



Headwaters Racquet Club

tennis · squash · fitness

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August 2010



> Member of the Month:

Leslie Bates

Leslie is always smiling and cheerful when she enters the club. From participating in yoga, Pilates and using the cardio equipment in the gym, she certainly keeps on her parents on their toes doing all these classes!

> OUTDOOR COURTS ARE READY!!

Enjoy some fun in the sun! Come and hit the ball on our **NEW outdoor tennis courts** which are now officially open!!



Please stop by our front desk to reserve a court today!

> FALL PROGRAMMING!



Keep an eye out for our Fall Program Booklet. It will have all our squash, fitness, tennis and children's programs for the Fall and Winter sessions. Due out in mid August.



Kids camps!

> **OUR KIDS CAMPS** are full of **fun and games!** In July our campers played liked pro's and banged balls off the walls! Its not too late to join in on the fun in August, sign up now but hurry because space is limited!



> MEMBERS CORNER:

The Rotary Club in Alliston is hosting their Annual Potato Festival! Bands such as **Lone Star** and **Blue Rodeo** will playing the weekend of August 6th. Monies raised will provide for both community and world wide projects. For more information please visit their website at www.allistonconcerts.com.

Do you have any information you would like to share with your fellow members? Please contact Meghan at 519.942.2255 or by e-mail at meghan@headwatersracquetclub.com for a spot in the newsletter.

> GREYSTONES WEST



Greystones West will be closed on Saturdays and Sundays for the Month of August, however they will be available for private functions upon request.

Please call 519.941.9995 for reservations.

Fitness Corner



> FREE TRIAL BOOT CAMP

Saturday August 7th at 7:00am

Do you think you have what it takes? Get effective results while having fun. Participants will be put through a variety of heart racing workouts. Interval training, body weight circuits, and relays will have you in shape in no time! Sign up now at the front desk! Hurry spaces are limited!

* Weather Permitting.

> KENESIS CLASSES

are back!!

Come and take a class for **FREE** on **Tuesdays at 6:30pm.**

> TRIAL FITNESS MEMBERSHIP!

Tell your friends about HRC's

1 month Trial Fitness Membership

only **\$19.99!**

All fitness classes are included!

Tennis Corner



> Susan's Tip of The Month:

The Split Step:

The split step is a valuable technique that allows the player to re-balance his/her energy and motion while transitioning between shots. This re-balancing generates a level of control of motion that will effectively improve the next shot the player makes. The split step also provides a fraction of balanced time to assess the oncoming shot and move towards the correct spot to hit the ball.

If a player utilizes the split step it will definitely improve/raise the level of the player's game.

- Susan

> KIDS TENNIS LESSONS!

Have your kids taken tennis lessons over the years with the same old stale tips which produce the same old frustrating results?

The HRC [Progressive Tennis Program](#) uses what is referred to as the "Game-Based" approach to teaching kids to play tennis. Rather than focusing on the technique and hoping that kids will apply this when they play, the Game-Based approach is the complete opposite. Teaching kids how to play the game is a model that promotes better performance, a quicker learning curve and, most importantly for kids, a lot more fun! We've seen many players over the years who have beautiful strokes and impressive technique but are not skilled at moving properly and/or do not have enough of a competitive nature to win matches.

Our approach to kids tennis at HRC is simple: think **FUNCTION** rather than **FORM** and learn to play the game before focusing on technique.

Squash Corner



> Squash Tip of The Month:

Hello Squash-ers!

Here is the tip of the month: always be balanced when striking the ball!

Minor adjustments in your footwork before you hit the ball or as you move to the ball should help you accomplish this. Try getting better at the "shuffle movement" which is used by athletes in many different sports such as fencing and boxing, and of course squash! -Keep Squashing!

> 1/2 PRICE AUGUST!!

Members can take a one hour private squash lesson with James for only **\$20** plus tax.

Sign up today for your lesson in August!

