

The Paseo Club

Valencia

Newsletter

Volume II No. 10

www.thepaseoclub.com

October 2004

Oktoberfest

The **Back 2 School Bash** was awesome with almost 400 kids and adults enjoying themselves with court games, tennis, moon bounce and music by our very own **Pat Barrows** (Tennis Professional by day, DJ by night!)

We then had our first ever **Member Appreciation Night** with almost 200 adults being honored for various awards. We handed out over 50 awards ranging from MVP to Member Spotlight award.

This October is going to be very exciting also with the **Oktoberfest** on Friday night, the 15th and our first annual **Halloween Carnival** on Friday night, the 29th. A limited amount of tickets will be available. The cost is \$5.00 for kids 4 and younger and \$10.00 for 5 and above. There will be carnival games on several courts, hot dogs, cotton candy, moon bounce and of course a costume contest. We hope to see all of you at the events in October!!!



A Word from the General Manager

September Newsletter Article

Well, September truly was a "September 2 Remember". As we enter the fall season, I am thrilled with the direction The Paseo Club is heading. Everyone seems to be excited about all of the programs, events and parties here and we are looking forward to a fun filled Fall. If you are interested in hosting a private party here, let me know and we will help you put together a wonderful event.



Desi McBride

Below, I have outlined some facility updates which I feel are very exciting:

- Our trellises are completed and the additional lighting should come in very handy around the pool.
- We are getting closer to opening the Activity Center. We have an inspection in early October and some landscaping to do, but are very hopeful that this area will be completed soon.
- We have replaced all of our lounge cushions and they look great!
- We have had the court lights fixed and they are all operational. The reason for the delay in getting the lights repaired was that it turned out to be a wiring problem which was burning out the bulbs.
- We are in the process of putting up some bulletin boards here at The Paseo Club. These will help us in our mission to communicate as effectively as possible with the entire membership.

I look forward to seeing you soon.

Regards,
Desi McBride
General Manager and Owner



Membership & Events

I hope the September member appreciation month was terrific and you participated in all of our activities! Many of you took advantage of the member referral program. If you did not or have another friend in mind, this month's program is the following: If you refer a friend that joins during the month of October you will receive **\$100** off your November bill! Just make sure you speak with Tiffany Graham our membership sales executive.

We have 2 major events planned this month. At the **Oktoberfest** on the 15th we will be playing tennis, running drills, munching on Brats made by Earlene and drinking beer! Then on October 29th we are having the **Halloween Carnival**. Tickets are limited and available at the front desk.



Steve McAvoy

Warm Regards,
Stephen McAvoy,
Marketing Director and Owner



The Paseo Club's Tennis Program

I would like to take a second to personally thank all of The Paseo Club members for their continued support. It is truly amazing what we have done in just under a year! Please continue to help us grow the great game of tennis here in the Santa Clarita Valley.

We recently completed the 1st Annual Paseo Club Doubles Championships. Three different divisions took place with over 60 adult members participating. I would like to congratulate the following champions:

- **Women's 7.0 – TBD (Match Scheduled for October 3rd)**
- **Women's 8.0 – Justine Green and Lisa Keers**
- **Men's 7.0 – Dave Michaels and Mike Mang**
- **Men's 8.0 – Frank Nadasdy and Mike Faulkner**
- **Men's 9.0 – Kevin White and Nick Amico**

With winter rapidly approaching, the tennis calendar is showing no signs of cooling off. The following events will take place in the month of October:

- **October 2nd – Junior Challenge**
- **October 9-10 – Junior Singles Championships**
- **October 15th – Oktoberfest Member/Guest Social**
- **October 20-24th – 11th Annual Senior Women's Classic**

I hope to see you soon here at the club. As always, please let me hear your thoughts and comments pertaining to YOUR tennis department.

WORK HARD....PLAY SMART!

Darren Miller, Assistant General Manager/Director of Tennis



Darren Miller



Fitness Center

Hi Everyone,

Here's what's new:

***1/2 Marathon Training** already started (training log at fitness desk)

***Movie Spin** (last Friday of the Month)

***Crunch and Lunch w/ Mike** (sign up at Fitness Desk)

***Boot Camp 2** (starts October 13th)

I hope you were able to enjoy the trail mix and homemade healthy cookies and apples we had in the Fitness Center for you during Member Appreciation Month. In an ongoing effort to educate our members about the harms of trans-fats and empty calories, this month's information comes from a flyer we handed out to our Boot Campers. It's about **Hydrogenated Oils**.

Consuming partially **hydrogenated oils is like inhaling cigarette smoke**. They will kill you— slowly, over time, but surely as you breathe. And in the meantime they will make you fat!

Hydrogenation is the process of heating an oil and passing hydrogen bubbles through it, to make the oil more dense, or to cheapen the oil. The oils contain high levels of trans fats. **Trans fats** take up their position in the cell wall. The more trans fat that builds up, the less blood can flow through.



Jodi Stokes

In short, check all of your labels. I was surprised to know it was in my coffeemate, peanut butter, wheat tortillas, and that wheat thins all had hydrogenated oils. Try to eliminate food that have a shelf life (except tuna). It is of course always a good idea to stay away from Deep-Fried Foods.

Stop by the Fitness Desk for this information, I am sure you are dying to read it.

