

ALMADEN



SWIM & RACQUET CLUB

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

E-mail asrc2@earthlink.net Tennis 10sbill@earthlink.net **November 2009**

Swim Team asrcswimteam@earthlink.net

Club Phone (408) 268-9555

Dan: (408) 268-8509

Andre: (408) 268-8015

Bill: (408) 268-9556

FROM THE BOARD

by Jeff Burrill, Board President

We are now finalizing the list for our Board Election. It is not too late if you would like to get involved with the strategic management of ASRC. Please let Dan know if you would like to be a candidate for the Board.

You will be receiving ballots in the next couple of weeks from Dan. Please be sure to complete those ballots and get them back to Dan so your vote is counted.

We are always looking for members to get involved with the club. If you have any interest, please contact the Tennis and Swim Committees.

During the past year, we have received many suggestions from the members. We hope to continue to keep the lines of communication open. It is with your help that we can make ASRC a better place.

I hope you all have a great Thanksgiving!

OUT OF THE MANAGER'S MIND

by Dan Chapman

Welcome,

to the following new members:

STONE, Peter & Chrystal

Katelyn, Conner

POOL HOURS: The pool is closed until Mar. 1, 2009. If you are interested in lap swimming during the winter season please contact Dan 408-268-8509 or asrc2@earthlink.net.

SOCIAL NEWS by Dan Chapman

DIWALI CLUB SOCIAL MIXER Please mark Saturday, November 7th on your calendar for our club social mixer. We will be hosting a Diwali Tennis Social. Diwali, an Indian "Festival of Lights", marks the beginning of the Hindu New Year. On this day, Hindus from around the world, clean their entire house very thoroughly and then light numerous oils lamps to decorate their houses and celebrate the victory of good over evil. This social mixer is open to both tennis players and non-tennis players. Please sign up at the tennis bulletin board by Monday, November 2nd for an evening of great tennis, Indian food and music. We will serve beer, wine, and the Indian food will be catered in from Taj Palace Restaurant. Please bring an appetizer or dessert to share with others. The club will supply other refreshment beverages for this activity. Even if you don't play tennis, come and join in the fun from 6:00 to 10:00 PM. There is a signup sheet posted on the tennis bulletin board or call the tennis office if you wish to participate. Be sure to mark your calendar for this tennis event. A \$10.00 charge per person with advance reservation will be charged to your account.



LUNCHEON

ANNUAL LA FORET LUNCHEON

Our 11th annual Holiday Luncheon at La Foret. If you are interested there will be sign up sheet on the office window beginning Nov. 1st. WEDNESDAY, DECEMBER 2nd, 2009 we look forward to seeing you at noon at our fabulous holiday luncheon at La Foret. Directions to La Foret are listed below and will be emailed to you (if your email address is in our file) the week of the luncheon.

- Your account will be billed so leave your Visa card at home. Cost is **\$48** including tax/tip.

MENU: Choice of soup or salad.
 Entrees may include a choice of salmon, prawns, tournedos of beef, sautéed veal, lamb or fusilli with scallops.
 Dessert sampler (cheese cake, dark chocolate pate, white chocolate mousse, amaretto, creme brulee).
 Coffee, Tea, Soda, Red & White Wine

- Please remember to bring a NEW UNWRAPPED TOY (\$10) that we will donate to Sacred Heart Community Center.

DIRECTIONS TO LA FORET

Take Almaden Expressway south to the stop light at Almaden Road/O'Grady. Turn right onto Almaden Road and proceed about 4-6 minutes into the country. Just after you pass the little village of New Almaden on your left, you make your next left turn onto Almaden Way, go over a little bridge and La Foret is on your left at the corner of Almaden Way and Bertram Road. You can park across the street in the lot. See you there!

SWIMMING NEWS by Andre Salles-Cunha



HAPPY THANKSGIVING! We hope you all had a safe and fun Halloween.

NOV SWIMMERS OF THE MONTH

Yellow: *Veerle De Jong* has shown wonderful listening skills and tries her best to improve her strokes. Congratulations Veerle!

White: *Madeline McKee* - Madeline rarely misses a practice, she has been working hard and stays focused. She swam in the Morgan Hill meet and had a rough Saturday but didn't let that get her down and came back on Sunday with all best times! Good job Madeline!

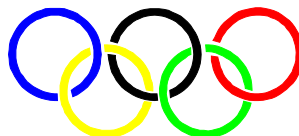
Green: *Kate Weinstock* - Kate has shown not only good attendance but great focus and attention during practice. She also owns the 25 dolphin shooter.

Red:

Purple: *Courtney Markle* has had great attendance and always tries her hardest in practices even when the sets are tough. Congratulations Courtney!

Blue: *Sandra Soe* – Sandra attacked her races at the Morgan Hill meet getting 6 new best times and a PRT in the 1000 free along with 2 new team records in the 1000 and 1650 freestyle.

Masters:



SWIM MEET REVIEW

ALMA's first meet of the season was at Morgan Hill. It was a good preview for our ALMA meet at Morgan Hill coming up this month. We had several swimmers achieve new JO cuts and continue to get closer to those important Far Western Cuts!

