offer clinics to help teams be competitive in this spring tennis league. Teams are being formed for this popular men and women's league and our tennis staff is ready to offer special singles and doubles clinics to all NTRP teams. Call Bill at 268-9556 to set up your team's clinic.

## FAMILY PLAN FOR BALL MACHINE USAGE

We have started a Family Plan for the use of the ball machine with a cost of \$100 for unlimited ball machine use based on a calendar year. Many pros attribute **a great deal of their success directly** to the time they spent practicing with the tennis ball machine. Whether you're a novice, a junior champ, or a weekend warrior, your game will transform with the use of our club Play Mate Ball Machine that will not only stand the test of time, but make you look and feel great whenever you practice. Can't wait to improve your game? Call or email Dan or Bill to join this Family Plan for the ball machine and enjoy a fun fitness workout with your family of all ages and playing abilities.

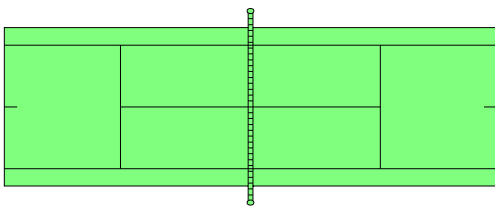
## REMINDER

With the amount of rain we have had recently, our "roll-dry" rollers 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.

## 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 any member of our staff. This discounted rate is good for adults and juniors taking private lessons only. This offer began on February 15<sup>th</sup> and you can contact Bill or any of the ASRC tennis staff to sign up for these lessons. This offer is good only through the month of March, or until the \$1500 total is used, whichever comes first, and may not be combined with any other discounts or coupons.

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



### "MIND OVER MATTER" Part II

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. Anticipation and Reaction phases were discussed last month and now I'll continue with the decision phase...

**Decision** of what to do may include ball control – height, direction distance, speed and spin. Your decision will be based on already stored answers to similar situations from the past experiences. The decision principle works much the same as reaction – Your mind is very busy calculating speed, distance and timing of the stroke, and every distraction in this precise process will cause a problem and may force an error. If there were no distractions during reaction and decision phase, and you got in the right position at the right time, you are now ready to hit the ball with balance.

Next month, I'll discuss the final phase of this process... the Execution. So get out there and start hitting more balls as the weather gets better.

## **SPECIAL OF THE MONTH!!!**

Spring special for the USTA Team Leagues... Restring your tennis racquet with Gamma Gut (\$28-Value) for only \$22- to get ready for the league matches. Contact Ravi Gill @ (408) 666-RAVI (7284) for 30-60% off discount on Wilson, Head, Fischer, Babolat, Prince, Dunlop... Racquets, Bags, Backpacks and Racquet Customization – Restring & Regrip!!!