

The Aspen Hill Club



News



June 2010

14501 Homecrest Road Silver Spring, MD 20906
www.aspenhillclub.com

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June Personal Training Packages

Package One: Summer Work-Out Personal Training Package*

One 90 minute session for \$105 includes:

- Weigh in and measurements
- Four week goal setting
- Four week program containing: written weight training program, cardio and Group Exercise recommendations
- One hour workout to train on form, machines, weight training techniques, etc.



Package 2: Summer Work-Out and Nutrition Plan Personal Training Package*

One 90 minute session and Nutrition Consultation for \$150 includes:

- Weigh in and measurements
- Four week goal setting
- Four week program containing: written weight training program, cardio and Group Exercise recommendations
- One hour workout to train on form, machines, weight training techniques, etc.
- One Nutrition Consultation with Club Nutritionist Susan McCarron



* Specials valid June 1, 2010 to June 30, 2010

Fun at Argyle For those of you who didn't make it to Argyle Country Club on May 14, you missed a great event! The food they provided was wonderful. The Argyle team was welcoming, gracious, and friendly.

By: Danielle Bouchard

I do hope that those of you in attendance were able to gather information regarding the Argyle Dining Card and Golf privileges. No doubt the meals are great and I am sure the golf is wonderful as well. So, if you did not get the information you needed that evening, please feel free to give me a call at ext. 110 and I will answer your questions.

A Friendly Reminder

By: Leigh Ann Wheaton

Here are a few reminders when making your way to the Fitness Center this summer:



- Open-toed shoes/slides are not permitted in the Fitness Center for safety reasons, please leave them in the locker room.
- Place your work-out bag in a locker rather than the Fitness Center floor.
- Choose your workout attire appropriately, please avoid wearing undergarments as your workout attire.
- Rather than resting on the equipment between sets, get up and move around. Workout another muscle group and allow other members to utilize the equipment while you are resting.

Basketball Summer Camp



Join Coach Craig Mitchell for kids Summer Basketball Camp, beginning June 21, continuing through July 30. There are six, one-week sessions for kids ages six to 15. Camp runs from 9:00am to 3:00pm Monday through Friday and will focus on various drills specifically designed to improve skills.

The cost for one-week of camp for members is \$249, and the drop-in rate for members is \$59. For more information please visit our web site at: www.aspenhillclub.com or contact ext. 122.

Tennis

Welcome

Please take a moment to welcome our new tennis members who joined in April: Beth, Philip and Racquel Celestini, Hai Duong and My Yen Le, Henry Francis and Brenda Woods-Francis, Nestor, Angela, Nicolas, Jon and Stephanie Gualteros, Norimitsu Kamimori, Willi, Patricia, Kevin and Christopher Korte, Wade Pines, Colemand and Sylvia Raphael, Steve Rovers, Katya White and Wes Woolworth.

Spring and Summer Junior Tennis

Summer 2010 tennis camps begin June 21 and continues through August 27. New camp groups have been added this year.

The **Spring** program is seven-weeks continuing through June 19, and follows the fall and winter format.

Pick up registration forms for spring and summer junior tennis in the Tennis Hallway or on our web site: www.aspenhillclub.com.



Summer Outdoor Tournament Updates

Here are some of the results for our completed Summer Outdoor Tournaments:

Men's 60+ Singles

Yung Chao def. Alan Rubin, 7-5, 6-2

Men's 50+ Singles

Yung Chao def. Alan Rubin, 6-4, 6-2

Women's 50+ Singles

Lisa Kokoska def. Linda Paige, 1-6, 7-5, 1-0 (10-4)

Summer 2010 Outdoor Tournaments

Each individual tournament will last usually four to five days. First rounds begin on Wednesday and/or Thursday, and final rounds are played Sunday. There will be no extensions to any tournament. Please do not sign up for a tournament if you are not available for the full duration of the event.