All best times were achieved by: Caroline Beaulieu, Nina Flynn, Anna Gruberger, Halle Thompson, Alisha Vasanji, Rohan Bhargava, Alexander Lee, Connor Sechrist, Rachel Davis, Samantha Grubman, Greta Scheve, Alexander Biz, Chris Rue, Ken Tanaka, Emily Milburn, John Davis, Colin Devine, Christopher Green, Devin Meadows, Courtney Markle, Kara Nieders, Brian Cicoletti, Christopher Devine, Nicholas Devine, Will Rue. Great job to all who achieved this feat and to those who came so close!

Swimmers achieving new Pacific Swimming levels included: Nina Flynn (A), Anna Gruberger (2B), Faith Labarbera (B), Samantha McKee (B), Max Bi (A), Connor Sechrist (2B), Jonathan Zhao (A,B), Megan Beaulieu (2B), Lauren Green (PRT), Samantha Grubman (B), Lauren Jufiar (B), Alanna Jurich (2PRT,FW), Lauren Smith (PRT), Kaitlyn Weinstock (A), Trey Guise (2JO), Gavin McGee (3JO,A), Chris Rue (A,3B), Ken Tanaka (2B), Monica Boss (2A,B), Kate Cezar (2A,B), Jenny Guise (2B), Emily Milburn (2B), Amanda Rios (A), Sandra Soe (PRT,JO), Gemma Takahashi (2JO,3A), Kyle Ergas (B), John Giacinto (A), Lenny Giacinto (2A,B), Christopher Green (2JO,A), Michael Sandoval (A), Courtney Markle (5A), Kara Nieders (2A), Brian Cicoletti (A,3B), Christopher Devine (2B), Trevor Ergas (JO,B), Chris Scheaffer (PRT), Matt Flickner (A). Congratulations to everybody who achieved a new level in any stroke! Make sure to check your USA swimming levels to make sure you are keeping up with the national time standards.



THIS MONTH'S MEET

Nov 14-15 ALMA meet at Morgan Hill. Remember to sign up for the meets as soon as they are posted. You can even keep an eye on the pacswim.org meet schedule page if you want to be the very first to sign up.

Upcoming meets:

Dec 4-6 JO's at Pleasanton is offering relays this year. We can have an excellent team meet with a top 10 or even top 5 finish if all of our qualified swimmers attend this meet. Let's go get those cuts at the ALMA meet!

Long Beach Sectionals Dec 18-22 is a great opportunity for a fun upper level meet with relays. Most events and relays will be on Dec 19-22.

Jan 17-18 Zone 1 South Championships can be a very exciting meet this year if our whole team attends. The coaches will sign up the whole team for the meet and we are planning on getting a bus for the swimmers on Sat to get the team excitement level as high as we can. Every swimmer counts and has a chance to score at this meet. Please make arrangements to attend this meet.

The 2008-2009 Meet Schedule can now be seen under the meets tab on our website:

http://www.teamunify.com/TabGeneric.jsp?_tabid_=11601&team=alma

PRACTICE SCHEDULE

The practice schedule for Nov – April is posted at

http://www.teamunify.com/TabGeneric.jsp?_tabid_=433&team=alma

Please make sure to check the practice time and location for your group.

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.

A big thank you to all of our parents who helped run the meets as officials this month.

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' PRACTICE SCHEDULE

Please our websites at www.goalma.org for practice times and locations.

FROM THE TENNIS DIRECTOR

By USPTA Pro – Bill Kress

UPCOMING TENNIS EVENTS:

Club Socials

Nov. 7 th	DiWali Tennis Social-Saturday 6-10pm
Dec. 2 nd	La Foret Christmas Luncheon
Dec. 14 th	Men's Xmas R/R Tennis & Luncheon
Date TBD	Ladies IC Xmas Tennis Luncheon

Adult Tournaments

Feb. 9-15 th	SAP Open Tennis
-------------------------	-----------------

USTA LEAGUE:

Nov. 9 th	USTA Mixed Dbles Team Registration
Dec. 9 th	Sign ups for Adult League begins
Jan. 11 th	Adult League Team Registration Open
Feb. 15 th	Adult League Team Registration Closes
Mar. 15 th	Adult League Season Starts

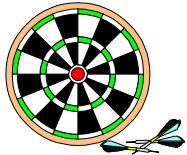
CLUB SOCIAL MIXER

Please mark Saturday, November 7th on your calendar for our club social mixer. We will be hosting a Diwali Tennis Social. Diwali, an Indian "Festival of Lights", marks the beginning of the Hindu New Year. On this day, Hindus from around the world, clean their entire house very thoroughly and then light numerous oils lamps to decorate their houses and celebrate the victory of good over evil. This social mixer is open to both tennis players and non-tennis players. Please sign up at the tennis bulletin board by Monday, November 2nd for an evening of great tennis, Indian food and music. We will serve beer, wine, and the Indian food will be catered in from Taj Palace Restaurant. Please bring an appetizer or dessert to share with others. The club will supply other refreshment beverages for this activity. Even if you don't play tennis, come and join in the fun from 6:00 to 10:00 PM. There is a signup sheet posted on the tennis bulletin board or call the tennis office if you wish to participate. Be sure to mark your calendar for this tennis event. A \$10.00 charge per person with advance reservation will be charged to your account.



