

# SPLASH QUELLES

August 2010 Scott Valley Swimming & Tennis Club www.svstc.com

## General Managers Message

WELCOME BACK! It's so wonderful to see so many Scott Valley families back enjoying our new facilities. The comments have been very positive and appreciative. The staff and I are very happy to have you all back...we missed you! OMNI Structures and Management have our punch list and are working to complete the items on it. We anticipate this being complete within the next 30 days. Please continue to use the new Member Memo's located at the front desk to communicate with us any questions, thoughts or comments you may have about the club or call me directly. I read the memo's daily and promise a response if you indicate you would like one!

The Grand Opening was a spectacular event and I would like to send a heartfelt thanks to all the members who volunteered their time and efforts to make the event a success.

John and Vicki Kryzanowski

Lois Ashley

Carol Price

Mary Brock

Pat and A'laina Lyons

Denna Grady Berger

Carroll Covey

Garry and Nini Lion

Mike and Carol Miottel

Anne Connelly

Ruth Ann Cawley

Derrick Wong

A few reminders:

**Penelope's Café at Scott Valley Club** is open Monday-Thursday 11am-6pm and Saturday & Sunday 11am-7pm. Hours are posted on the café door and are subject to change if weather is poor and no one is at the club but it is their intention to be open these hours. Michael and staff are open to your suggestions and feedback and have already added many of the items you asked for onto the regular menu! Remember Michael is available for catering. You may contact him at [mwoodwardcatering@comcast.net](mailto:mwoodwardcatering@comcast.net) for more information or stop by the café.

**Scott Valley's new fitness center** is busy and the new equipment is receiving a lot of use! Azzaddine is available for training and you may contact him at [akachkach@yahoo.com](mailto:akachkach@yahoo.com) for more information.

**Continued on page 3.....**

## Welcome New Members:

- Jon & Lin Porter
- Kristen & Henry Morris
- Gisella & Andrew Mackay
- Kristen & Robert Evans
- Kathy & Don Reed
- Stephen Daane & Sheryl Garrett
- Amy & Andy Arenberg
- Adam & Anne Slowik
- Paul Polakis & Lisa Delaplane

## Board Presidents Message

Thank you to all the members who came out for the opening celebration. With sunny weather it was a great way to officially celebrate the reopening of the pool, the enlarged hot tub and exercise facilities and the new café. Kudos to Vicki Kryzanowski and her team and the club's staff for putting together such a fun event. Please remember that the front desk has "Member Memo" cards for you to put down things that you want improved and things that are working well and you want to make sure that they stay that way. We continue to work with the contractor to clear items from the punch list.

Continuing efforts to improve all aspects of the club, the board has chartered a complete review of our tennis program. This seven person committee will be headed by Bob Keyes. In putting together the committee the board attempted to get wide representation while keeping it small enough to complete the review and make recommendations to the board in October. No limits were placed on the scope of the review. The feeling of the board is that while tennis play has increased at the club over the past couple of years, there is more that can be done. As the review proceeds we will keep you updated.

If fellow members mention that they don't know what's going on-suggest that they check with Vanessa Grose ([Vanessa@svstc.com](mailto:Vanessa@svstc.com)) to make sure their addresses are on the list. We found that some members unsubscribed from our mailing list and now feel uninformed. We only use the list for providing information on upcoming events. Also visit our website ([svstc.com](http://svstc.com)) for the latest information. Starting shortly, we will call members to verify that we have a correct and complete listing for all members.

**Continued on page 5.....**

# Aquatics Directors Message

## Staff List

### General Manager

Patsy Love

Patsy@svstc.com

### Assistant General Manager

Vanessa Grose'

