

The Paseo Club

Valencia

Newsletter

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www.thepaseoclub.com

June 2004

Bringing The Family Together

Summer time at the Paseo Club means Barbeques by the pool, Luau party, Friday night "Dive In" movie nights, summer camp for the kids or just plain hanging around the club. The Paseo Club was built for families to come together and have a place to interact amongst each other in a relaxed, comfortable and safe environment.

The staff of the Paseo Club is constantly trying to "create memories" which is our mission. The

way we are trying to accomplish this is by being a great "Host"! A great host has many duties such as greeting you at the door, knowing your name, keeping the area clean and organized and making it a fun party so everyone leaves with a great feeling and wishing to come back soon.

We are constantly working on our mission and our hope is that you the member have great experiences while at the club!



A Word from the General Manager

Hi Everyone,

Summer is right around the corner and we are gearing up for our first summer with our clubhouse, pool and Café! Below are some of the things we are preparing for this summer:

Facility - Our trellises are almost completed. We will be adding misters and lights in the near future, but they are ready to use now! We are awaiting additional tables, pool lounges and chairs to accommodate more visitors to our pool. We are adding misters to the tree wells out on the Terrace by Stadium Court. Our Activity Center tent has been installed, and we are in the process of adding sprinklers along with a few additional needs and will have that open in the next month or so.

Café - We will have servers around the pool and terrace areas during busy times this summer. We will be firing up the barbeque on weekends from 11 until late afternoon. We will have a bar station which will serve low spirit drinks, such as Margaritas, Bloody Marys, etc., along with beer and wine.

Activities - We are gearing up for our first Summer Tennis and Sports Camp. We will be offering "Dive In Movies". We are coordinating with the Family Film Festival to show original family movies during the summer after dark. What a great way to enjoy the summer evenings. We had our first golf outing and are in the process of scheduling the next one for mid to late June at The TPC at Valencia.

Jodi Stokes, our Director of Fitness is hosting our **first annual Paseo Club Triathlon**, benefiting Carousel Ranch, a wonderful charity for children with special needs based in the Santa Clarita Valley. Jodi has also scheduled a couple of wonderful seminars. **Jason David Frank on Saturday, June 12 will come out and put on a show.** Jason, who stars on the popular children's show, **Power Rangers**, and who also just completed filming of the movie **The Fall Guy**, owns Rising Sun Karate Studio and will be performing along with some of the people from his studio.

Earlene Hayes is in the process of scheduling a number of wonderful private parties for our members. She is available to discuss the possibility of helping you plan a party here at The Paseo Club.

I look forward to seeing you all soon.

Desi McBride, General Manager and Owner



Desi McBride

Membership & Events

Spring is over and the summer is going to be HOT at the Paseo Club (and I don't mean the temperature)! We have so many events planned for you, I for one am very excited about the schedule. June 10th is our next Member Guest Social. These are designed for you to come out play some tennis and bring your guests free of charge for the evening. It begins at 7:00PM and runs until 9:30PM. Even if you don't play tennis you can come out and socialize with other members and their guests. Earlene brings out some great appetizers and as usual the food is great. The summer "Dive In" movie night begin schedule Friday Night, June 25th on the pool deck. Look for details.



Steve McAvoy

On the membership side we are at 780 memberships and as I mentioned in an effort to ensure that we are not over utilized during our first summer with the entire facility open, we will begin a process to "manage the growth" after we reach 850 memberships. Simply stated, a person may join The Paseo Club after 850, but they might not be able to use the club right away. We will continue to sell memberships but the new member will have to wait a month or so until we decide when and how many to take of the list. So I would recommend you speaking with your friends about membership before it fills up! The membership referral program for the month is \$50 plus two tickets to the Luau Party July 17th (a \$40 value) and is going to be the party of the summer!



Warm Regards,

Stephen McAvoy, Marketing Director and Owner

The Paseo Club's Tennis Program

I would like to take this opportunity to welcome Ellian Rohrbacher, our newest teaching pro here at the club. Ellian was born and raised in Tarzana, CA but spent the last couple years teaching in Portland, Oregon. Ellian played college tennis at Texas A&M-Corpus Christi while earning her B.A in Psychology! Please stop by and say hi to her the next time you are here at The Paseo Club.

