

First Annual Tennis & Sports Camp

The heat is here and the days are getting longer – here comes summer! With summer comes our **Top Seed Summer Camp**. Top Seed has been running camps for over **12 years** and has some of the best tennis professionals and athletic trainers in the country! We have designed the camp in two basic schedules. One is the standard **Tennis Camp** that runs from **10:00 am – 3:00 pm**. This camp offers tennis drill, games, technique, matches, swimming and playtime. For the younger kids we also offer arts and

crafts that are both fun and instructional. Also we are offering a **Sports Camp** that begins at **8:00 am and ends at 5:00 pm**. Besides the tennis and swimming it also offers basketball, volleyball, indoor games such as ping pong and air hockey. The camper will have a full day of activities, meet new friends and be in a safe yet fun environment. For an application go on line to www.thepaseoclub.com/summercamp or go to the front desk.



A Word from the General Manager

As I wrote this article, my wife and I had just come back from the Annual Ojai tournament, and I was struck by how many members came out to support all the Paseo participants. I am continually amazed by how friendly and supportive our members are and feel so happy to be living out here and getting to know such wonderful people. I am also very appreciative of the constructive suggestions I receive from time to time. I feel that everyone is so supportive of The Paseo Club and really wants to help make this a wonderful place to spend time at. I assure you all that all of us here will do our best to continue to strive to make this a place you can thoroughly enjoy and be very proud of.



Desi McBride

I would like to take this opportunity to announce some additional improvements we have made and what we are preparing for this summer.

- **We have fixed the treadmill circuit problems we have been experiencing.**
- **We are still working to get dispensers for the locker room showers which will hold shampoo and body wash.**
- **We put in shower curtains for the handicapped stalls to provide much needed privacy.**
- **We are having 2 trellises built on the north and south sides of the pool. They should provide some much needed shade and we anticipate them being finished by the end of May.**

I would like to announce that our first Golf Tournament will take place later this month or in early June at The TPC Valencia. The format will be 2 person teams where each player plays their own ball, but the lowest score on each hole is recorded for the team score. Following the golf, we will have dinner and drinks and give out some prizes. Space is limited, so make sure to mark this date on your calendar and make plans to leave work early.

We have hired the Santa Clarita Swim Club to oversee our aquatics programs. They begin on May 15 and include swim lessons and a Master's swim program. For information, or to sign up, contact the front desk or Jodi Stokes.

If you have any questions, comments or suggestions, I would greatly appreciate hearing them.

Desi McBride, General Manager and Owner

Membership & Events

Hello members we had a busy April with **63 memberships** sold and 13 members taking advantage of the membership referral program. The program included everyone receiving a Paseo hat and one lucky couple a weekend trip to Shadow Mountain resort in Palm Desert! The lucky couple is **Mr. And Mrs. Smith!** Congratulations and we hope you enjoy your stay. This month anyone who refers a member will receive \$50 off the next month's dues. Remember to tell your friends when they are signing up to mention your name so you will receive the credit.



Steve McAvoy

We have decided to begin a wait list at 850 memberships. We presently have around 715 memberships and anticipate a strong May and June. We will continue to sell memberships past 850 however the member will not be able to "activate" until notified. Each month our Board will decide how many we will activate. The reason for this new policy is to **manage the growth of our membership.**

We recently had a member/guest Friday night social. We had over 50 people signed up so don't forget about the next one on Friday May 21st @ 7:00 PM. The maximum we can have play is 56 so sign up early. The cost of the event is \$15.00 which includes tennis round robin, Barbecue, beer, wine and soft drinks.



Warm Regards,
Stephen McAvoy
Marketing Director and Owner



The Paseo Club's Tennis Program

Dear Members, I hope you are reading this in good health! Spring is here and we have some great socials and happenings coming up for you to enjoy. Please check out our Calendar of events.

