



# Headwaters Racquet Club

tennis · squash · fitness

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## > NEW FITNESS SCHEDULE!!

Our new summer fitness schedule will be effective July 2nd!



## > Member of the Month:

### Lynne Thomson

After watching her husband George's enthusiasm for the Club, Lynn decided to jump on board. Since joining, she has been an active participant of the Better Body Challenge, Fit 4 Life and now is a regular participant of Group Power and Group Ride. She always smiles on her way in and on her way out and never leaves her smoothie behind! Keep up the great work Lynne!

## > HRC's FIRST ANNIVERSARY!



### Our First Anniversary picture of cutting the cake!



Photo by Tammy Schneider from SNAP Dufferin

On June 4th, HRC celebrated its 1st anniversary with staff providing fun activities to help celebrate this special occasion! A big **Thank You** to all our members!!

## > ATTENTION ALL RIDERS!

New Group Ride

Class Time:

**Thursdays @ 6:30pm!**



Its not too late to sign up for our awesome **summer camps!**

### > **KINDER CAMP:**

July 5-9, July 19-23, Aug 9-13 and Aug 23-27

### **ROCKIN' RACQUETS CAMP:**

July 19-23 and Aug 23-27

### **VELOCITY SPORTS CAMP:**

July 5-9 and Aug 9-13

## > HAVE FUN IN THE SUN!



Our **outdoor tennis courts** are one step away from being ready! We are looking forward to having court-side barbecue's in the summer.



## > TENNIS SOCIAL ROUND ROBIN AND SIZZLING STEAK DINNER

Join us on the tennis courts on Thursday July 8th from 6:30-8:00pm for a Social Round Robin followed by a steak dinner at Greystones West, all for only \$39.99 per person!!

Please call the Front Desk to reserve a spot.

## > MEMBERS CORNER:

Do you have anything you would like to announce to all your fellow members?

We now have a **spot** that you can **advertise events.**

Please contact Meghan at the club 519.942.2255 or by e-mail at [meghan@headwatersracquetclub.com](mailto:meghan@headwatersracquetclub.com)

## > GREYSTONES WEST



**Greystones West** is hosting some great events in July, come by and check them out!

**JAM NIGHT:** Saturday July 3rd from 8pm-Close

**LADIES NIGHT:** Tuesday and Wednesday evenings. \$3 cocktails, \$4 Wine, \$5 Martini

## Fitness Corner

### > WATER, WATER, WATER....

How much water is enough when training? It has been shown that dehydration can decrease athletic performance by 33%. Being well hydrated is critical for good blood volume, cardiac output and delivery of oxygen to the working muscles. It also reduces the risk of muscle cramping, regulates body core temperature and gets rid of cell waste.

General guidelines for fluid intake : (keep in mind that everyone's body retains water and sweats at a different rate)

1. Drink 2-3 cups of water 2-3 hours prior to working out.
2. Drink 1/2 cup of water every 15-20 minutes during exercise. In warm weather increase this rate.
3. Drink 2-3 cups of water or more during post workout recovery.

Remember, as the weather gets hotter during the summer we need to drink more water day to day even when we are not physically active. Enjoy the warm weather!! - Kourtney Livingston

### > NEW FUNCTIONAL FITNESS ROOM!

Check out our newest addition - the Functional Fitness Training Room! From swinging sand bags and flipping tires to conquering the Prowler, we at HRC have stepped up our game in order to help you achieve your highest potential with a fresh approach to fitness.



## Tennis Corner



### > Susan's Tip for Juniors:

Just as with many other sports, movement during the game is very important. You can reinforce your movement skills whenever you are on the court by always recovering back to your "home-base" after each shot. "Home-base" is usually around the centre of the baseline if you are playing singles. After you hit the ball towards your opponent, do not stand and watch to see if they are going to hit it back. You need to quickly return to "home-base" and then you are in a better position to attack your opponent's ball when it comes back to you. If you try to practice this whenever you are playing tennis with a friend it will improve your game quickly.  
- Susan

### > TRI-RACQUET TOURNAMENT:

We are hosting our first annual Tri-Racquet Tournament early this fall. Keep your eye out for more information!!

### > RACQUET SHOPPING:

If you're in the market for a new tennis racquet, here's a few tips to help you make the right choice:

A frame that is heavier, stiffer, larger, or longer will provide more power. A larger frame also offers a bigger sweetspot. If you are looking for more control in your game or need comfort due to injury or prevention, look for a flexible racquet which will provide control as well as absorb the vibration/shock to the arm. Most importantly - speak to a pro for advice and try one of our demos in the pro shop prior to purchase.

Happy Shopping!

## Squash Corner



### > James' Tip of The Month:

Last month we talked about patterns of play, this month lets establish a simple game plan!

Control the "T" area by keeping the ball away from the centre of the court. Sounds simple eh! For those having difficulty with that, there are targets you should know about that can help you do this.

Book a lesson and get control of your game!

Keep Squashing! - James

### > NEW SUMMER SQUASH PROGRAMS

#### Monday Nights House League:

Mondays starting July 5th from 6-8pm.

#### Power Up Squash!:

Tuesdays starting July 6th from 5-6:30pm. All levels welcome.

#### Women's Beginner Squash:

Wednesdays starting July 7th from 9:30-10:30am.

#### Kids Beginner Squash:

Wednesdays starting July 7th from 5-6pm.

#### Get Started Squash:

Wednesday starting July 7th 6-7pm.

#### Silver Junior Squash Lessons (Intermediate):

Thursdays starting July 8th 5-6pm.