



RACQUETEER

Newsletter for Members of the Los Gatos Swim & Racquet Club

August 2023



SUMMER PROGRAMS

Next week is our last week of our Summer Swim Lessons and Summer Grand Slam Tennis Programs. You can still sign up for Week #9 (8/7 - 8/11). Our Summer Camp program filled up fast this year! We are currently on a waitlist. Make sure you sign-up for our 2024 Summer Camp when sign-ups open in March of next year!

Our swim lessons are taught by gentle, qualified instructors in our heated Training Pool. We have a full-range of private, semi-private, and group lessons available Monday - Friday. Lessons are 30 minutes in length. Sign up at the Front Desk! We are also offering Private Swim Lessons after August 11th, and these lessons are scheduled. To sign-up for private lessons, contact Aquatics Director, Shelbi Oskolkoff-Campbell at swimlessons@lgsr.com

Our tennis summer program is designed for all levels of junior players. This program provides a learning atmosphere in which your child will develop and improve tennis skills. "Fun" is the basis of all the programs. Improvement of tennis skills through structured workouts increases self-confidence and overall fun. For more information, contact the Pro Shop at (408) 356 - 8363 or come in to the Pro Shop to sign up!

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CLUB HOURS

<u>Weekday Hours</u>	
Monday - Friday	5:00AM - 10:00PM
<u>Weekend Hours</u>	
Saturday and Sunday	6:00AM - 9:00PM
<u>Proshop Hours</u>	
Monday - Thursday	8:00AM - 8:00PM
Friday - Sunday	8:00AM - 6:00PM

END OF SEASON HOURS

SNACK BAR (CLOSES FOR SUMMER ON 8/13)

11:00 am - 5:00 pm Daily

LIFEGUARD HOURS

Now - August 16th

11:00 am - 8:00 pm Daily

Starting August 17th

Mon, Tues, Thurs, Fri: 3:30 pm - 6:30 pm

Wednesday: 1:00 pm - 6:30 pm

Saturday and Sunday: 11:00 am - 7:00 pm

DIVING BOARD HOURS

Now - August 16th

12:00 pm - 6:00 pm Daily

Diving Board Hours August 17th until Closing on Labor Day

3:30 pm - 6:00 pm

TENNIS

MESSAGE FROM VINCE RUSSO



After 23 years serving as an LGSRC Tennis Professional and Tennis Director, I have decided to move to Carmel and start the next chapter of my life. I feel extremely fortunate to have had this fantastic job which allowed me to financially support my family while also creating the types of relationships with members and staff that will last a lifetime.

The Denevi family truly cares about the Club, and it shows by how they treat their staff and members alike. Thank you, Shelli, Chris and Lauren, for all the support over the years. Shelli, your generosity and integrity make you a great leader and I can't thank you enough for all you have done. I will never forget Ron Denevi's passion and full commitment to make this club as great as it can be. Each day I would ask myself If I was doing what Ron thinks would be best for LGSRC. I want to thank Patrick King, our GM, for all his help and tutelage over the years. I've learned a great deal from you and I'm happy that LGSRC has such an experienced and fully committed GM.

As for all the wonderful members of LGSRC, I can't even write this without reaching for another tissue to dry my eyes. 23 years is a lot of memories. I've laughed through the good times, and I've tried learning from my mistakes when there were tough times. Many people have entered and exited my life during this time, but no one will be forgotten. I want my students to know that I gave you everything I had each day and that I feel extremely honored that you would allow me to be your pro. I've had shoulder surgery, a herniated disc, tennis elbow multiple times, nagging wrist, calf, toe and hip injuries and sore vocal cords nearly every day for the past 15 years. I'd do it all again in an instant.

Thank you all for being such a big part of my life, you will be missed, and I wish you the best.

JEFF CERVANTES PROMOTED TO TENNIS DIRECTOR

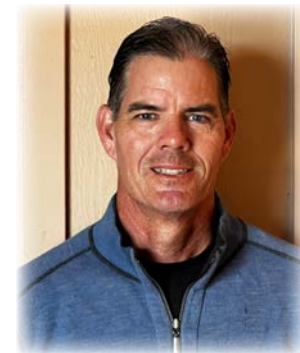
With the departure of Vince Russo in early August, Jeff Cervantes will immediately step into the Tennis Director position. "LGSRC means a great deal to me, and I find comfort in knowing Jeff is going to be running the program now, he cares about the members and I have complete confidence he will do a great job serving LGSRC members." -Vince

"From a player to coach and now to Director, I'm thrilled to continue my journey with this incredible tennis club. Vince Russo's leadership paved the way for years of success and I'm honored to follow in his footsteps. With my passion for the sport and dedication to the members, I look forward to creating an exceptional tennis experience for all." - Jeff

Jeff has been an employee of LGSRC for nearly 20 years and served as Head Tennis Professional for the last 15 years. Jeff's passion for teaching comes through in every lesson and his enthusiasm for tennis seems to know no bounds.