Also, Adult Leagues wrapped up in the month of April. Congratulations to all the following winners:

Mon. p.m. W Doubles - Winners: **Kathy Goodman/Nikki Wilson**
Mon p.m. Mixed Doubles - Section A Winners: **Justine Green/Rick Mahn**
Section B Winners: **Lisa & Ralph Demaio**
Tue a.m. W Doubles - Winners: **Julie Walker/May Ho**
Tue p.m. M Doubles - Section A Winners: **Jim Jacobs/Oscar Golbert**
Section B Winners: **Curt Chase/Joe Allen**
Wed p.m. M Doubles - Section A Winners: **Brian Bissell/Mike Benser**
Section B Winners: **Mike Faulkner/Charlie Beals**
Thu. a.m W Singles - Winner: **Yun Byrd**
Thu. a.m. W Doubles - Winners: **Maureen Beaman/Christine Peever**
Thu. p.m. Mixed Doubles - Section A Winners: **Gary Lay/Resa Nicolas**
Section B Winners: **Yun & Richard Byrd**
Fri a.m. Mixed Singles - Winner: **Chris Castallo**



Darren Miller

In other news, The Paseo Club hosted its first Pro/Am Tennis Tournament on April 18th. Current and former touring pros including Michael Joyce, Travis Rettenmaier and Eric Basica made up the list of pros in attendance. Thank you to all of the members who participated and congratulations to Dave Lanz who took home top honors for the amateurs.

Lastly, I would like to welcome Patrick Barrows to the tennis staff here at The Paseo Club. Patrick comes to us via Phoenix, Arizona where he coached at Moon Valley Country Club. Patrick is not only a great player but a dedicated pro who will definitely take your game to the next level. Patrick is USPTA Certified and has coached players of all ages and levels.

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

Fitness Center

Encouraging a Healthy Weight for your Child

The number of overweight children in America has doubled since 1980. This is mainly because of unhealthy eating habits and not getting enough physical activity (**EXERCISE**).



Jodi Stokes

Although genetics plays a role in your child's weight, you can help prevent some weight problems and improve your child's overall health by encouraging healthier eating habits and more physical activity. Overweight children can be at risk of developing health problems, like high blood pressure, high cholesterol, and diabetes. They are also more open to teasing, which can hurt their self-esteem. It may take a concerted effort on the parent's part to initiate a healthy lifestyle but will create a lifetime of positive habits that may prevent them disease and illness.

Some ways to help children get more active:

Not getting enough physical activity (exercise) has been shown to cause weight gain in children. Instead of being physically active, many children today are watching TV, playing video games, and just not moving around enough on a day-to-day basis. Small increases in physical activity over time can make a big difference. Here are some steps you can take to help your child get moving:

Encourage your child to play hard at least 30 to 60 minutes a day.

- Go for family walks or bike rides.
- Play sports or join a club (like the Paseo Club).
- Walk instead of riding in a car.
- Check local YMCA's and schools for league programs.

Limit TV and wide games to no more than one hour per day.

- Remove the TV from the child's bedroom.
- Jump rope, dance, skate, or play frisbee with your child.
- Take your family to the park or pool.

Ways to Eat better

- Provide breakfast every day.
(whole grains, non-fat milk, yogurt, fruit, healthy cereals)
- Eat meals together as a family.
- Keep healthy foods in the house.
- Do not bribe with food. *Set a good example.
- Limit fast food restaurants to once a week

For more information on healthy foods for you or your children, drop by the Fitness desk or enroll your 13 year or younger in our Junior Certification Program (Speak with Jason McClure). **Also, Kids Nutritional Speaker coming in June.**

Here's Whats Happening in May:

May 9th Mothers Day Spin and Chocolates
May 15th Cycle-Therapy with Melanie (8am)
May 21st Basketball Game Paseo Club V.S. Spectrum (call Matt T. for details)
May 22nd Power Ranger Jason David Frank and Rising Sun Karate Demo (11am)
New Instructors Jennifer Boorman, Annette Allen, Angela Polk

Healthfully Yours,

Jodi Stokes, Fitness Director



The Paseo Club

Valencia



2004 Calendar of Events

May		
1st	Cinco De Mayo Tennis & Social	5pm - 10pm
8th	Mother's Day Tennis Drill & Spa	All Day
8th	Mother's Day Brunch	10am - 2pm
9th	Happy Mothers Day Spin and Chocolates	9am
15,16	Club Adult Singles Tennis Championships	All Day
21st	Member/Guest Tennis Social	7-10 p.m.
June		
10	Member/Guest Tennis Social	7-10 p.m.
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
25	Dive In Movie Night	7:30 - 10:30pm

Tennis Tips

..... G'day members, hope all is well and everybody is improving, personally I made a comeback to tournament play in the last 2 weeks, and I have some improving to do myself. Moving ahead into summer we are going to be hit with some blistering weather, so let's try to stay as healthy and as hydrated as possible. Firstly plan ahead about playing tennis, if you know that you have a game to play the next day, start to drink a lot of water the night before. Part of staying hydrated is the preparation you put into. Starting to drink a lot when you start playing is too late.



