

The Paseo Club

Valencia

Newsletter

Volume III No. 3

www.thepaseoclub.com

March 2005

2nd Annual Fitness and Tennis Expo!!!

The month of February was our Fitness Awareness month. We had a very active month in the fitness center with many members taking advantage of our terrific personal trainers! The classes in the studio were also very successful with members enjoying all of the terrific class instructors at The Paseo Club!

The month ended with our **Second Annual Fitness and Tennis Expo**. The Expo was a huge success this past month with members and their guests coming out for a day of tennis, a spin class on the pool deck, Kickboxing on Stadium Court and a fashion show around the pool.

Our **Director of Fitness, Jodi Stokes**, organized the day. Jodi and her staff did a wonderful job along with the tennis staff that ran drills on Stadium and courts number 1 and 2. Check out some of the pictures below! For those that could not make it this year look for the Third Annual Fitness and Tennis Expo next year!

The Paseo Club hosted Finger Print America on February 5th. Free child ID kits were handed out to each child that attended. Events included an appearance by David Chavez from the Santa Clarita Sheriff's Department and Fire Station 111 stopped by and let the kids tour their fire truck.



A Word from the General Manager

With all the rain we have had, maybe we should build an arc for the next phase of The Paseo Club. I hope you are all surviving this very wet Winter. The good news is that we are approaching Spring quickly and we have a variety of events for you to take advantage of.

Alisa, our Food and Beverage Director is about to unveil her new menu and has been hiring and training new staff in preparation for the Spring and Summer. I have tasted all of the new items and they are wonderful.

Jodi, our Fitness and Activities Director has started some wonderful youth programs.

We now have an after school enrichment program weekdays from 3:15 pm – 5:45 pm and transportation from some of the local schools. She also just had a very successful Parents Night Out evening in February. She is constantly adding to the list of activities for your child's enjoyment.

Here are a few facility updates:

- The pool heater is operational again and we are finalizing details to correct this problem permanently.
- Our tennis court contractor is ready to come out and repair the areas where our court surface has been damaged, but must wait until the ground can dry out.

Finally, we are always trying to ensure that we are providing you with the best possible service and programs. We need your help to let us know how we are doing. To that end, if you fill out our Club Survey, which can be found in the Fitness Center, the Loggia, the Café, in Kids Corner, and in the Activity Center, and place it in the box at the front desk, you will be given a free guest pass (1 pass per month). We hope you will take this opportunity to give us some honest feedback so that we can continue to make your visits here as enjoyable as possible

See you soon!

Desi McBride, General Manager and Owner



Desi McBride



Membership & Events

The **member referral program** last month was a huge success with many members encouraging their friends to take a tour and join the best tennis, health, swim and social club in the Santa Clarita Valley. We have different programs going on all the time.

For the month of January the winners of **large screen TV** were **Steve and Dina Briggs**. Last month winner of the **fitness treadmill** was **Lisa Fridman** -a new member! Congratulations on both for getting involved with our membership programs.

For the next two months we have a special weekend getaway for two at the world famous **Baccara Resort**. During the months of **March and April**, anyone who encourages a friend to take a tour will receive a ticket for a chance to win the trip! If they join the club you will receive another entry ticket for the **weekend trip of a lifetime!**

With spring coming we have many socials planned including a **St. Patrick's Day Social on Friday night, March 18th**. The event starts at **7:00PM** with either a **tennis drill** or a **spin class** set to music! We will also have **bouncer** for the kids and a kid's court for the young tennis players. The food will be prepared by our new chef **Alisa Powell** and will be the traditional **Irish food** with her very own special flare. The cost of the night is \$20 for adults, \$10 for 6 to 18 year olds, and \$5 for children under five years old. This social is typical for The Paseo Club. Good value with plenty of fun for the whole family!

Also planned on **March 27th** is the **Second Annual Easter Brunch** including an Easter Egg Hunt and a special guest appearance from the **Easter Bunny!** Look for details at the front desk! Sign up early to ensure a space for these and other socials coming up in the next few months.

Sincerely,

Stephen McAvoy, Marketing Director and Owner



Steve McAvoy



The Paseo Club's Tennis Program

Dear Members,

Firstly, I would like to introduce our new Tennis Professional who joined the staff recently. His name is **Parsa Samii** and he is a great addition to the staff. Parsa grew up playing tennis in New York at the prestigious Port Washington Tennis Academy. He then played college tennis at UMASS and graduated with a degree in Sports Management. He was team captain and ended his college career having one of the best winning percentages in school history. Parsa went on to play for 3 years on the professional tour, training with some of the best coaches in the world, and achieving a world ranking in both singles and doubles!!! Please introduce yourself to him next time you are around the club...he is very eager to meet everyone.