Vanessa@svstc.com

### Aquatics Director

Paul Stasiowski

Paulsvstc@comcast.net

### Tennis Director

Helle Sparre

hellecool@comcast.net

### Accounting Manager

Jimmie Harvey

Jimmie@svstc.com

### Maintenance Director

Francisco Rodriguez

### Tennis Pros

Jenno Morson

### Aquatics Staff

Tom Sweeny

### Board of Directors

Tom Ashley

Jim Harvey

Ansel Hall

Burton Miller

A'laina Lyons

Mary Brock

Dr. Steven Mansfield

Ruth Ann Cawley

### Hours of Operation

Monday-Sunday

7:00am-8:00pm

### Tennis Courts

7:00am-10:00am

### Website

www.svstc.com

### Fall/Winter Swim Programs:

My first duty as Aquatics Director of Scott Valley 10 years ago was to run a winter swim clinic for our Club members back in 2001. In the last few years our winter clinics have grown in popularity so much so that swimmers from the surrounding teams were coming to our Club to be coached. Many of these families have since joined our team and the Club.

Once again Scott Valley will be running a swim program for swimmers of all ages and abilities. This year we have restructured our winter swim clinics. I am proud to announce Sequoia Aquatics of Marin at Scott Valley. Sequoia Aquatics is a USA swim program that is a partnership with other Clubs in Marin. Registered athletes will be able to compete in swim meets throughout the Bay Area and participate in off-site practices with other swimmers and coaches around Marin.

### Practice Schedule:

#### September 7-October 1

#### 3:30-4:00 Swim School Mon-Thurs

Beginning 8-Unders looking for basic stroke instruction. No swim team experience in necessary for this group. Swimmers must be able to swim across the pool.

\$110 members/ \$140 non-members

#### 5:00-6:00 Group 1 (7 - 9 year olds) M-Fri

Must be able to swim 2 laps continuous with side breathing + 25 of backstroke.

\$140 members/\$180 non-members

#### 5:45-6:45 Group 2 (8 - 11 year olds) M-Fri

Must be able to swim 4 laps continuous with side breathing and flip turns + 50 backstroke with flip turn. \*Swimmers must have fins and a FINIS center mount snorkel and a swim equipment training bag.

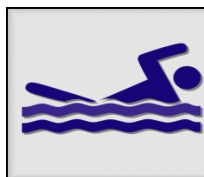
\$140 members/ \$180 non-member

#### 6:30-8:00 Group 3 (11 + ups) Advance

group. Must know all strokes and turns. \*Swimmers must have fins and a FINIS center mount snorkel and a swim equipment training bag.

\$160 member

\$195 non-member



### Fall/ Winter Swimming Sequoia Aquatics of Marin

Our winter stroke clinic will have a new look this fall. Scott Valley's USA program Sequoia Aquatics of Marin is available to swimmers of all abilities 5-18 years of age from September 7-February 26. Sequoia Aquatics coaching staff is here to address stroke technique, endurance, race specific strategies and age-appropriate training. All athletes must be registered through USA Swimming. **Attention Club members: Lap lanes will be available during all programs!**

### Sequoia Aquatic Swim Meet Schedule:

September 25-26 @ Sebastopol Serpents

October 9-10 @ Marin Pirates (Novato)

November 6-7 @ Crow Canyon Sharks  
(Livermore)

December is TBA

## Adult Aquatics

### Water Aerobic

Monday, Wednesday,  
Friday

8:15-9:00am

Instructor: Nan Sciaroni

Members: \$65 per month

Non-Members: \$9 per  
class



### Adult Fitness Swim (Swim for Life)

Monday-Thursday

9:00-10:30am

\$120 per month for  
Club member

Non-Members: \$200  
per month

Drop in fees:

\$10 members

\$20 non-member



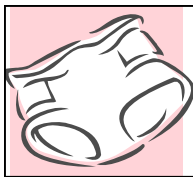
### Lost & Found

Don't forget to check  
the lost and found  
closet if you have left  
something at the pool!  
We clean it out every

**Managers Message continued.....**

**The diving board** is returning! We are waiting for a part which should be arriving the week of August 23rd and will be installed as soon as the part arrives.

**Swim Diapers** must be worn by children using the pool or wading pool. Diapers are available at the front desk. Children under the age of 4 years are **not** allowed in the spa at any time.



**The picnic area** is available for use. If you would like to schedule a pool party please contact Vanessa at Vanessa@svstc.com. Any member may use the barbeque located in the picnic area if the area is not reserved for a party.

