

The Aspen Hill Club

News



August 2009

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Go For It!

By: Jeff Grove

This August will be my two year anniversary at the Aspen Hill Club, wow, how time flies! Just over two years ago I started my fitness career. However, my health MADE ME change how I looked at things. I was extremely unhealthy, overweight, out of shape, and unhappy about it.

My blood pressure had reached 150/120. I had my first 'heart catheter' at 36 years of age, and already on blood pressure medicine. I was going downhill...fast. My cardiologist said I have two options; "Either workout on a regular basis to strengthen my heart or my situation would become very grave, very quickly." What an eye opener, I had run out of excuses! Excuses are nothing more than an obligation to overlook something! In this case, I was overlooking my health, and it was letting me know. Pursuing the path toward a healthy lifestyle was not easy, but it is much easier than poor health choosing the path FOR YOU! Life is full of options. Don't let it be a Cardiologist who decide your last option.

Now 40, I have my health again and I plan on keeping it that way. It is my hope that I have become an example of what you do not need to happen. Stop by the Fitness Center and say "Hi," I'll be glad you did!



Above: Before
Below: After



Friday Night Social

By: Danielle Bouchard



We wanted to take a moment to thank many of you for attending our first *Friday Night Social* that we hosted on June 19. We estimate anywhere from 150 to 200 people were in attendance.

It appeared as though a good time was had by all, the pictures depict a bit of that! Many of you asked if we would host such an event again. The answer is "yes." Many of you asked if the band *Cornerstone* could perform again at the next social. The answer is "yes."

We will take a look at the August and September calendar to see what dates work best for everyone. Until then, stay tuned, the band will too! We will get back to you with dates and times.



GOOD NEWS!

Want to save on your monthly dues?

Here's How...Refer a friend and receive a \$100 credit to your account, refer a second friend and receive an additional \$200 credit to your account.

Contact Membership for more information at ext. 112 or 114.

Tennis, Tennis, Tennis

Welcome



Please give a warm welcome to our new tennis members when you see them around the Club! Welcome: Ann, Bob, Alexa and Matthew Bent, Susan Ciriello, Plauto Floriano, Susan Greenwood and Jessica Bond, Karen, Ted, Alex and Nathan King, Christine Morris, James S. Morrow, and Lenny, Isabelle and Phoenix Williams.

Summer Outdoor Tournament Update

We would like to congratulate Yung Chao for defeating Alan Rubin in the Men's 60+ Singles Tournament and Jack Dadlani for defeating Geoff Mason in the Men's 3.0 Singles Tournament.

July and August Summer Outdoor Tournaments

Sign up today for one of our great Singles or Doubles Tournaments. All matches are played outdoors and are a great way to keep your game strong during the summer months, or to meet a new hitting partner. The cost to register is \$20. Everyone who participates will receive a t-shirt at the end of the championship. If you want to sign up for a tournament or have any questions look for the green binder in the Tennis Hallway, or contact the Tennis Department at ext. 119 or at: aaguendel@aspenhillclub.com.

Event	Dates	Deadline
Men's and Women's 4.0 Doubles	August 5-9	August 3
Men's and Women's 2.5 Doubles	August 12-16	August 10
Men's and Women's 3.5 Doubles	August 19-23	August 17
Men's and Women's Open Doubles	August 26-30	August 24

Check Your Mail



Attention Tennis Members! You will be receiving an application in the mail for our upcoming Fall Semester Programs. Check out the instructional and match play opportunities we offer from late September through mid-January. Make sure to fill a registration form out and hand it in A.S.A.P., spaces are limited, so register today! For more information or if you have any questions please contact the Tennis Department at ext. 119.

Outdoor Mixed Doubles Extravaganza

Save the Date...Saturday, September 12, Noon to 3:30 p.m., the Club will host our annual Mixed Doubles Tournament, with the rain date of Sunday, September 13.

Competition will be at the 5.0, 6.0, 7.0 and 8.0+ level flights. You and your partner will play doubles together for two and a half hours in a round robin format. At 2:30 p.m. food will be provided on the deck while we have an awards ceremony.

Prizes will be awarded to the winners, so sign up early on the Tennis Sign Up Board! The cost is only \$25 (plus tax) a player for play and food or just \$10 (plus tax) for food alone.

If you have any questions, or would like to sign up please contact the Tennis Department at ext. 119 or aaguendel@aspenhillclub.com.

Styles of Play

By: Jeff Klein



Within every level of player, from novice to professional, there are many styles of play. You can play a pure defensive game, a pure offensive game, or a mixture of the two.

During the 80's Andrea Yeager player to number two in the world, she frustrated her opponents with slow, high groundstrokes, the epitome of a defensive game. In the 90's Martina Hingis dominated women's tennis with a defensive game sprinkled with offensive skills. She could play balls on the rise, using the pace of her opponent's shots and occasionally finish points at the net. Today, Jelena Jankovic is the highest ranked player on the women's circuit with a predominately defensive game.

