



# Headwaters Racquet Club

tennis · squash · fitness

Volume 1. Issue 3.

May 2010

## > NEW KIDS CLUB HOURS!!

You asked and we listened...  
Now open Saturdays from 9-noon!



## > Member of the Month:

### Alex Cormier

We are always happy to see Alex come into the club. He is a very active member and always participating in squash programs and tournaments. Alex can often be seen playing his father. Don't worry Alex.. One day you'll beat your dad.

## BIRTHDAY PARTIES



### > HRC BIRTHDAY PARTIES!

Let HRC do the Planning while you sit back, relax and enjoy your child's birthday party. We have a variety of birthday party options and all of our programs are supervised group activities for all ages!

Activities to choose from:

- Tennis
- Squash
- Fitness
- C.A.T.C.H.



For more information please contact Jessica Marchildon at [jessica@headwatersracquetclub.com](mailto:jessica@headwatersracquetclub.com)

### > CLUB HOURS:

Mon-Thurs: 6am-10pm  
Saturday: 8am-6pm

Friday: 6am-9pm  
Sunday: 8am-4pm

## Fitness Corner

### > TALLON'S BULGARIAN LUNGE

This exercise is great for those who are really looking to push their workout over the edge!

This lunge teaches the muscles in your leg to be more efficient by themselves. This is extremely important for athletes, due to the fact that they are rarely on both legs during their game. Take a hockey player for example, each stride they take is off of one foot, making that leg be the sole provider of the power and speed that is created to skate down the ice.

By stressing the leg muscles separately, you are able to have it produce more power and speed to create a stronger stride. This allows the player to go that little bit faster and have that slight edge and power over their opposition. This is a great exercise to sub into your routine and push you further and create the results you want.

### > BEGINNER (General)

**Step 1:** Place one leg on top of a plyo box. The higher the box, the harder it becomes. With your other foot, step approximately 3 feet in front of you.

**Step 2:** Sink down to bring your front leg to a 90 degree angle. Remember to keep your core engaged to help with stability.

**Step 3:** Rise up and repeat.



### > GROUP RIDE CLASSES

Start May 3rd!!

Check out our new fitness schedule for times!!



### > NOW AVAILABLE!!

**10 pack Personal Training Sessions!**

\$425.00 For members

\$525.00 For non-members

### > GET FIT 4 LIFE!

This program is designed for people over the age of 50 who are interested in getting fit and staying strong while working with people who have common goals!

This is an 8 week program with the option of training once or twice per week.

Training days: Tuesdays 5:30-6:30pm and/or  
Fridays 9:00-10:00am

\$150 + GST for once a week

\$250 + GST Twice a week

### > ADVANCED (Athletes)

**Step 1:** Place one leg on a stability ball. With your other foot, step approximately 3 feet in front of you. The stability ball adds the extra challenge!

**Step 2:** Sink down to bring your front leg to a 90 degree angle.

**Step 3:** Rise up and Repeat.



# Tennis Corner



## > Brian's Tip of The Month:

When you are rallying from the baseline during a singles match, try to recover back towards the middle of the baseline between shots. This tends to shorten the distance you have to run to get to your opponents next shot.

The tendency is to hit your shot, stand and watch the ball travel, and then make a mad dash for the next shot way on the other side of the court. By moving back to the middle of the baseline, you make the distance to the next shot closer and less stressful. - Brian Millar

## > TENNIS CLUB CHAMPIONSHIPS

Mixed Doubles: [April 15 - May 1st](#)  
Singles & Doubles: [May 1st - 15](#)  
Finals & Social: [May 15 In Greystones Lounge](#)

## > NEW TENNIS PROGRAMS

**Beginner Adult Group Lessons** \$99

Tuesdays: 2:30-3:30pm

### Singles League

Mondays: 8:30-9:30pm

**Mixed Drop-in Round Robin** \$12

Mens: Mondays: 1:30-3:30pm

Thursdays: 6:30-8:30pm

Ladies: Thursdays: 10:30-12:30pm

Tuesdays: 1:30-3:30pm

# Squash Corner



## > James' Tip of The Month:

This Last month we discussed the importance of a good serve. This month lets look at the return of the serve. First question: Are you on the offense or the defense? Right, defense!

Now you must choose a shot that allows you time to get back in control of the "T". In fact, every time you hit the ball you should choose a shot that will allow you enough time to get back into position!

There are exceptions. For example, those of you who can shave the hair off a man's face with your racquet skills may decide to go for a winner! Not a bad choice if you get it- Gord, among others!

However, most of us should focus our service return on the lower risk shots that allow for recovery time, i.e. back corners!

Keep Squashing! - James Hayes

## > WOMEN'S TORONTO & DISTRICT LEAGUE PLAY AT HRC!

[Come out and watch some top women play squash and join us at the pub afterwards!](#)  
May 19th @ 7:00pm

## > CONGRATULATIONS TO OUR SQUASH CLUB CHAMPIONSHIP WINNERS!

### Mens Champion:

A: Denis Beentjes

B: Paul Currie

C: Chris Pero

### Women champion:

A: Katherine Blackwell

B: Deb Schaner

### Junior Champion:

1st: Lucas Powell

2nd: Cameron Wood

## > YOUTH PROGRAMS

### TENNIS

**Tiny Tennis:** Sessions begin June 3rd, July 8th & Aug 5th  
Thursdays 4:30-5:20pm

**Skills and Drills:** Sessions begin June 9th, July 7th & Aug 4th  
Wednesdays 7-9 years 4:30-5:30pm

10-12 years 5:30-6:30pm

13+ 6:30-7:30pm

### SQUASH

**HRC Bronze League:** (Ages 7-14) July 7 - Aug 25  
Wednesdays 5:00-6:00pm

**Junior Silver:** (Ages 7-14) July 8 - Aug 19  
Thursdays 5:00-6:00pm

**Junior Round Robin:** Free for Members!!  
Mondays 5:00-6:00pm

[More Youth Programs are available, see front desk for details!](#)

## > SUMMER CAMPS!

### Check out our NEW Summer Day Camps

Each week of camp is filled with games, sports, instruction from our Pro's, snacks, lunch and much more!!

**VELOCITY SPORTS CAMP** (Ages 7-9, 10-12)

**ROCHIN' RACQUETS CAMP** (Ages 7-9, 10-12)

**KINDER CAMP** (Ages 5-7)

[Stop at the Front Desk for more details!](#)