Be Healthy,
Jodi Stokes, Fitness Director





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2004 Calendar of Events

October

- 9,10 - Club Junior Singles Tennis Championships
- 15 - Oktoberfest Member/Guest Tennis Social
- 21-24 - Sr. Womens' Tennis Classic Tournament
- 29 - Halloween Party at The Paseo Club

November

- 12 - Member/Guest Tennis Social
- 13 - Wine Tasting and Five Course Feast
- 13 - WTA Tour Tennis Social and Road Trip
- 20 - Turkey Trot Tennis Social
- 25 - 2nd Annual Turkey Trot 5K Walk/Run

One of the most important aspects to the game of tennis is positioning! Where is the correct place to stand? Tennis, being a game that the ball moves around a lot, means also that **you**, the player, have to move around also to adjust to the ball's position. One of the places where I see people getting stuck the most, is an area called no man's land! This is a tennis term that you will hear tennis pros refer to a lot! Basically you have 2 areas that you are acceptable to be in. You have your **baseline zone**, which is on the baseline or anywhere 1 or 2 feet in front of it or behind it, and also the **net zone**. At the net, you want to be approximately between the service line and the net. The area in between these 2 zones is what we refer to as no man's land!



Brad Sceney

For anyone that ever practices forehands and backhands, the baseline zone is where you should generally stand. For anyone that practices volleys, the net zone is where you should generally stand. These positions are called neutral positions to what is happening in the rally also. When you play the baseline, you need to be able to move up for a short ball, back for a deep ball, and to the side for a wide ball. In the center of the baseline provides you the best point to run to all of these positions, to stand anywhere else, puts you at a disadvantage to run to at least one of them.

In the net zone, you want to be in a neutral position, to close in for a volley, to go back for an overhead, or to move sideways for the wide volley. My biggest pet peeve is seeing people come to the net, but yet stand on the service line. The reason people do this is to give themselves more time to react to the ball, while this may be true, you also now have to cover more territory in front of you and you are also giving your opponent more room to pass you on either side. If you think of it this way, your reason for standing there doesn't make sense!

Now if you are only allowed in 2 zones then how do you go from one to the other? You do have to run through no man's land to get to the net zone, but the idea is that you spend no time in there waiting for your opponent to hit. If you have to run up to a short ball, either run all the way to the net zone and wait for the next ball there, or back track a little to the baseline zone and wait there. As long as you are never left standing, waiting for a ball in no man's land!

Also, when you are in the net zone, follow the ball. If the ball is on your right hand side of the court, move a fraction that way, if the ball is on your left hand side, then move a fraction that way! This is because you are cutting off the angles for your opponent to pass you!

If you can follow these simple positioning rules for singles, then you will appear to be able to cover more of the court. If your opponent thinks you have everything covered, they might over hit, resulting in errors, your point, your game, your match, **you win!**

Cheers,

Brad Sceney, Head Teaching Professional

Junior Development

Hi Everyone! Now that kids are back in school, The Paseo Club has made the month of October the busiest month of tennis events for our junior players. Starting October 2nd, kids can sign up for our Saturday Junior Challenge. This event happens the first Saturday of every month from 3:30-6:30 pm and allows juniors to play three challenge matches in a competitive, yet fun environment. Please see Ellian for more information.



Katy Smith

The weekend of October 9 and 10, the Paseo Club will be hosting the first ever Junior Singles Club Championships. Kids of all levels and ages can sign up to see who is the best junior at the club. Entries close October 4 so sign up with Katy.

Finally, the week of October 25th will be dress up week in our after school tennis clinics. Juniors are encouraged to wear their Halloween costumes during tennis clinic. Prizes will be given to the best costumes!!



Have a great October and see you on the courts!

Keep up the hard work!

Katy Smith, Director of Junior Development

Member Spotlight

Justine and Dick Green our members of the month! They both have been extremely active at the club. They have participated in almost every tournament and event since the club opened last year! Besides being great tennis players they like to "party" as well and are always the first couple to get the party going! Thanks for being such active members and participating in all of the Paseo events.



The Paseo Club Café

In appreciation of all members I just want to thank each and every one of you for your support with the Back to School Bash and The Members Appreciation party.



Earlene & Terry

We had an outstanding and overwhelming attendance at both parties.

The Back to School Bash brought out all the kids. What was especially fun was watching the adults eating the red vine licorice. I stood there for over an hour watching moms and dads dig into those spirals of red licorice. They had one in their mouth and at least two in the other hand waiting to finish the first one to pop in the next. Everyone danced. And lets not forget the song and dance "I don't want to be a Rooster". Betsy Pease was very cute standing up at the Loggia quacking away and shaking her tail feathers.

Thank you! Thank you!! Thank you one and all for your consumption of all the wonderful appetizers that the café had created for you. It was very heart warming to watch everyone sitting around on the planters eating, having wine and talking to their friends.

Desi was very kind when he mentioned the hours that the café staff put in. All the staff at the café want you all to know that you come first and you, the members, are the MVP for the year.

Building memories for one and all.

Bon Appetite! See you all pool side,

Earlene Ladé

Food and Beverage Manager

Employee Spotlight

Alex Cuccia

Front Desk Attendant

Alex Cuccia is our Employee spotlight of the month. Alex helped us out with the Sports Camp this past summer and did a fantastic job with the kids. She now is at the front desk and is extremely friendly, very knowledgeable regarding club policy and is always there to lend a helping hand.



She is a senior at Valencia High School and is the daughter of Dana and Vic Cuccia. We are extremely lucky having such a wonderful person here at the Paseo Club.

The Paseo Club *"Bringing the Family Together"*