On the men's side, Michael Chang made a career of being a defensive "backstop", producing a minimum of errors and for that matter a minimum of winners. James Blake is the poster child for the offensive tennis player. He waits away at every tennis ball with the intention of hitting a winner to end the point. The problem is that more times than not his shots end the point in his opponent's favor, Blake has never been accused of playing intelligently. Andy Roddick has recently morphed from an offensive player to a mixed skill player and his results are the evidence of his hard work. He can stay in long rallies against offensive or defensive players, and when he chooses, can go on the attack from the baseline or at the net.

Even on the club level, these differences in styles exist. The one truth in tennis that applies to all styles is that he or she that makes the last shot wins the point. It could be game point, set point, match point, but in the end it's the last shot made.

For you defensive geniuses, add some offensive skills to spice up your game. It should help you beat players that can only play defense. For the offensive players out there, who at times can beat anyone and at times can lose to anyone, work on your consistency please.

Junior Tennis



Summer Tennis Camp

Do you want your child to learn a skill that will last them a lifetime? Then make sure to register them in one of our Summer Tennis Camps today! We still have room available in our last session of camp, August 10 to August 21.

Contact Junior Tennis Director Ken Guendel at ext. 120 or at: kguendel@aspenhillclub.com. Register today because spaces are filling up quickly!

Junior Fall Tennis Programs

Keep an eye on your mailbox for the fall and winter Junior Tennis Brochure which will be arriving in August. We look forward to seeing you in the fall!

Aquatics

Super Swimmer Program

If you didn't know, we offer this program to make it a little easier for our younger members to use the pool during Open Swim. Parents may take the opportunity to workout, play tennis or racquetball while your child has fun at the pool.

To be eligible for this privilege, children must prove to be strong swimmers. Because the pool is a potentially dangerous environment for all swimmers, there is a proper standard of behavior that must always be met.

During Open Swim your child will be tested on swimming skills and swimming strengths. You can call ahead to ask for an Open Swim time that is not too busy so your children can take the test soon after arriving. Guidelines and schedules are posted on our website along with additional rules regarding the super swimmer program.

In order to ensure the safety of your children the sign-in policy will be the following: After a child has passed all requirements, parents must sign-in children to the Aquatics Department. A child under the age of 14 may only swim without parental supervision if the parent has signed them in with the Lifeguard.

For more information regarding swim lessons, Terry's competitive swim clinic or the Super Swimmer Program, contact Mary Piergalline at ext. 129.



Racquetball



Racquetball Lessons

Our AmPro certified instructors will personally analyze the physical and mental aspects of your game and discuss a plan of how to improve it. We will cover every aspect, from stroke fundamentals to the mental part of the game. We will also help you with your court conditioning. Individual or group lessons by appointment. Contact Hector Del Castillo at (301) 523-9478 or at hmdelcastillo@gmail.com to set up an appointment.

<i>Individual:</i>	<i>\$30 per session</i>
<i>Lessons:</i>	<i>\$25/session</i>
	<i>min. four sessions</i>
<i>Group:</i>	<i>\$20/person</i>
	<i>min. two people</i>

Fitness

Nutrition for the Young Athlete

By: Susan McCarron, RD, LDN



Do you have a growing athlete on your hands? Organized or recreational little league, soccer, basketball, swim team, etc. and you find yourself asking, "What's the one "miracle food" to enhance performance?" The answer is...there isn't one special food or supplement that can help athletes train harder or compete better. The athlete's overall diet and timing of meals make the difference. Childhood and adolescence are critical periods for physical growth and development. It is vital that young athletes consume enough dietary fuel through regular meals and snacks for these extra energy demands. Balanced nutrition is essential to support an athlete's growth, strength and stamina. The right combination of carbohydrates, protein, fat, and vitamins and minerals will keep your athlete in top form. With careful planning, athletic youngsters can learn to incorporate sound nutrition to meet these unique dietary demands. Here are some tips:

- Sufficient food energy (energy = calories) to support exercise needs, physical growth and development.
- A high carbohydrate diet, since carbohydrates are the primary fuel source for all sports.
- Ample protein to build and repair body tissue (i.e. muscles) as well as support physical growth and development.
- A moderate to low-fat diet to ensure proper calories for muscles to use during longer event and practices.
- Lots of liquids required for all bodily functions and adequate hydration.
- A varied diet to provide all essential vitamins and minerals needs.
- Frequent meals and snacks to sustain optimal energy.

Introductory Price

Three 1/2 hour sessions for \$99

Ask about our discounted youth consultation rate!