Darren Miller

Secondly, we have great month of March for you guys including the following events:

- **Star Ball Member/Guest Social – March 4**
- **Adult Club Mixed Doubles Championships – March 12 & 13 *****
- **St. Pat's Day (in honor of one of our pros Pat Barrows) – March 17**

*** #1 of the four Master's Cup events

Lastly, it is never too soon to start planning for **Summer Camp**. The Paseo Club and the tennis department want to build on the incredible success of tennis camp last year. Details pertaining to the camp will be out shortly so please keep your eyes open for announcements posted around the club. Don't let your kid and their friends miss out on this fun and exciting program.



WORK HARD....PLAY SMART!

Darren Miller, Assistant General Manager/Director of Tennis

Fitness Center

Hi Fitness Fans,

We noticed a couple of you have already dropped off of those New Years Resolutions. So, get back into the gym, because before you know it bathing suit weather will be here.



Jodi Stokes

March Madness in the Fitness Center

- *It's your Lucky Month*

- 2nd Annual St. Paddy's Day Run on the 12th. Sign up at the Fitness Desk.
- Express Workout w/ Shelley - M & F 12:15 (Kids Corner is open for this class)
- Happy Hour Training w/ Mo
- Fitness 101 w/ Mo - M & W 11:00
- Crunch n' Lunch resumes w/ Mike
- Boot Camp for Adults begins March 9th. Sign up at Fitness Desk
- Running class starts. Check fitness schedule

Youth Programs

- After School Enrichment - Picking up Youths from James Foster, Helmers, Northpark and Bridgeport 3:15- 5:45 Call Today. Cheerleading, Sports, Tennis, Gymnastics, Hip/Hop & Tutoring
- Parents Night out - March 11th. Sign up at Front Desk
- Boot Camp Jr begins March 9th. Sign up at Fitness Desk

Did you know simply breathing can help you manage your weight and decrease mindless eating? It's true. Inhaling can do wonders for your waistline. Focused breathing is an integral part of "mindfulness", an ancient technique of meditation. Studies show that when people are mindful, they are more in control of their mind and body and better able to cope with life stresses including the urge to overeat. So breathe and enjoy. More on this article in the Fitness Center.

Be Healthy, **Jodi Stokes**, Fitness Director



Jodi has an article in *Muscle and Fitness Hers*, March issue, pick it up today.

Calendar of Events

March

4 Member/Guest Social	7-10 p.m.
12 2nd annual St. Paddy's Day Run	8am
12 Luck of the Irish Open House	TBA
12 & 13 Adult Mixed Doubles Championships	All Day
15 Evening Running Club Starts	5-6:30pm
18 St. Patrick's Day Feast and Beer Tasting	7-11 p.m.
19 Super Instructor Saturday	8:00am
19 Top Seed Interclub Social	All Day
27 Easter Brunch and Easter Egg Hunt	10:30am -1:30pm

April

1 Member/Guest Social	7-10 p.m.
3 Santa Clarita Valley Neighbor Block Party Open House	TBA
4 NCAA Championship Basketball Game Party	5:00pm
10 Pro/Am Tennis Tournament	All Day
12 Twelve weeks to triathlon training	TBA
22 Evening Swimming Club Starts	TBA
16 Super Instructor Saturday	8:00am
20 Golf Club Meets at TPC	1pm
22 Ojai Tennis Tournament Road Trip	All Day
23 & 24 Club Adult Singles Championships	All Day

Plan The Point, Avoid Playing Pointless

G'day members, hope all is well! This month I would like to talk about the value of planning a point. Whether you are playing singles or doubles, knowing how to plan a point can make the difference between winning and losing. Allen Fox whose credentials include being a Sports Psychologist, American Davis Cup player and Head Coach at Pepperdine University for 17 years, wrote a book titled, "If I'm the better player, why can't I win". This proves so true unfortunately to many of us.