Matches will be played on the outdoor clay courts, usually beginning at 6:00pm on weekdays and early mornings on the weekends. In the event of rain, matches can be moved inside. All participants will receive a t-shirt, awards will be presented to the finalists in each division. Scoring and play format may vary depending on the size of the draw. Players will be contacted about their first round opponent. Events, dates and entry deadlines are listed in the Tennis Hallway and on our web site: www.aspenhillclub.com. **\$20 + tax per tournament**

Hockey Hall of Fame

On November 8, 2010, tennis member Ron Weber will be inducted into the Hockey Hall of Fame. He will receive the Foster Hewitt Memorial Award for outstanding contributions as a hockey broadcaster. Weber was the play by play announcer for the Washington Capitals from 1974 to 1997, 23 years. Congratulations Ron!

Percentage Tennis

If you Google "Percentage Tennis", you will find any number of slightly different opinions as to its meaning. Simply stated it pertains to weighing situations to select the right time to play safer or more aggressively. Safer shots would be slower in speed, higher in trajectory and land farther away from the lines. More aggressive shots would be faster, lower and land nearer the lines.

If your complete tennis repertoire consists of only safer shots, your percentage tennis, or percentage of shots made, should be 90 percent and above. To win a point, you prey on the impatience and inconsistency of your opponent, or delight in a drop shot and lob strategy.

If your game is based on consistently being aggressive, on a good day you can beat anyone. On anything but a good day, you could lose to anyone and leave the court thinking, "They didn't beat me, I beat myself."

The player that has a measure of both of these players stands the best chance of winning against all styles of players. For players looking to improve their "Percentage Tennis", think about what you can do to increase your execution rate. While you're at it, think about what might be preventing you from reaching a desirable execution rate.

Recently, one of the news programs reported of the negative effects of driving, while talking on the cell phone. The study quantified that drivers reaction time decreased somewhere between 35 to 40 percent, when talking on the cell phone, regardless of a hand held or a blue tooth device, pretty scary.

Taking this premise to your tennis, it's safe to say that your percentage of attention during play on the court should increase your performance.

There are three actions that your performance is based on. There is movement to the ball before you swing, the actual swing action and recovery movement.

In the first action phase, when your opponent hits the ball how much, or what percentage of your attention is devoted to moving with a specific location of where you want the ball to come to? That point is a reference point that acts as a positioning and timing guide, in the time frame when you are preparing to swing. If your attention is on where you want the ball to go after you hit it, the accuracy of your positioning movement will be challenged.

During your swing, what percentage of your attention is devoted to your swing? What percentage is on the watching the ball, or on shot placement, or the score, or other things? To achieve the highest quality swing, based on the positioning and timing components established in the first action phase, the highest attention percentage you have on your complete swing, the higher your "Percentage Tennis" will be.

Once you've completed your swing action, the final movement phase is recovery. Move to the best position on court to cover your opponents' next shot. Follow these simple guidelines and you'll be moving down the path to play your highest "Percentage Tennis."

Fitness

AHC Nutrition and Recipe Corner - Crank Up the Calcium

By: Susan H. McCarron, RD, LDN

Calcium is needed for strong bones and teeth in kids and adults. Calcium is also important for proper heart, muscle, and nerve function. If we are not consuming adequate amounts of calcium each day, our body removes the calcium from our bones, which causes our bones to become porous, weak and brittle. This may lead to decreased bone density, and puts us at a higher risk for painful and costly fractures.

To meet the calcium needs of an adult, aim for three to four servings of lowfat/nonfat calcium-rich foods per day. Try substituting a calcium-rich item for one that is not high in calcium. **For example:** Drink a cup of milk or chocolate milk instead of a soda. Nibble on a lowfat mozzarella string cheese instead of a bag of chips. Yogurt makes an excellent afternoon snack, for the lactose intolerant, yogurt and string cheese in small quantities are often well tolerated. **Boost your whole family's calcium with a Chicken and Tortilla casserole!**

Chicken and Tortilla Casserole (Serves 8)