Burn More Calories and Share the Equipment

So you've decided to start working out in our fitness center? Try to be mindful, especially during prime time (Monday through Friday 5 to 8pm, and on the weekends 8am to noon), to respect our 30 minute maximum for cardiovascular equipment. If someone is waiting for a piece of cardiovascular equipment, eg. Treadmill, Cross Trainer, Bike, etc., then workouts are limited to 30 minutes. Please be kind and make use of the "Gym Wipes" to clean your piece of equipment after your workout. Use a personal towel, and wipe excess sweat from your body. While weight training, create a circuit, group exercises in three's or four's, and move through the equipment quickly. Rather than doing two sets back-to-back, go to another piece of equipment, and then come back for your second set. You will burn more calories, and keep your heart rate higher when switching machines after each exercise!

What Else Is Going On At AHC?!?

Protect Yourself

By: Danielle Bouchard

Last year, I had the police come out and patrol the parking lot because we were having car break-ins. The police don't necessarily come out and patrol, but what they do provide is a yellow card campaign. That's when rookies come out to the parking lot during various times of the day and "peek" into your cars. Because they are who they are, they are able to get your address via your license plate number.

By peeking into your vehicles, they were able to determine if you could be a possible victim. And if you were, you received a yellow card in the mail stating that your car was located at the Aspen Hill Club with valuables that were visible to them. The lesson they were trying to teach is: Don't leave valuables in the car.

Let's take it a step farther. When you arrive to the Club, this is not the time to "slip" your purse under the seat, or place it in the back of your car. If you absolutely need to leave anything of value in the car, place it in a secure place (trunk) prior to your arrival.

Please be reminded that we have secure lockers located at the reception desk. It's easy, just get a key from the staff, lock your item and take the key with you. There are no duplicates so the only person with a key is you.

These are just tips to help you protect yourself. Please take advantage of this sound advice.



Summer Schedule

As many of you know we modify our Group Exercise Schedules during the summer. We ask that you pay close attention to e-mails, postings and printed schedule. If you have questions about our classes you can contact our Senior Director, Heather at ext 126. If you are not receiving our emails, please forward your request to: bodybyheather2003@yahoo.com, Subject: "Put Me On The List."

On Summer Break

Our Creative Movement class will be off the month of August. Registration for this class will begin Monday, August 17. This is a Free class but we must have a minimum of eight participants to run the class, so be sure to sign up!

Fitness Facts

Fit Tip

It seems the key to weight loss and maintenance are one in the same: eating six times a day. That is three meals and three healthy snacks. Each meal should consist of 300 to 450 calories and the snacks should be between 100 and 150 calories. If your goal is weight loss, you want to eat at the lower end of the calorie suggestion and at the higher end if you are getting upwards of 60 minutes of cardiovascular activity per day.



Sign Up for Kids Kamp Today!

We have had an awesome time at Kids' Kamp so far. We have had super heroes, fireworks, sports and camping fun, along with time in the Wild West.

It's not too late; your kids still have an opportunity to enjoy the rest of their summer with us! 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! Don't forget you can purchase lunch for your child from the Club Cafe to make it that much easier for you.

Pre-registration is imperative to ensure a successful program. To pre-register means a commitment to have your child in the program. We may have drop-ins; however, the drop-ins may be limited. Contact Childminding at ext. 132 or Mindy Carter at ext. 111 for a registration form.

Cost	Member
Five days	\$115.00
Four days	\$100.00
Three days	\$85.00
Two days	\$70.00
One day	\$55.00
Drop-in	\$60.00

August Personal Training Back to School Special

Six (6) 1/2 hour sessions for \$199

Special is valid from August 1 to August 31, 2009



Welcome...

Julia Al-Sager, Aku Ammah-Tagoe, Azcides Barbosa, Malcolm Barth and Heneding Alvarez, Jacob Ben-Simon, Adrian Black, Jean C. Donovan, Andrew Fleming, Eleni Getahun, Todd and Kimberly Green, Marie Guerrero and Jorge Pincheira, Cara Hedgepeth, Mark Hernandez, Michael D. Kapetanivic, Lynn and Eliot Luethke, Robert Macdonald, Emily Bond and Ezra Macdonald, Lisa Mitchell, Ken, Shirlyn and Kathryn Ninala, Mayme W. Nwaneri, David Oliver, Clyde S. Perry, James A. and Jeanette Pierson, Natalya Seepersand and Taylor Boynes, Mary Shorb, Al Simons, Barbara Siskin, Anaitca Tajzai, Natalie J. Taylor, Orlando M, Faye, Brian and Danielle Valcarcel, Kelly and Verna Washington and Matthew Whorral.

I Lost It Climbing to Machu Picchu Update

Congratulations to all "I Lost It" participants for working so hard while so many are on vacation! Over 70 club members are working towards their weight loss goals! Not only are they meeting new workout partners, but they are making lifestyle changes that will carry into a lifetime of health, and longevity. Since the program began on June 29, captains and their teams have been pushed to the limit. Only three weeks to go until the program ends on Monday, August 24. Don't delay, make changes that last a lifetime today!



I Lost It at the Club!