SAP OPEN TENNIS

It's not too early to start thinking about getting your tickets for this great San Jose Open Tennis event. Open champion and last year's SAP winner Radek Stepanek will return next year to play in this event along with James Blake, Mardy Fish & the Bryan brothers. The SAP Open, Northern California's premier men's professional tennis event, will be played February 9-15, 2010 at the HP Pavilion at San Jose. Watch the world's greatest tennis in the heart of Silicon Valley. Group ticket information will be available in future newsletters.



MEN'S ANNUAL CHRISTMAS PARTY: TENNIS, LUNCH, DARTS

The men's Christmas party and tennis event is scheduled for Saturday, December 14th beginning at 10:00 A.M. The format will be round robin. Come out and meet our new Pro Oren Motevassel. Please sign up on the tennis bulletin board, or call Bill (268-9556). Following the tournament, we will travel to the Britannia Arms (on Almaden Expressway between Highway 85 and Cherry) for lunch and beer. The fee will be \$30 per person for the tennis and luncheon (fish, chips, beer). There will be a separate dart challenge. Get into the holiday spirit with some tennis cheer!!



FALL/WINTER PROGRAMS

Schedules for fall/winter tennis clinics are available on-line at asrc.org or in the tennis office. For more information regarding tennis clinics, programs or private lessons, please call Tennis Director, Bill Kress at 268-9556.

Nov 2	Mon/Wed/Fri High Performance 3:30 – 6:00 P.M.
Nov 3	Tue/Thu Group Lessons 4:00, 5:00pm
Nov 3	Tue/Thu Tiny Tots Tennis 3:00, 3:30P.M.
Nov 3	Tue/Thu Junior Aces 3:30 – 5:00 P.M.
Nov 3	Tue/Thu Junior League 5:00 – 6:30 P.M.

QUESTIONABLE WEATHER CONDITIONS

Fall is here and with it can come rainy days!!! If it should rain the day of 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.

ADULT BEGINNER WORKSHOP

New club members are welcome to participate in this beginning tennis clinic. For those of you who are interested in taking up the game of tennis and who would like to meet others to play, this workshop is for you!! The workshop will begin on November 6th and meet on Fridays for four weeks from 11:00 A.M. – 12:30 P.M., and the cost is \$102. If you are interested in joining us, please call the tennis office at 268-9556.



USTA 2009 MIXED AND ADULT LEAGUE – Team Court Reservation

Mixed Doubles will be a shorter season. This means that some flights will have fewer matches than in past seasons. This might mean that we should be thinking about smaller rosters, rather than larger rosters. The season will run from January 4th to April 12th. Sign up sheet is already on the bulletin board.

The Adult League playing season will begin March 15th to July 11th. Team registration begins January 11th. The sign up sheet for this league will be posted on December 9th.

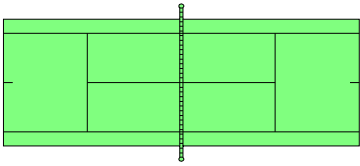
Courts reservations for team practice will begin in February 2009. All requests should be in by January 19th and email to Bill at the Club. The tennis committee will review all request for team court reservation and team captains will be notified of their practice days and times.



LADIES INTERCLUB TENNIS & LUNCHEON

It's almost that time of year again. It's time to start thinking about Ladies' Interclub Holiday Party. So, get your favorite potluck recipes and Christmas tennis outfits out and sign-up for this holiday event being organized for all Ladies' interclub players (and others who would like to join the interclub in January). During this social we play tennis, eat, exchange gifts, (optional with an up to \$10.00 gift) and have a raffle in the end. The date for this event has yet to be determined. You will be notified by e-mail soon. The sign-up sheet will be posted on the bulletin board. There is a charge of \$5.00 for this event.

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



“POSITIONING IN DOUBLES”

Doubles is fun, fast and improves the development of an all-court game. Each player in a doubles match should be positioned for the best possible advantage. Standard one up, one back is a typical starting position in doubles, and the movement on the court depends entirely on how and where the ball is being hit. The ball placement will depend on the player's role on the serving or the returning team. The offensive and defensive situations also will help determine the best possible position for each player. The positioning is dynamic and the players should make ongoing adjustments according to the ball and the opponents. Remember that every position on the court is just a starting position rather than the place where the player will remain throughout the point. The ball is constantly moving during a point, so how can a player expect to get to every ball by staying in the same stationary position constantly. The positioning may be adjusted depending on the player's strengths and tactics being used. Strategic plays or tactics are used to attack a player's weakness, adjust to the player's strength, or change the flow of the match. The key to effective positioning is to improve the player's ability to get the ball back in play and create offensive opportunities.