WELCOME NEW HEAD TENNIS PRO, SCOTT HOWARD



We are excited to add Scott to our already great teaching staff and he is equally excited to show our tennis members his teaching style and strategies. Scott is a San Francisco native with an impressive tennis pedigree, and he brings a wealth of teaching and coaching experience spanning nearly four decades. As a former #1 player at San Francisco State University and an active participant in local and national competitions, his passion for the sport shines through. Scott's accomplishments extend beyond his family's legacy, with qualifications that include being a USPTA Elite Level Pro, a former USTA National Champion, and possessing 16 years of NCAA Collegiate Head Coaching experience. Additionally, he has clinched victory in an impressive 70 USTA Northern California tournaments since 2004. Scott's coaching prowess extends to leading the USTA Northern California Pacific Zonal team and mentoring the girls' 12 & under and 16 & under teams at the Winter National Championships in Scottsdale, AZ. Notably, he has achieved national rankings in the USTA top 15 on five occasions.

Los Gatos Swim & Racquet Club

Tennis Lesson Rates

Tennis Director: Jeff Cervantes

	Full Member	Fitness Member	Non Member
1/2 HOUR PRIVATE	\$57.50	\$61.25	\$65.00
1 HOUR PRIVATE	\$110.00	\$117.50	\$125.00
1/2 HOUR SEMI-PRIVATE	\$60.00	\$63.75	\$67.50
1 HOUR SEMI-PRIVATE	\$115.00	\$122.50	\$130.00

Head Tennis Pro: Scott Howard

1/2 HOUR PRIVATE	\$55.00	\$58.75	\$62.50
1 HOUR PRIVATE	\$105.00	\$112.50	\$120.00
1/2 HOUR SEMI-PRIVATE	\$57.50	\$61.25	\$65.00
1 HOUR SEMI-PRIVATE	\$110.00	\$117.50	\$125.00

Staff Tennis Pro's:

Noi Chery and Szymon Linette

1/2 HOUR PRIVATE	\$52.50	\$56.25	\$60.00
45 MINUTE PRIVATE	\$77.50	\$83.50	\$88.75
1 HOUR PRIVATE	\$100.00	\$107.50	\$115.00
1.5 HOUR PRIVATE	\$145.00	\$156.25	\$167.50
1/2 HOUR SEMI-PRIVATE	\$55.00	\$58.75	\$62.50
45 MINUTE SEMI-PRIVATE	\$81.75	\$87.00	\$92.50
1 HOUR SEMI-PRIVATE	\$105.00	\$112.50	\$120.00
1.5 HOUR SEMI-PRIVATE	\$160.00	\$171.25	\$182.50

Tennis Clinic Rates

Adults Clinics

Drop-In Clinics

1.5 HOUR CLINIC WITH 3+ PLAYERS	\$36.00	\$40.00	\$44.00
1 HOUR CLINIC WITH 2 PLAYERS	\$36.00	\$40.00	\$44.00
1/2 HOUR CLINIC WITH 1 PLAYER	\$36.00	\$40.00	\$44.00

Closed Clinics

1.5 HOUR CLINIC WITH 6 PLAYERS	\$36.00	\$40.00	\$44.00
1.5 HOUR CLINIC WITH 4 PLAYERS	\$54.00	\$60.00	\$66.00

Junior Private Clinics

Junior Small Groups

1 HOUR CLINIC WITH 4 PLAYERS	\$34.00	\$38.00	\$42.00
1 HOUR CLINIC WITH 3 PLAYERS	\$37.00	\$41.00	\$45.00
45 MINUTE CLINIC WITH 4 PLAYERS	\$26.00	\$29.00	\$32.00

Effective: 8/1/23

GROUP EX

AUGUST GROUP EXERCISE UPDATES



- We added a new class to our Group Exercise Schedule! Join us Tuesdays and Thursdays at 1:15PM for Ab Blaster with Rachel Young! Ab Blaster is an intense 30 minute abdominal workout aimed at developing core muscles. Core training is for everyone! Strengthening the body's own stabilizing muscles not only improves an athlete's performance but also helps support proper posture in walking, standing and sitting, as well as helping with stability and balance. Your core is involved in virtually every movement you do in your day-to-day life! Shape a strong and defined core with AB BLAST workout! Ab Blaster is a great addition to anyone's fitness routine.