**Club Hours**— Many of you have requested the club (pool and fitness center) open earlier than 7am and stay open later than 8pm. We will be discussing this topic at an upcoming board meeting and preparing a plan to go to the City of Mill Valley and review our current conditional use permit. For now though please do not come to the club before 7am and ask to swim—we will not be opening our doors before 7am and will close the lower clubhouse and pool at 8pm. Thanks and I will keep you updated on this situation.

**The Ball Machine is Free!** Effective September 1st we will no longer require you to pay for tokens. We will be keeping the court locked at all times and you will need to come to the front desk and leave a drivers license to check out the key. You will be limited to 2 tokens per visit and must bring the key back when you are done with the court. We are hoping by securing the court at all times we will have more control over how the court is used and who is using it. We will send out an email mid August with more details but for now use up your paid for tokens!



Recently Belvedere Tennis Club experienced the loss of a guest while he was participating in a tennis tournament at their club. The club staff administered emergency care which included the use of an AED (automated external defibrillators). BTC received praise and high marks for their handling of the situation and it reminded me of how important emergency training and AED's are. Scott Valley's staff is all trained in CPR and AED use and the club owns 2 AED's. One is located in the lower clubhouse lobby and one is located in the upper clubhouse.

Enjoy the remainder of the summer—take time to enjoy your club and contact us if we can do anything to make your stay more delightful.

Patsy Love  
383-3483

**New at  
Scott Valley**

**Personal Training with Azzaddine**

Why go anywhere else! Scott Valley's new fitness center will be twice the size and filled with brand new CYBEX equipment. Azzaddine, Master Senior Trainer will be available for personal training as soon as our new fitness center is open! Contact him directly at akachkach@yahoo.com or 415-310-7323 to schedule your appointment now!

**1-One hour session \$90.00**

**5-Session Package \$427.50 (5% discount)**

**10-Session Package \$810 (10% discount)**

**20-Session Package \$1530 (15% discount)**

**Semi-Private Training (2 members):**

**10 Sessions= \$1200 or \$600 per person**

**Small Group Training:**

**3 members 10 1 hour sessions \$1350 or \$450 per person**

**4 members 10 1 hour sessions \$1560 or \$390 per person**

**Kids Corner**

**Here are 20 words that relate to Summer Camp  
Can you find them all?**

M O R Y E S A N W X I N M O U Z R T W  
M M N G H A L F T S G N I M M I W S S  
A M O R C M P F C O N F I D E N C E I  
M E M O R I E S S W E E M R B N G R N  
O G N I X W S M P R E I K A L N N O G  
U I N R T F X S O R R E Q A E A W F I  
N N G A U D I N I N G H A L L T L W N  
T E N T G N N C C M O K L G N U N O G  
A M I S K O R O M F S A X Q U R W N H  
I B T S M E R U S A H W M R X E C V I  
N R A R T S A N D C R A F T S N B W P  
S R O M G E Q S C A E W O R P E I S C  
C A B I N W N E S M U G Q C I R I E S  
A N N O I W D L N P C X P R B E S S O  
M O R I K C N O B F V I L N O M N B V  
P M Z O I S T R M I B P O O R I C D U  
E U Y S H C O Z R R I E S R E F T S S  
R I O S I N D E P E N D E N C E E I S

**Arts and Crafts**  
Boating  
Cabin  
Camper  
Campfire  
Challenges  
Confidence

**Counselor**  
Dining Hall  
Forest  
Friends  
Independence  
Hiking  
Lake

**Memories**  
Mountains  
Nature  
Singing  
Swimming  
Tent

# Tennis Directors Message

The regular USTA season is officially over for Scott Valley after some hard fought and very close matches both in the playoffs for the women's 2.5 and 3.5 teams and the men's



3.5's regular season matches, where it came down to individual matches won and Scott Valley came in a little short.

We are definitely getting close to going the distance so NEXT YEAR let's not let it

slip away again. Thanks to all the captains for the great job you did: Derrick Wong (3.5) Ira Steinman (4.0) Ann Hall (4.0) Merilee Bordin (3.5) Barbara Sobel (3.0) and Tricia Satake (2.5).

