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# The Paseo Club

Valencia

**Newsletter**

Volume III No. 2

[www.thepaseoclub.com](http://www.thepaseoclub.com)

February 2005

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## Phase III Coming Soon!!!

The Paseo Club staff is constantly striving to improve your club and its amenities. With that said, we are pleased to announce the development of Phase III! The design and space planning process is underway and we are asking for your participation by filling out the simple questionnaire to give us your input on the improvements. The new building will be behind the pool area where the activity tent is now standing.



These are just some of the items we are looking at for the Phase III expansion. Obviously, not all of the possible suggestions will be included. However, we do want the members input and we suggest you fill out the questionnaire (available at the front desk) if you haven't already!

- |   |  |
|---|--|
| <input type="checkbox"/> An executive Locker Room       | <input type="checkbox"/> Sauna                 |
| <input type="checkbox"/> Jacuzzi                        | <input type="checkbox"/> Day Spa               |
| <input type="checkbox"/> Teen Center/Game Room          | <input type="checkbox"/> Full Service Bar      |
| <input type="checkbox"/> Full Service Restaurant        | <input type="checkbox"/> More Cardio Equipment |
| <input type="checkbox"/> Meeting Room                   | <input type="checkbox"/> Massage Area          |
| <input type="checkbox"/> More Weight Training Equipment | <input type="checkbox"/> Member Lounge         |
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## A Word from the General Manager

As we prepare for our 2<sup>nd</sup> Super Bowl Party, Parent Child Tennis Tournament, and Parent Child Dance, I am proud to see some wonderful traditions being created, but our goal for 2005 is to be more creative in our programming and with that in mind, we are planning some wonderful activities. If you have any ideas, no matter how crazy you think they might be, feel free to share them with me.



Desi McBride

I am very happy to see so many members using the fitness center and want to welcome some new faces to our fitness staff. They are, Shelley McKinney, our Head Fitness Trainer, who was the Fitness Director and General Manager at Women's Advantage. She is extremely knowledgeable and has been very involved in assisting our members to meet their specific fitness goals. Mo Massoud, who was in charge of the sports camp we held last summer has become a full time trainer and Leah DeBolt has also come aboard as a full time trainer. We are proud to have these highly skilled professionals and wonderful people on our staff. I encourage you to utilize them to help you assist you in reaching your goals in the most enjoyable way possible.

### Finally, here are some comments on facility updates:

- The tennis court surface issues will be completely repaired in the next 2 weeks, weather permitting, and we will implement a maintenance program to fight the effects of unusually hard water and underground water due to the recent rains.
- We will begin the process of refinishing all of our wood tables, chairs and lounges to restore them to their original beauty.

I look forward to seeing you all at the Super Bowl Party and other events we have planned in February.

See you soon!

Desi McBride, General Manager and Owner

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## Membership & Events

The membership program prize for the month of February is a fitness treadmill! Anyone that joins during the month will receive a ticket to the drawing in the beginning of March. If a member refers someone that tours, the member will receive a ticket and if they join, another ticket will be given to the member! So remember to tell your friends about The Paseo Club so you can win!



Steve McAvoy

The events that are coming up for February include the Super Bowl Party on February 6<sup>th</sup>, the member guest tennis social on February 11<sup>th</sup>, the 2<sup>nd</sup> Annual Valentines' Parent/Child Dinner Dance on February 12<sup>th</sup>, and on February 26<sup>th</sup>, the Fitness Expo. The fitness expo is FREE and is open to your neighbors and friends with no guest fee! Come out and participate in everything from outside spin to tennis drills and a fashion show! It should be a great event and fun for the entire family.

As you can see we have a busy month with some great events and socials. Look on our website for the entire calendar and any new programs or news about the club. Thanks for getting involved!

Sincerely,

Stephen McAvoy,  
Marketing Director and Owner



# The Paseo Club's Tennis Program

Dear Members,

I would first and foremost like to congratulate two U.S.T.A. teams from The Paseo Club who recently won Sectionals and are both heading to Nationals!!! This is a huge accomplishment and one that shouldn't be overlooked. The 5.5 Women's Doubles team consisted of the following players: Donna Cole, Maureen Beaman, Erica Corbin, Yun Byrd, Linda Sivertsen, Cindi Carter, Andrea Letamendi, Sharon Koppenhaver, Lisa Onuscheck, Julie White, Harriet Merjan, Christine Peever, Pam Presley, Rory Mang and Penny Kaska. The 9.5 Women's Doubles was made up of: Diane Sexton, Annie Kellogg, Patty LaBat, Jane Pascoe, Dina McBrida, Justine Green, Julia Feldman, Lisa Balmain, Leslie Right, Betsy Skidmore, Seleste Sakato, Linda Hoskins and Laura Rice. An honorable mention goes to The Paseo Club Men's 8.5 Team who were just a couple of points from heading to Nationals themselves. Well done guys, better luck next time!