From University of Arizona's Bone Builders website

- 10 corn tortillas
- 1 teaspoon canola oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 14.5-ounce can no-salt-added tomatillos, drained (or substitute tomatoes, if desired)
- 2 cups low-sodium chicken broth
- 1 fresh jalapeno pepper, seeded and diced (about 1 tablespoon)
- 1/8 teaspoon black pepper
- Vegetable oil spray
- 2 pounds boneless, skinless chicken breasts, cooked and cubed
- 1 cup shredded low-fat Monterey Jack cheese (about 8 ounces)
- 1/2 cup nonfat sour cream



Preheat oven to 350 degrees F. Cut the tortillas into quarters and place in a single layer on an ungreased baking sheet. Bake for 10 minutes, or until crisp. Set aside. (Baking helps to deepen the flavor of the tortilla.) In a large skillet, heat the oil on medium heat and saute the onion and garlic for 2 to 3 minutes, or until tender. Place the tomatillos, broth, jalapeno, and black pepper in a blender. Blend until smooth. Add this mixture to the onion mixture and simmer, uncovered, for 15 minutes over medium heat. Set aside. Spray a 9 x 13-inch baking dish lightly with non-stick spray. Place half the tortilla quarters on the bottom of dish, followed by half the chicken, half the tomatillo mixture, and half the cheese. Repeat layers. Bake, uncovered, for 40 minutes. Remove from oven and spread sour cream on top. Serve warm.

Calories, 340; Fat, 11 gm; Saturated Fat, 5 gm; Cholesterol, 89 mg; Fiber, 3 gm; Sodium; 356 mg; Calcium, 352 mg.

Please Welcome...

My name is Beth Konzmann and I am a new Personal Trainer to the Fitness Team at Aspen Hill.

I was born and raised in the area but moved away for college earning a Bachelor's degree from Penn State University (Go PSU!) and a Masters from James Madison University. After college I began work counseling in student services with the University of Maryland at College Park, and then took a corporate position in Human Resources with Marriott International. But my love for sports and fitness began a shift to a more permanent role in the fitness industry.

I have been involved in athletics most of my life having played basketball, soccer, volleyball and ran track. I have been teaching Water Aerobics at various local indoor and outdoor pools for 10 years. I have also been a youth soccer and basketball coach for the past 6 years - trying to keep up with my own three very active kids.

My training style and philosophy just revolve around being active whenever possible. It isn't always about how far or how fast (although the competitive nature in me hates to lose!). But you only get one shot at life so make it a good one and enjoy!



Spring Training at Aspen Hill



This 5-week weight loss program focuses on being more active, trying new classes, meeting new work-out partners, losing weight, and increasing individual baseball stats! Week number five of the program is June 7 to June 11. Final measurements will be taken the week of June 14. Winners will be announced in the July newsletter.

Other Activities At AHC!

Dance Class Concert

Join us June 12 at the Jewish Community Center in Rockville to see the Aspen Hill Club Dance Classes participate in their sixth annual dance concert! The concert starts at 6:00pm, and tickets are available at the door for \$15. For more information contact Heather at ext. 126.

Ballroom Dance Demo

Calling all couples, because you will need a partner...on June 19 at noon come out and participate in a ballroom dance demo with National Dance Champion Greg Knoop. This is a **FREE** class, but registration is required. Please contact Heather at ext. 126 for more information.

Under Construction

The Thursday evening Water Zumba class is under construction, please watch for e-mail updates and postings.

Tri/Dualathlon

Don't have time to train but want to participate in the race? Join us Friday, June 18. Set up is at 5:15pm, the race starts at 6:00pm sharp. The cost is \$20 for members. Sign-up outside spin studio or call May-Jo Cosgrove at (301) 502-0436.

Thank You!

Thank you to everyone who participated in the "Camp Fantastic Swim Meet." Our fundraiser made nearly \$900 for the cause. We would like to send a special thank you to all of you who volunteered your time to help out.

Planning a Party?

Contact Alex at ext. 119 to plan your party today. We have adult and children party packages for every occasion!

