



SALT LAKE SWIMMING & TENNIS CLUB

February 2010

The COURT REPORTER

Message from the Managers

On behalf of the Salt Lake Swimming & Tennis Club board, staff, and members, we were honored to accept the Utah Tennis Association's 2009 **Organization of the Year Award** at the UTA Annual Meeting on January 26, 2010. The following is an excerpt of our remarks:

Since becoming managers of the Salt Lake Swimming & Tennis Club in October of 2008, we've been fortunate to be supported by a strong board and an enthusiastic membership. We've surrounded ourselves with dedicated tennis professionals who have a depth and level of experience we feel is exceptional. Our staff is invaluable. We've also had the good fortune of joining forces with some of the most amazing volunteers we could ever hope to work with.

Through our UTA, ITA, and USTA partnerships, we continue to support tennis throughout our community in whatever capacity we can. We welcome new and innovative partnerships throughout Utah to not only strengthen our sport, but to strengthen our community. In addition to UTA, ITA, and USTA, our partnerships include public and private schools and community organizations, including Westminster College, University of Utah, Rowland Hall, Highland High, Granger

High, Redeemer Lutheran School, Utah Community Foundation, Utah Nonprofit Association, Utah Food Bank, Valley Mental Health, and Utah Country Club Swim & Dive League. We're very excited to partner with Park City Racquet Club in hosting the National 45s in the fall of 2010, and the National 40s in the spring of 2011.

In 1963, David L. Freed moved the Salt Lake Swimming & Tennis Club to its current location with the idea of being able to "play tennis twelve months a year," making the club the first indoor tennis facility west of the Mississippi River.

Tennis hasn't changed all that much since David's inspiration—you bounce the ball, you hit it over the net, and you see what happens. Today, racquets are lighter, balls are now yellow, and we hit them twice as fast ... but what really continues to draw us to the game are the lifelong friendships and the community we continue to build around the sport of tennis. David's idea was a great one—to build a tennis community around the Salt Lake Swimming & Tennis Club. We have taken it upon ourselves to continue to further his love of the sport of tennis at Salt Lake Swimming & Tennis Club and his legacy in our community.

Ian Rothfels & Laurie Staton

In addition, our Director of Tennis, Mike Trabert, also received the **David L. Freed Award** for constantly providing leadership and example both in quality of play and service to the game. The following is an excerpt of his remarks:

What a tremendous honor it is for me to be the recipient of the 2009 David L. Freed Award from the Utah Tennis Association. It's very special for me to be getting an award that bears Dave Freed's name for several reasons. The first is that I feel Dave is partially responsible for me being on this earth. You see, he was the one who introduced my mom to my dad sometime back in the 1950's. My dad was making a tour stop in Salt Lake and my mom, as the reigning Miss Utah, had to attend this tennis match as part of her responsibilities. Dave introduced them to each other, of all places, at the Salt Lake Swimming & Tennis Club. My guess is that they met somewhere near court 13. The second reason is that I started my tennis teaching career in the house that Dave built, the Salt Lake Swimming & Tennis Club, when I was eighteen years old. It's intriguing to me that I find myself there today.

I have been extremely fortunate to have been around some amazing role models in tennis along with my dad. People I have watched, admired and tried to emulate. People like Kathy Rothfels, Ruby and Lee Hammel, and of course Dave Freed. How can you go wrong when you can learn from people like that? When you can be taught and coached by them. It doesn't get any better!

I would like you to know how much I value my interactions and relationships with all of you. I hope everyone will have great success in 2010, and I hope each of us will continue our efforts in our roles to grow the game we all love. Thank you again for such an honor.

Mike Trabert

New Guest Fee Rates

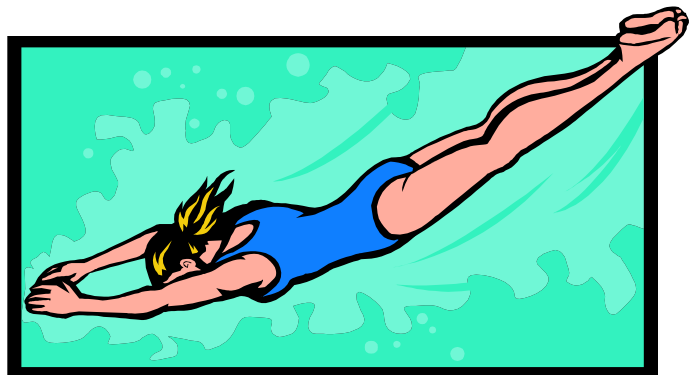
Prime Time: \$12 (8 am-11 am, 5 pm-7 pm)

Non-Prime Time: \$5 (Before 8 am, 11-3 pm, after 7 pm):

If the scheduled court time overlaps any time within these blocks, guests pay the Prime Time rate.