Brad Sceney

When you are on the court, water is always a great option, along with sports drinks that contain sodium and salts to replace the lost fluids through sweating. Try to avoid caffeinated drinks such as coffee or coke; these increase your chances of dehydration. When you are out playing, take little snacks with you that contain salt, such as potato chips or salted nuts. Wear light material clothing along with light colored clothing. As we know darker colors attract the heat! Always wear a hat, if you can keep your head cool, the rest of your body will stay cool along with it. Apply sunscreen approximately 20 minutes before you even go out in the sun to play and if you are out there for a prolonged period of time, reapply. Acclimatize yourself to the heat. For example, now that it is getting hotter don't play for as long a period of time at first. After you become accustomed to it a few times you can start to increase your duration of play. If you have a league match in the middle of the day, try to get in some practice at those times earlier in the week. Your body will thank you for it!

And finally, use your time wisely between points, stand at the back of the court if there is shade, between change of ends try to place your chair in a shaded area and stay there for as long as ethically allowed and at change of ends, drink, drink and drink!

Cheers,

Brad Sceney,
Head Teaching Professional



Junior Development

Hello everyone!

Sign ups have started for our first ever summer camp here at The Paseo Club. The summer camp is for all kids between the ages of 5 and 17. There will be two options for kids to sign up: one is the sports camp which starts at 8 am and ends at 5 pm and the other is the tennis camp which starts at 10 am and ends at 3 pm.



Katy Smith

The sports camp includes basketball, swimming, arts and crafts, tennis, and games and the tennis camp is tennis drills and games as well as swimming during lunch time. All camps begin June 7th and end August 20th. Spots are limited so please sign up at the front desk.

All of our junior classes are still growing in numbers and continue to be challenging and fun. If any juniors are interested in our after school tennis classes, please sign up at the front desk.



I enjoy working with everyone and can't wait to see everyone out on the courts! Keep up the hard work.

Keep up the hard work!!

Katy Smith, Director of Junior Development

The Paseo Club Café



Earlene Hayes

NEW MENU ITEMS:

PIZZA

Hand made crust by the paseo café
Topped with cheese
Choice of two items

Spinach and Mushroom Quesedilla

fresh mushrooms, baby spinach leaves
southwest spice, cheddar cheese
served with sour cream, salsa, guacamole

CHEF SALAD

romaine chopped piled high topped with
chicken breast, black forest ham
mozzarella cheese and american cheese
tomato, cucumber, olives, and hard boiled egg

CAESAR SALAD

house dressing whole egg or
honey dijon no fat parmesan cheese
croutons, lemon

Add chicken sauteed hot with garlic Or Cold tossed

FRESH FRUIT CUP

Mixed seasonal fruit

Member Spotlight

The member spotlight is Alexa and Cassie Strange. The two twin girls who are freshmen at Valencia High School recently won the famous Ojai Tournament. They are very active at The Paseo Club not only on the tennis courts but the fitness center as well as the group training class offered by Frank and Jason on Monday nights from 6:00 PM-8:00PM. The girls who grew up in El Paso, Texas have already made their mark in Southern California. Keep up the hard work and again congratulations on your victory!



Employee Spotlight

Jason McClure is our quick witted, most exceptional Fitness Specialist in the Fitness Center. Jason has countless recognized national certifications as a personal trainer, but it should also be known that he is 1 of only 20 in the world who has achieved mastery in RTSm (resistive training). He receives accolades in the Fitness Department and the Club for "going the extra mile" helping members, staying after scheduled hours, cleaning the club, re-organizing the weight room, and countless help with designing flyer's for Jodi. He is presently taking classes to receive a diploma in Theology. *Great Job, Jason!*



The Paseo Club *"Bringing the Family Together"*