Brad Sceney

The most common methods we refer to for improvement are work on your ground strokes, volleys, serves, possibly returns, overheads, work on consistency, or work on power. While they are great ideas and they all need constant work, we need the ability to be able to use them. I have seen so many players look fantastic hitting a ball but don't know the first thing about playing a point. I have seen 3.5 players look better than 4.5 players yet they wouldn't come close to beating them. Reason why, the 4.5 player has a better knowledge of point construction. While there are many ways I will give you a few:

WHEN SERVING- Plan where you are going to serve. By this I mean either out wide, into the body or down the "T". Have confidence in your serve and anticipate what type of return you will get. Have your next shot in mind before the serve. If you serve and volley, plan where you will play your volley before you serve. If you serve and stay back, plan that you are going to play a forehand off your next shot and where you will play it to.

WHEN RETURNING- Against a strong serve just try to get the ball back, get into the point. Quite often against powerful servers they are giving you their best shot with the serve. If you can return that they are then forced to use their B rated shots to beat you. Against a weak server or second serve, plan to attack from the return, play back your strong shot (possibly a forehand), come into the net off the return, but plan this before the serve.

Of course you need the flexibility to adapt if the circumstances change. You may play against a strong returner who makes you wait until you get the upper hand in the rally. You can still plan out your point, but be flexible. If you are unable to carry out your plan more often than not, change your plan. Remember what you have been doing in prior points. Maybe save one play for bigger points. If you have served to a players backhand the last 6 times, go to their forehand on a key point. They won't expect it. If you stay back on your serves generally, serve and volley on a key point. The element of surprise is quite often enough to get a careless error from opponents. But remember, it's all part of your master plan. Figuring out ways to play can make the difference between 2 players that have the same ability with their strokes. The better player you want to become, the more point construction will play a part. So get out there and play some practice matches, not just to work on your strokes, but to work on point planning.

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

Junior Development

Congratulations to the winners of the Parent/Child Tennis Tournament held February 5th at The Paseo Club! Nick and Dave Amico won the Super Excellence division, Tommy and Dave LaBat won the Tournament Training division, and Britlin and Fiona Abbott won in the Challenger division. Thanks to all the participants who made the tournament a success. It was an incredible sight to see!



Katy Sceney

For the month of March until the end of April, all players who attend our after school tennis clinics will receive a "Bring a Friend Free" day pass. This pass encourages our junior players to invite a friend to attend an after school clinic in hopes of them continuing in our program on a regular basis. Please contact Darren Miller with any questions you might have. The Saturday Junior Challenge will be held on March 5th where juniors can gain match playing experience between the hours of 3:30 and 6:30 pm. We encourage players who sign up for this challenge to invite a friend who plays tennis to experience this fun. If you are interested in signing up or if you have any questions, please contact Ellian. March 17th is St. Patrick's Day, so any junior wearing green to clinic earns extra tickets for the day! Thanks for making February a great month and I look forward to seeing everyone out on the courts!



Keep up the hard work!

Katy Sceney, Director of Junior Development

Employee Spotlight



Kirsten Trimble is our employee spotlight of the month! She is a Junior at **Valencia High School** and is incredible when it comes to taking care of children while making it fun at the same time. **Kirsten** works in the Kid's Corner, at the **Enrichment Program**, and also has been helping out with our membership efforts! She is a terrific employee and we are really happy she works for us at The Paseo Club!

The Paseo Club Café

Dear Members,

I am proud to announce that we have a new Spring Menu! We will still have some of your favorites but have also added lots of new yummy items for you to try. All of our salad dressings are now preservative free. Our bread is also preservative free and is delivered by La Brea Bakery.



Alisa Powell

I have made every effort to provide good, healthy, tasty, and innovative food for all of the members and employees. As always, if it is not on the menu but we have the ingredients, we can make it for you!

We have two great events planned this month for everyone. The first one will be on Friday the 18th for Saint Patrick's Day! Beer tasting and Corned Beef and Cabbage for all! The second one will be on the 27th, Easter Sunday. Join us around the pool for a lovely brunch. Look for details and sign up early at the front desk.

Please come by the Café and say hello to our newest café team member, Travis Phillips. Travis comes to us from The Valencia Country Club and is so excited to be a part of this wonderful club.



Alisa Powell

Food and Beverage Manager

Member Spotlight

Our member spotlight for March is Lisa Balmain. Lisa and her husband, Mark and their two children Remy and Evan are some of our earliest members. In fact, Lisa is member number 11!! Lisa is a USTA 4.5 level player and also plays on the Metro League team. Lisa and Mark can be found in the gym regularly working out with their trainer, Mo.



Remy and Evan are both up and coming tennis players and participate in our Jr. Academy and Sports Camps. The Balmain family frequently attends our Club socials and are great supporters of the Club. We are thrilled to have them as members!

The Paseo Club *"Bringing the Family Together"*