Summer Kids Kamp

Summer Kamp is quickly approaching! Your kids ages 3 through 7 will have an opportunity to enjoy their summer with friends in a really cool place! We'll keep them busy with art's n' crafts, fitness games, outdoor activity, water splashes, snack time, a little bit of tennis, and a lot of FUN! All of that in just 4 hours. It'll be a blast so be prepared for a summer of FUN!

Kamp Begins June 21 and continues through August 20. Check-in begins at 9:00am, kamp begins at 9:30am and ends at 1:30pm.

American Red Cross Classes Welcome...

CPR for the Professional Rescuer/Challenge: June 9, 10, 23, 24, 25 from 3:00 to 5:00pm. Cost will be \$75. For this class you must know your skills. Each participant will take approximately one hour to complete the course. You must be registered and pay two weeks prior to the class.

Adult CPR: July 11, from 12:00-5:00pm. Cost will be \$75. You must be registered and pay two weeks prior to the class.

Child /Infant CPR: July 24, from 12:00 to 5:00pm. Cost will be \$75. You must be registered and pay two weeks prior to the class.

Call Mary at ext. 129 for more information or for registration questions.

Dynamic Duo We welcome Elaine Davis (pictured right, and twin to Body Pump Instructor Charmaine, pictured left) to our AHC Group Exercise Team. Elaine will begin subbing the Monday, 1:00pm Body Pump class this summer. However, you may catch her in class on Sunday with Charmaine, don't be surprised if you think you are seeing double you are!



Check It Out For the first time ever, we are offering a class for Junior Lifeguarding. If you have children between the ages of 11 and 15 years old who can swim 50 meters non-stop then this is the class you want. Also, Maryland students are now required to earn 75 service learning hours over the course of their middle and high school education, so they can earn the hours during this class. Class cost is \$75 per child, the cost of any additional children per family is \$65. There will be two sessions, session 1: June 12 to 26, session 2: July 3 to 7. Registration begins May 26. Registration forms are available in the lobby and at the pool. For more information call Mary at ext. 129.

Summer Swim Lessons

Don't forget to take a swim class this summer, group and private lessons are offered all summer long!

Please welcome our new members who joined in April: Daniel Abebe, Beverly Allen, John Colwell, Isatou Drammeh, Linda Eisenstadt, Rebecca Ellison, Diane and Martin Goldstein, Luis Gonzalez, Tanie Guirand, Pamela Jackson, Ophelia and Odav Jallah, Deepti and Dinesh Madaan, Gloria Mader, Bruno Mendes, Alfredo and Elsa Oliveira, Jason Potyk, Naomi Rantao, Victor Riche, Deborah Hunsley and Samantha McGeehon, LaShawna Saint-Preux, Tejashiri Purohit-Sheth, Shailesh, Naman, Rima and Roma Sheth, Rama Sina, Hanival Tsegai, Tafadzwa Vargan-Kasambira.

Where is the Loo?

By: Danielle Bouchard

From a female perspective, this is difficult to write about; however, I recognize the importance in making this plea. The request is this and it is directed to the men... please use the restrooms inside the Club. We have several and they are located upstairs and downstairs.

Recently, men have been sighted urinating at the bike rack right across from courts 7 – 10 in plain view and others have urinated at the pool window perhaps thinking that because the windows are tinted they can't be seen. But, quite the opposite, just so you know.

We understand that there could be issues that require one to "hit the loo" rather quickly. We'd like to point you in the right direction during these instances. For those of you playing on courts 11 – 15, if you go to the pool handicap door, we can buzz you in and the men's lockerroom is located on your right.

For those of you playing on courts 7 – 10, we can keep the deck door closest to the east lounge (where big tv is located) unlocked and that can get you to the men's upstairs restroom quickly. And obviously, the other deck door is always unlocked as well.

I thank you in advance for not taking offense to this message but adhering to the request.

Photo Gallery Come and visit our photo gallery by Chris Piergalline, cancer survivor, in the Aquatics Department. All photos are \$10 and benefit Relay for Life of Olney.