We are gearing up for the USTA senior league and as always looking for players. If you would like to play on a SV USTA senior team this upcoming season and fit the mature age of 50 or above, you qualify for this doubles only league. We have teams at the 3.5 and 4.0 levels for both men and women. Let me know if you would like to play and I will get you in touch with the team captain.

The women's tennis leagues are starting in September and Scott Valley is registering teams at the A3, B1, and C1 levels for Marin Doubles League and A3 level for Marin Sonoma which has both singles and doubles. If you did not sign up for a team yet and would still like to play, please contact me a.s.a.p. and I will help you get on the appropriate team. This is for Women and play is during the weekday mornings only.

I am running the popular Dynamite Doubles clinics in August during the mornings again this year and have a few openings if you would like to join for a week or day. Email me now to find out the levels, dates and times.

Let me know if you would like to be on our junior email list for news regarding clinics, parties, and other special junior tennis events.



We are proud to share a picture with you of two of our future star tennis players at the club. Our youngest tournament player Luke Neal, age 7 (left) and Spencer Blau, age 9 (right) played several USTA junior tournaments this summer.

Here you see them with their winning trophies after a tournament in Lafayette. Give them a high five or congratulate them when you see them at the club next time. Or even better: ask them to hit some balls with you! This is what they need in order to get better.

Drill and Grill night for men (high 3.5's and 4.0's). On August 26th from 6-8:30pm we are running a tennis drill and grill night for the men players with our new caterer doing the grilling and Jenno himself doing the drilling. Sign up with Jenno now at [jennomorson@gmail.com](mailto:jennomorson@gmail.com). Must have 10 players to make it a go. Cost is \$25 per person.

I will be gone to Lair of the Bear from the last week of August until September 12th. Monday, September 13th is my first day back teaching the regular lesson schedule. Let me know if you want to reserve a spot for a weekly or bi-weekly lesson and also confirm with me when your first lesson starts if you already have a bi-weekly lesson.

## Tip of the Month:

Before serving, visualize where you are going to serve and then what you expect to receive back. It is rather predictable what you will get, so by paying attention to this, you will be able to set up plays and anticipate the responses and have the answers ready way before the ball comes back. What that happens you feel in control of the point from the very beginning. It will teach you to think ahead and it's much like flying ahead of the airplane.



## Junior Tennis

Due to the success of Quickstart at Scott Valley's Tennis Camps this summer, Jenno Morson will be offering an End of Summer Quickstart Tennis Camp. It was exciting to see all the kids rallying and playing games by the end of the week. For kids who were unable to attend previous sessions, here is a great opportunity to experience tennis on a games based format with lots of fun. Experienced Quickstart players will have the opportunity to improve and compete with everyone in the final day tournament. Come join the fun!

### Quickstart End of Summer Tennis Jamboree Camp August 16-19, Mon-Thurs

10am-11:30 7-9 yrs old \$100 Members \$30.00 Drop-In  
9am-10am 5-6 yrs old \$75 Members \$20.00 Drop-In

Register by email to:  
Jenno Morson  
[jennomorson@gmail.com](mailto:jennomorson@gmail.com)  
Or call 415-308-6488





# AUGUST 2010



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Pool Party 1-4pm	2 Tennis Committee 6pm Clubhouse	3	4	5	6	7
8	9	10	11	12	13 Pool Party 5-7	14
15 Pool Party 11-1pm	16	17	18	19	20	21
22 Pool Party 4-6pm	23	24 Board Meeting 6pm Clubhouse	25 School Starts 	26 Grill & Drill Night For men 6-8:30pm Crts. 1,2,4	27	28
29	30	31				

**Board President Message continued.....**

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Tom Ashley  
388-0109



**Grill & Drill Night**  
**Men's Tennis**  
**3.5 and 4.0's**  
**Aug. 26th 6-8:30pm**

Come join our tennis pro Jenno for some good food by our caterer and some fun tennis. Sure to be a good time!  
 \$25 per person  
 Sign up with Jenno at [jennomorson@gmail.com](mailto:jennomorson@gmail.com)