- The Monday, Wednesday, and Friday 10AM - 11AM Water Fitness Classes will now be held in the Training Pool.

WATERMELON SALAD WITH MINT



This watermelon salad with mint and lime could not be simpler or more refreshing! It's quick, simple, and impresses everyone.

Here's the most deliciously refreshing salad for the summer: watermelon salad! There are lots of variations on this concept, but this one's our favorite. Why? It comes together in minutes with just 3 ingredients: and it truly transforms this juicy fruit into a masterpiece. Zingy lime makes magic with the sweet melon, and fresh mint adds a cooling essence on the finish. We served this to friends at a summer cookout, and they exclaimed, "What's in this?"

Ingredients in the best watermelon salad

Move over, Watermelon Feta Salad. This watermelon salad has got you beat! Don't get us wrong: we love the pairing of salty, savory cheese with sweet melon. But honestly, we prefer this recipe. It's even simpler and more refreshing. Here are the three ingredients you need: Ripe watermelon, Lime juice, Fresh mint.

All you've got to do? Chop up the melon, chop up the mint, and add the lime juice. Simple as that!

Best way to cut a watermelon

When you're faced with a massive watermelon and a huge Chef's knife, what to do? We've been there, and we know it's daunting. What's the best way to cut this massive fruit? There are lots of methods, but here's the best way we've found to cut a watermelon:

Slice the watermelon in half around the middle. Don't do it lengthwise! Lay it on the flat side, and cut slices. Use a pairing knife to cut off the rind. A smaller knife helps you have more control. Make a grid pattern to cut it into cubes. That's it!



Source: <https://www.acouplecooks.com/watermelon-salad-with-mint/>

SCHEDULE

AUGUST GROUP EXERCISE SCHEDULE

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM-6:30AM		Master Swim Nick Jufiar Large Pool		Master Swim Nick Jufiar Large Pool		Master Swim Nick Jufiar Large Pool	
5:45AM-6:45AM		Sunrise Cycle Dolores Montenegro		Sunrise Cycle Patty McNulty		Cycle Boot Camp Dolores Montenegro	
7:00AM-8:30AM							Master Swim Nick Jufiar Large Pool
8:00AM-8:30AM			Foam Rolling Ann Weismann		Foam Rolling Ann Weismann		
8:15AM-9:15AM							Cardio Sculpt Dolores M. Live & ZOOM
8:30AM-9:30AM	Yoga Strength & Stretch Sam Cooke	Barre Sculpt Stacy Dunnett Live & ZOOM	Pilates Mat Ann Weismann	Barre Sculpt Patty McNulty Live & ZOOM	Pilates Mat Ann Weismann	Barre Sculpt Patty McNulty Live & ZOOM	
9:30AM-10:30AM		Zumba Stacy Dunnett		Zumba Hema Rajpal			Yoga 4 All Makiko Niwa
9:45AM-10:45AM			Strength & Stretch Patty McNulty Live & ZOOM		Strength & Stretch Patty McNulty Live & ZOOM		
9:45AM-11:15AM	Pilates Sculpt Plus+ Lisa Roper					Pilates Sculpt Plus+ Lisa Roper	
10:00AM-11:00AM		Water Fitness Patty McNulty Training Pool	Master Swim Shelbi Oskolkoff Large Pool	Water Fitness Patty McNulty Training Pool	Master Swim Shelbi Oskolkoff Large Pool	Water Fitness Patty McNulty Training Pool	Water Fitness TBA Large Pool
10:45AM-11:45AM				Yoga Strength & Stretch Hema Rajpal			
12:15PM-1:15PM			Group Cycle Rachel Young		Group Cycle Rachel Young		
1:15PM-1:45PM			Ab Blaster Rachel Young		Ab Blaster Rachel Young		
12:30PM-1:30PM	Group Cycle Rachel Young						
4:00PM-5:15PM			Gentle Yoga Ann Weismann		Gentle Yoga Heather Estrada		
5:30PM - 6:30PM		Functional Fitness Vesna Mardesic	Zumba Stacy Dunnett	Functional Fitness Vesna Mardesic	Zumba Stacy Dunnett		
6:30PM-7:30PM			Group Cycle Stacy Dunnett		Group Cycle Stacy Dunnett		
Legend		 Strength	 Cycling	 Zumba	 Aquatics	 Sculpt	 Yoga

HEALTH & FITNESS

THE KAIZEN BUSINESS PHILOSOPHY



The Kaizen business philosophy, originating from Japan, is based on the concept of continuous improvement. The word “kaizen” itself means “change for the better” or “continuous improvement” in Japanese. It emphasizes the idea that small, incremental changes can lead to significant improvements over time.

