



Headwaters Racquet Club

tennis · squash · fitness

Volume 2, Issue 11.

November 2011



> CONGRATULATIONS!

Congratulations to Terry Pritchard who won the **Copa Cabana** tournament in Niagara on the weekend. Well done to **Mike English** who placed 3rd and **Chris Pero** who came 5th. **Great work guys!**

> INTERESTED IN PLAYING FOR

HRC's Women's hockey team?

Upcoming tournaments:

Peterborough (December 2-4)
Huntsville (January 13-15)
Orangeville (January 27-29)

Contact JoAnn or Sam for more information:
joann@headwatersracquetclub.com
sampilkey@gmail.com

> BDO HRC SEASON OPENER



All spots were filled and many active and exciting matches were played by those who entered. There was even an exhibition match between **Johnny Wilson** our Pro and **Scott Kemp-Gee** (finalist in the Canadian National over 40 championships). Many thanks to our Tournament sponsor, **Jim Blackwell** and **BDO**.

The results are:

A Division:

Phil Oude-Reimerick def. Nick Shinn (3-2)

B Division:

Caiden Fairbairn def. Mike English (3-1)

C Division:

Nathan Stirk def. Mike Craig (3-0)

D Division:

Patrick Minshall def. Austin Pay (3-0)

> Grab your families & your skates!

Please join us on **Friday November 25th** from 7:30pm – 8:30pm in the **green rink** at the **Alder Street Arena** for **HRC'S CHRISTMAS SKATING PARTY!**



all skaters under the age of 18 are required to wear a CSA approved hockey helmet!

> OPEN EARLIER ON SATURDAYS!

We are now open earlier on Saturdays! Jump start your weekend with a 7am workout in our gym!

> THE EDGE WINE BAR & GRILLE...

The Edge would like to help you

celebrate the holidays!

We have a great space which is perfect for your business or family holiday function. We are happy to offer private parties. Come up and see one of our friendly staff members to check date availability and menu options.

The Edge is happy to offer **Granville Island English Bay Pale Ale**, available on draught now. We are also excited to unveil our new, winter menu - coming this month!

Cheers HRC Members!

Look forward to seeing you at **THE EDGE!**

www.theedgewinebarandgrille.com



Fitness Corner

WHAM
B.A.M.

SUPER
B.A.M.

B.A.M.
VITALITY

B.A.M.
TENNIS

> **HEY PARENTS!** Looking for a workout but not sure what to do with the kids while you come to the club? Why not **bring them to a BAM class**? Every day from Monday to Thursday at 5pm we run a kids class simultaneous with an adult class. Now the whole family can get fit together!

> **SCHEDULED BOOTCAMP TIMES DON'T WORK FOR YOU?** That's okay, **gather a group** of a minimum of 4 and we will do a **private bootcamp** for you in the style you choose at a time that is more suitable.

Contact Kourtney for more bootcamp information, kourtney@headwatersracquetclub.com

> CALLING ALL CYCLISTS!

If you are looking for an **effective way to train during the off season** then our **new indoor bike class** is for you. This 90 minute session is suitable for hard core outdoor cyclists and fitness enthusiast alike. So **join Johnny Yeaman** on Thursdays at 6:00pm and **RIDE ON!**

> **BRAND NEW 6 WEEK BOOTCAMP sessions start again the week of November 7th.** Get ready for the holiday season by getting in shape now! **PLEASE SIGN UP EARLY!!**

> **DON'T MISS** our next **Line Dancing session** which begins on **November 2.** Beginners @ 6:45pm and Intermediate @ 7:45pm. The last session was full to capacity so please **register early** to avoid disappointment.

Tennis Corner



> JoAnn's Tip of The Month:

So many tennis players say to me: "Why can't I play in matches the way I play in practice?? I always tense up under pressure and feel like a different player when I compete.". As competitive players, we often try to capture our practice mentality in our matches. I tell players to do the opposite: Try to capture your **MATCH** mentality in **PRACTICE**, since that is where you hit many more balls and train different scenarios. Next time you train, imagine that you are playing an important match. Then you will be practicing how to compete!! **Good luck!**

> THAI BREAK TENNIS SOCIAL:

Hold the Date: Friday evening December 9th **Tie-Break Doubles Round Robin**, followed by a Thai dinner at **The Edge**. Speak to JoAnn for more details.

> **LOOKING FOR SOME competitive tennis?** Tennis Access is running a **Mixed Doubles Tournament** (A & B levels) here at HRC on Sunday November 6th. Enter with or without a partner. Speak to JoAnn for details.

> **HAVE YOU EVER WANTED** to simply **"hit the ball" with a pro??** Why not **sign up** for our **Lesson Combo Package**. It's a **GREAT DEAL!!** Member Price is \$99. For this awesome price you get a one hour private lesson with our Head Pro Brian Millar and a one hour hit session with JoAnn Pilkey.

> **HRC IS HOSTING an OTA Senior's Singles Tournament** on December 16th, 17th and 18th. Speak to Brian for details.

Squash Corner



> Johnny's Tip of The Month:

As winter approaches negativity sometimes creeps into our mental game. Here are some things that will help. It is extremely important when playing squash that you move on from each shot, and play one point at a time. It can be helpful to have a positive mantra to repeat in your head. Some examples are: "Breath", "Relax", but keep

the pressure on, "Watch the ball". All of these will keep you in a positive frame of mind, while keeping your mind on the game! Remember to have FUN. If you are having fun you will play better!

> **GET READY FOR OUR next tournament!!** There are a few spaces available in our session #2 **Adult Squash Clinic** on Tuesdays.

> **HOLD THE DATE:** for the **HRC CHRISTMAS CLASSIC SQUASH TOURNAMENT** sponsored by Colony Ford Lincoln from December 14-18th!

> **JUNIORS, we haven't forgotten you!** HRC is hosting a junior tournament on **Saturday November 26th**. Speak to Johnny for more details.