Sunday Guest Fee Rates

\$5 all day. Sunday court fees are still \$10 per hour.



Summer 2010

Aquatics Program Registration

Registration for summer Swim / Dive Team and lessons will be held April 16, 2010 for members and April 23, 2010 for nonmembers. All summer aquatics and tennis program information will be available on our website,

www.thetennisclub.org, in March.

Member Spotlight

Congratulations to Kirk Lundgren, long-time member of the Salt Lake Swimming & Tennis Club. Kirk is ranked the #1 player in Utah in Men's 4.0 singles. Not only that, but he's 300 points ahead of the #2 player! Part of his success is his dedication to the sport through consistent work-out and tournament participation over the years. Way to go, Kirk!

Employee Spotlight

My name is Kelsey Tannehill and as a new face around the club, I want to make sure that I have an opportunity to say "Hello!" to all members. I graduated from Oregon State University in August with a bachelor's degree in communication and shortly after moved to Utah. Since moving here, I have found the warmest of welcomes from all members of the Club.

Although I began working evenings at the front desk, my responsibilities here at the Club are expanding. Starting immediately, I will be teaming up with management and focusing on communication between the Club members and our accounting department. Come springtime, I'm looking forward to becoming increasingly involved with the fantastic swim program! Being a swimmer myself for 16 years and competing at all levels, I can't wait to get back into the water and be a part of a prestigious swim program. I am eager to be here and meet all of SLS&TC's members!

Hidden Fat:

What Your Scale Doesn't Reveal

Can you be normal weight and fat at the same time? That's the implication of a provocative recent report from the Mayo Clinic, which suggests that fat in your

body can get you and your body in trouble even if you don't look fat and if the scale tells you you're healthy.

The Mayo researchers, led by cardiologist Francisco Lopez-Jimenez, have coined a term for the phenomenon: normal weight obesity. In a study that looked at data from 6,171 Americans with normal body size, as measured by body mass index [BMI], those with a high percentage of body fat were significantly at risk of future heart problems than those with low amounts of fat. Their bodies "behave like they are obese, but they are not," Dr. Lopez-Jimenez says.

Fit Versus Fat

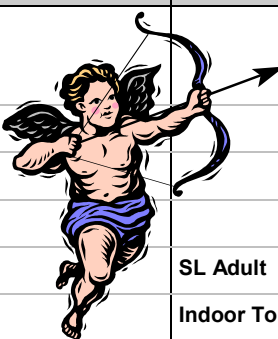

BMI is a key indicator of healthy weight. Calculate your BMI by dividing your weight in kilograms by your height in meters squared. Or go to www.nhlbisupport.com/bmi for an online tool and plug in your particulars.

Body fat can still be high, even when weight is healthy.

Calculate body fat percentage using a process known as bioelectrical impedance analysis, which passes a small electrical current through body tissue. Specialized body fat bathroom scales for home use are available for purchase at drug stores or online, but offer varying levels of reliability. Skinfold tests are another technique. While some doctors may offer such tests, you're more likely to find them at health clubs.

Generally, body fat percentages over 25% for men and over 35% for women are considered high. Preferred targets are considerably lower. But there isn't a professional consensus on an optimal level.

— *Wall Street Journal*, January 26, 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
					"Stroke of the month" Tennis Clinic 10:30-11:30 am	SL Adult Indoor Tourney
	SL Adult	SL Adult	SL Adult	SL Adult	SL Adult	
	Indoor Tourney	Indoor Tourney	Indoor Tourney	Indoor Tourney	Indoor Tourney	
7	8	9	10	11	12	13
14	15	16	17	18	19	20
	 					
					High School Boys Clinic	High School Boys Clinic
21	22	23	24	25	26	27
					ITA College Invitational	ITA College Invitational
28	