In other news, Summer Leagues are in full swing and we recently concluded our first ever club Singles Championships. I have a feeling that this tournament will continue to grow and be one the whole club will talk about! Congratulations to the following winners who will start out as #1 on their respective ladders!!!

Women's 3.5 Division Ami Belcher

Women's 4.0 Division Dana Cuccia

Men's 3.5 Division Craig Beaman

Men's 4.0 Division Hal Rodman

Men's 4.5 Division Joe Lawandus

The month of June will feature a Member/Guest social on June 10th and a Calcutta Tournament on the 19th and 20th. A Golf & Tennis Tournament will round out the month on June 25th. Please make sure to sign up for these at the front desk or email me directly. Please make sure to check out the tennis section on the website's Member Section. The website will constantly be updated with scores, news, upcoming events, results, etc.

WORK HARD....PLAY SMART!

As always, please contact me with any suggestions. **Darren Miller**, Assistant General Manager/Director of Tennis



Darren Miller



Fitness Center

Hi Members, We have a very busy June in the Fitness Department this month:

- **June 12th at 11:30 am** Jason David Frank and Rising Sun Karate will be here for a Demo, location is by the stadium court.
- **June 19th at 8:00 am** Super Instructor Saturday with Beth Phillips (The sampler class)
- **June 20th at 9:00 am** Fathers Day Spin and Sports Trivia w/ Matt
- **June 21st at 7:00pm** Resistive Training Workshop w/ Mike Singer CPT



Jodi Stokes



Tami Hulcher giving a lecture in our Studio about children's nutrition. Over 25 people attended this free seminar sponsored by The Paseo Club Fitness Department

When time is at a premium, food choices are often the first casualties. We munch snacks on the fly or graze on processed convenience foods when we get home late, because cooking a real dinner seems daunting. Finding the time and energy to prepare healthy, balanced meals can be challenging for even the most experienced, resourceful cooks.



Trainer, Jason McClure along with club member, Susan Lobel

Please don't forget to donate for the Carousel Ranch – Boxes for donations located at the front and fitness desks.

Healthfully Yours,
Jodi Stokes, Fitness Director



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2004 Calendar of Events

June		
10th	Member/Guest Tennis Social	7pm - 10pm
19,20	Calcutta	All Day
20	Fathers Day Spin and Sports	9am
21	First day of Summer Resistive Training Workshop	7pm
25	Golf & Tennis Tournament	All Day
	Dive in Movie Night	7:30 - 10:30pm
July		
4	Independence Day Bootcamp Pool Class	8am
4	July 4th Bar B Que and Pool Party	12 - 7pm
9	Dive In Movie Night	7:30 - 10:30pm
9	Member/Guest Tennis Social	7-10 p.m.
10	Breakfast at Wimbledon Tennis Social	9-12 p.m.
16	Dive In Movie Night	7:30 - 10:30pm
17	Tour de France Spin Class	8:00am
17	Luau Tennis Social and Party	5-10 p.m.

Off Court Training Will Improve your Game

G'day members, hope all is well between the baselines. Recently, a few people have asked what other ways can I make myself a better tennis player. Well, along with spending time on the court, time spent off the court training can be just as beneficial. The question is though, what should you do when you are off the court.

One of the best ways to improve your footwork is to jump rope, every serious player, and some semi-serious players should carry a jump rope or have access to one. You can spend 5 minutes before, which would be a great warm-up or 5 minutes after playing jumping rope. It helps build more alert footwork which is imperative when you split step and look to take off for the ball. Many times you see players within a couple of feet of the ball, but they don't react to it because they were caught flat footed. Increasing your reaction speed gets you to more balls.