Darren Miller

**February is another exciting month here on The Paseo Club courts. The following events are scheduled:**

- Saturday 5 – Parent/Child Tournament**
- Friday 11 – Member/Guest Social**
- Saturday 19<sup>th</sup> – Century Tournament**

Two tennis fitness conditioning classes have recently been added to the long list of programs offered by the tennis department. The classes are aimed at serious juniors wanting to take their game to the next level as well as beginner to intermediate adults looking to get in shape and stay injury free! Please contact me at [dmiller@thepaseoclub.com](mailto:dmiller@thepaseoclub.com) for more details.



**WORK HARD....PLAY SMART!** Darren Miller, Assistant General Manager/Director of Tennis

## Fitness Center

### Living Healthy At The Paseo Club

Hello everyone,

My name is Shelley McKinney I am the new Head Trainer here at The Paseo Club. I am very excited to be a part of this great team of fitness professionals. I have been in the fitness industry for more than 15 years here in the Santa Clarita Valley. I specialize in women's fitness and nutrition. I am looking forward to meeting and motivating all of you.



Shelley McKinney

We all know that resistance training, cardiovascular exercise and proper nutrition is "good for us." If we want to lose weight we have to hit the weight floor, eat bland boring food, and run our tail off on the treadmill...right? Wow! With a prescription like that why can't we seem to commit to our exercise programs?

What will motivate us to stay committed to our exercise and nutrition programs? The dictionary reads, "to motivate is to provide with an inner urge that prompts a person to action with a sense of purpose." How do we get that inner urge to act? We all want that "quick fix," that "extreme loss." The media and the "beautiful people" on the big screen lead us to believe that we all should look a certain way. We attempt to look that way and we fail because things aren't ex-

actly the way they seem. Our team of fitness professionals here at The Paseo Club can't compete with the amount of exposure from the media and the pressures they put on us. There is no "quick fix." What we can do is motivate you to enjoy exercise and healthy eating.

Our certified personal trainers work as a team to help you discover that inner urge. The team will help you reach your goals through proper nutrition, supplementation, and exercise. Our group fitness classes and spin classes bring families together. Our friendly environment keeps you coming. Let us help motivate you to a healthier, happier lifestyle.

Shelley McKinney

Head Trainer



# Calendar of Events

## February

- 5 Sheriff's Dept ID & Finger Printing Open House
- 5 Parent/Child Tennis Tourney
- 6 Super Bowl Spin
- 6 Super Bowl Party
- 11 Member/Guest Social
- 12 2nd Annual Valentine's Parent/Child Dinner Dance
- 12 Fitness Expo Open House
- 19 Super Instructor Saturday
- 19 Century Tournament
- 26 Snails pace race

TBA  
TBA  
9:00am  
2pm - 8pm  
7-10 p.m.  
6 - 8:30pm  
8am -1:30pm  
8:00am  
10-4 p.m.  
8am

## March

- 4 Member/Guest Social
- 12 2nd annual St. Paddy's Day Run
- 12 Luck of the Irish Open House
- 12 & 13 Adult Mixed Doubles Championships
- 15 Evening Running Club Starts
- 17 St. Patrick's Day Feast and Beer Tasting
- 19 Super Instructor Saturday
- 19 Top Seed Interclub Social
- 27 Easter Brunch and Easter Egg Hunt

7-10 p.m.  
8am  
TBA  
All Day  
5-6:30pm  
7-11 p.m.  
8:00am  
All Day  
10:30am -1:30pm

## Play hard, practice hard, but have fun!

G'day members. We are hoping for a better February in terms of the weather than we received in January. However, when it was too wet to get onto the courts, we were treated to some spectacular tennis down at the Australian Open. What a country! WOW!

The power game has taken over much of professional tennis in the past few years. We are now seeing some the men players serving up over 150 mph and on the ladies side they are getting over 120 mph on a regular basis. If the service return happens to make it back into the court, then we watch in amazement at big forehands and backhands being traded back and forth. Now at a club level we are not always able to hit that hard, or if we could, the control doesn't always appear to be there.