In strength training, the Kaizen philosophy emphasizes the power of small, incremental changes to drive progress. Rather than striving for sudden leaps in strength or muscle mass, the Kaizen principle applied to strength training encourages individuals to focus on consistent, incremental improvements. By gradually increasing weights, repetitions, or workout intensity, individuals allow their bodies to adapt, minimizing the risk of injury and creating a solid foundation for sustainable growth.

Similar to Kaizen’s emphasis on standardization, strength training requires the establishment of a solid foundation. Just as standardized work procedures serve as a baseline

for improvement in business, individuals must first focus on mastering proper form and technique in strength training. By ensuring correct movement patterns and technique, they lay the groundwork for safe and effective workouts, reducing the risk of injuries and enhancing overall performance.

The essence of Kaizen lies in the concept of continuous improvement. In strength training, individuals can apply this principle by setting goals, tracking progress, and consistently challenging themselves. Our gym, for instance, recognizes the importance of gradual growth and is equipped with Plate Mates, magnetic weights in 1.25 and 2.5-pound increments. These innovative tools allow users to add just enough weight to stimulate a change, without overwhelming their capabilities. By incorporating these small increments, individuals can progress at a comfortable pace, gradually increasing resistance and pushing their limits while maintaining proper form and technique.

Another valuable lessons we can take from the Kaizen principle for strength training is the importance of patience. Just as the principle encourages long-term, sustainable improvements in business, strength training requires a mindset focused on gradual growth over time. By embracing the philosophy’s principles, individuals understand that long-term success in strength training is not achieved overnight but through consistent, disciplined effort and a commitment to continuous improvement.

By applying the principles of the Kaizen philosophy to strength training, individuals can unlock their full potential, optimize their performance, and achieve sustainable, long-term success. Embracing gradual growth, focusing on technique, tracking progress, balancing intensity and recovery, and cultivating patience will enable individuals to cultivate a mindset of continuous improvement, harness their physical capabilities, and reach their fitness goals in a safe and efficient manner.

Written by Brian Schweitzerhof, Fitness Director & Certified Wellness Coach

AQUATICS

MEMBERS SWIM IN ANNUAL TRANS TAHOE RELAY

Thirteen of our very own Club Members swam 11.5 miles across Lake Tahoe in the 47th Annual Olympic Club Trans Tahoe Relay during the weekend of July 13, 2023. This consisted of two 6-person relay teams and 1 solo swimmer! The Annual Trans Tahoe Relay is at 6,200' elevation in 65-degree water. Way to go!!!



**SOLO DIVISION (MALE):
1ST PLACE.**

TIME: 4:07:47.

Pictured: Kostas Sarrigeorgidis.



OPEN DIVISION: 6TH PLACE.

TIME: 4:07:29.

**Pictured (L to R): Tom Adams,
Martin Donohoe, Krissy Adams,
Michael Paige, Dan Snyder, Tim Kusumi.**



360+ MIXED DIVISION: 1ST PLACE.

TIME: 5:18:06.

**Pictured (L to R): Carol & Jim Deming, John
& Bonnie Fritz, Jackie & Tom McCleary.**

LGSC YEAR-ROUND SWIM TEAM BEGINS 8/14

DEVELOPMENTAL TRACK

**Stroke School (4-7)
Mini (5-8)
Junior (9-12)
Senior (13+)**

COMPETITIVE TRACK

**Silver (6-8)
Gold (9-12)
Platinum (13+)**



PRACTICE TIMES MONDAY - FRIDAY

**Stroke School: 3:00pm - 4:15pm
Mini: 3:30pm - 4:15pm
Junior: 3:30pm - 4:30pm
Silver: 4:15pm - 5:30pm
Gold: 3:55pm - 5:30pm
Senior: 5:30pm - 6:45pm
Platinum: 5:00pm - 7:00pm**



Register for the appropriate group above based on age and ability. Silver, Gold, and Platinum registrants must have coaches approval. See dryland schedule and detailed group descriptions on website.

Price: \$135/month + \$100 team fee.

Register now on <https://www.gomotionapp.com/team/calgsc/page/year-round-swim-team>