Tennis can be a quick sport, in terms of the points happening so fast and in short bursts. A little on court speed training is a great way to improve your speed but also your fitness for tennis. Doing court sprints where you run for about 10 seconds and then allow yourself a recovery time of about the same time is a great way to develop your tennis fitness. For example, run from doubles line to doubles line 10 times, that is 5 each way and then take your break. Do the same thing repeatedly for about 2-3 minutes.

The most common area of our bodies we use when hitting our strokes correctly is your abdominal area. We have full rotations on forehands, backhands, overheads and serves, possibly 80% of the game right there, where we rely on our abs. Spending possibly 5-10 minutes, a couple of times a week doing stomach strengthening exercises will strengthen the core of our bodies and also keep us in good shape.

For these activities you do not need a partner, just yourself, however if you have somebody that would like to do these with you, it will help you stay motivated to do it, and you can challenge and push each other at the same time. You will be surprised at how you will raise the level of your fitness, specifically to tennis and also raise the level of your game by being more physically alert on the court. One final thought: when doing running drills, run with a racquet in your hand, we don't try to run down a ball in play without it, so try to keep it as realistic to tennis as possible.

Good luck with this, to break serve, you have to break a sweat!

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



Brad Sceney

Junior Development

Hello Everyone! Summer is here and our first ever summer tennis camp is quickly filling up. Starting June 14, The Paseo Club will be having it's first ever tennis camp for kids of all ages and tennis abilities. The hours are from 10-3 and will include 2 hours of tennis in the morning, an hour and a half break for lunch and swimming and then back out onto the courts for another hour and a half of tennis. For the younger kids, the afternoon will be a fun time of arts and crafts. We encourage everyone who has not signed up to please reserve a spot today at the front desk!



Katy Smith

Our afterschool tennis program for our Grand Prix classes as well as Challenger, Tournament Training, and Super Excellence will be finishing up the week of June 7th. Our afterschool programs will start up again in the Fall where we hope to offer classes Monday through Thursday.

Many of our juniors are playing tournaments on the weekends and are competing well. If anyone would like to let me know of results from their tournaments, feel free to contact me and I will put them in next month's newsletter.



Keep up the hard work!

Katy Smith, Director of Junior Development

The Paseo Club Café

Dear members,

We have finally reached summer and The Paseo Café is ready to start up the Barbecue, Memorial weekend starting Saturday from 11 to 5pm. Menu will include off the grill chicken, hamburgers, hot dogs and brats with all the condiments to set them up the way you like it. We will also be setting up a margarita station which will sell blended margaritas for \$ 3.50 along with beer and wine so you will not need to stand in line at the café.

Another addition to our café, we now will be giving you a table number so that we can deliver your food to your location. Servers are also going to be available to take your orders, run drinks, and just make sure you are having a great time.

Please consider The Paseo Café for your birthday parties, business gatherings, weddings, or just a quiet dinner for two poolside for that special occasion. Come by and see me to discuss any size gathering and I will design a menu just for you, from the most casual to elegant. Now that our activity center is going up that will open up a lot of opportunity for bigger banquets and gatherings.

The Paseo Café staff and I are completely committed to serving you and making every occasion a special memory for years to come.

Thank you for your support,

Earlene Hayes

Food and Beverage Manager



Member Spotlight

Hal Rodman is our member spotlight of the month! Hal just recently won the 4.0 Men's singles Championship and has been working hard on his game both on the court and off in the fitness room. Hal's wife Jaclyn and their son Josh are also very active at the club. So next time you see Hal (he is the big lefty about 6' 6" tall!) give him a congratulations on a great tournament and member spotlight!



Employee Spotlight

Tiffany Gramham is our employee spotlight of the month! Tiffany is one of our sales executives and has been doing an outstanding job. She is originally from Minnesota and has experience with TPC at Saw Grass, Florida. Besides being a fantastic sales person she helps out at the front desk answering questions and adds a professionalism, class and grace to the staff. We are extremely lucky to have such a great person as Tiffany at The Paseo Club. Tiffany has a beautiful daughter named Alexa and her fiance Casey is the Director of Food and Beverage at the TPC club in Valencia.



The Paseo Club *"Bringing the Family Together"*