Brad Sceney

One of the shots that I have noticed a lot of professional players developing over recent years is the slice backhand. When the power game doesn't seem to be working that well, many professionals go to slowing down the pace by slicing the ball. The advantage to this is that it's a shot that players don't practice against very often, therefore being surprised by how low the ball can stay and how much it can skid through the court. Players playing against it seem to be thrown off their rhythm, and subsequently miss hit the ball back. The best way to perform this is from a continental grip. Start your racquet above the height of your contact point with your racquet strings open. As you play the shot, slide your racquet down under the ball and then finish with your racquet up around shoulder level with the racquet strings still open. It is not a shot to be hit hard, it is a control shot, but still be firm when sliding through your shot. Some of the players that have taken to it recently are Justine Henin, Andy Roddick and Roger Federer (who is capable of probably top-spinning and slicing the ball on the same shot).

Now when we see the greats of the game playing these shots, you have to understand that they have spent many hours on the practice court getting it right before they bring it out in matches. So when you hit the courts next time and want to take out the speed gun and see how fast your serve really is and how hard you can hit that forehand, remember there are also more delicate shots to be practiced, that can make you as equally effective, if not more effective!

**Play hard, practice hard, but have fun!**

Cheers, **Brad Sceney**, Head Teaching Professional

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## Junior Development

I am glad to see so many juniors out on the courts playing in the new year! After school tennis clinics are continuing to grow for juniors between the ages of 8 and 18 and morning tennis classes are available for kids between the ages of 3 and 5. Classes are offered Monday through Friday, so please sign your son or daughter up today at the front desk!



Katy Sceney

For all of our competitive junior players, February offers the Parent/Child tennis tournament on February 5th and the Saturday Junior Challenge on February 12th. For the Parent/Child tournament, teams can sign up for either a challenger, tournament training, or super excellence level. Flyers for the event will be available at the front desk and any questions can be answered by myself or Darren Miller, the Director of Tennis. The Saturday Junior Challenge on February 12th will be from 3:30-6:30 pm and includes three challenge matches between juniors on the tennis challenge ladder. Please sign up with Ellian by Friday February 11th. If any players from Tournament Training and Super Excellence play tournaments and high school tennis matches outside of The Paseo Club and want their match results posted in our monthly newsletters, please contact me with the information. The Paseo Club would love to recognize and support our junior players!

Keep up the hard work!

Katy Sceney,  
Director of Junior Development

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## Employee Spotlight

Brad Sceney is the employee spotlight of the month! Brad started with us at our Calabasas site and quickly moved up to being one of our best and brightest tennis instructors.

His playing background gives him insight on working with the top USTA adult, or top National junior player.



Brad played his college tennis at Pepperdine University where he had the most wins in the team history! Last year Brad moved up to Valencia making it his new home and married Katy Smith our Junior Development Director. They were married in September and visited Australia where Brad was born and most of his family still lives.

Congrats Brad for being the employee of the month and adding so much to our tennis program!

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## The Paseo Club Café

Dear Members,

February will be a busy and great month at the club. On Sunday February 6<sup>th</sup> come join us for the best Superbowl Party in town. I am making a great lunch for everyone complete with dips, wings, fried chicken, meatballs, sausages, and beer.



Alisa Powell

Then on February 12<sup>th</sup> grab your little ones and join us for the Valentines Parent Child Dance. I will be putting together a Valentine Menu sure to please the little ones and the grown ups.

Now is the time to start thinking out your spring and summer entertaining plans. Do you have a birthday, anniversary, wedding, or any other event planned for this summer? Then let the Paseo Club take care of everything. We can create an incredible affair or a backyard BBQ or anything in between, sure to satisfy and impress your family and friends. Any menu, any size, any budget, we can take care of you.

Happy Valentines Day,  
Alisa Powell  
Food and Beverage Manager

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## Member Spotlight

The Member Spotlight for the month of February is Frank Nadasdy. Frank is an avid and very strong tennis player. He is also the USTA Men's 4.0 Team Captain for The Paseo Club. He plays all the time and even runs a "drop in" men's league on Saturday and Sunday mornings. Frank recently won the coveted "Best Tennis Director" award at the Member Appreciation Celebration here at The Paseo Club.

Watch out Darren! Frank's wife Cindy is also learning how to play tennis and is taking some lessons and drill classes. Frank was one of the first members of the club and has been very active participating in tennis and club socials. Good luck this upcoming USTA league season and thanks to Frank for being such an involved and active member!



# The Paseo Club *"Bringing the Family Together"*

