



SALT LAKE
SWIMMING & TENNIS CLUB

January 2010

The COURT REPORTER

Message from the Managers

When we began as General Managers on October 13, 2008, we felt fortunate to be familiar with the Club's members and history. We walked in with a plan, rolled up our sleeves, and began to rebuild the Club's infrastructure.

Programs & Leadership

We hired Daines Goodwin & Co. CPAs and Mario Herbst, our forward-thinking Accounting Specialist / Controller to oversee our finances. We helped Brit Cannon build and train his office staff, including stellar additions Courtney Mitchell and Kelsey Tannehill. We hired Byron Boyd as our Head Tennis Pro from the Evert Academy in Boca Raton, Florida, to team up with renowned Director of Tennis, Mike Trabert. Together they've spearheaded a tennis program with fresh new ideas.

We were fortunate to join forces with prominent swimming competitor and coach Tommy Thorum to head up our highly successful Aquatics program. We ended the season on a high note with our 11th straight Utah Country Club Swim & Dive League Conference Championship.

We hired former tennis ace, Drew Gordon, to manage our thriving snack bar, now known as Drew's American Grill. We expanded our communication channels to include a new website. Plans are already in the works, for both tennis and aquatics programs, to build on their 2009 success

and bring even better programming to the Club for 2010.

Facility Upgrades

We had high hopes to upgrade the lighting in the Tennis House, but the project was preempted by the continued deterioration and deferred maintenance of our facility over the last 4-5 years. The unplanned roof repair project—from the lobby entry way all the way back to the David L. Freed Tennis House—was repaired in such a way that both saved the ceiling from further poor water drainage damage as well as more costly repairs. In addition, it improves the viewing deck for outside courts and provides safer access to the pool. Since upgrading the security lighting in the parking lot—by adding a light fixture on the west side of the lot—we have not had any break-ins. We installed new pool drain covers to comply with the Virginia Graeme Baker Pool & Spa Safety Act. The men's locker room received a long-overdue make-over, and fresh new colors adorn the front desk, office hallway, and David L. Freed Tennis House entrance.

Finances

The current economy has affected the Club in much the same ways as other local, regional, and national businesses. We continue to look for ways to conserve and maximize our valuable resources, as well as continue to promote the Salt Lake Swimming & Tennis Club's tradition of program-

Salt Lake Swimming & Tennis Club

www.thetennisclub.org

801-487-3206

ming excellence, carefully-maintained facilities, and sustainable community partnerships.

Looking Forward

With all the challenges we faced in 2009, we continue to move forward with a positive can-do attitude. We routinely seek the advice of small business experts, as well as maintain an active role in the nonprofit community. We regularly brainstorm with our board and staff on a variety of issues, and look to our membership and our tennis community for feedback and support.

Right before Christmas, Mike Trabert received this email from a guest:

"My brother and I are members of the Racquet Club of Philadelphia and Vancouver Lawn Tennis Club respectively. [This is] a short note to thank you for arranging the introduction to your Club during our recent stay in Utah. Thanks to that, we had the perfect long weekend: 2 days of skiing interspersed with 2 days of tennis. Brit and the fellow who set us up on Saturday were most welcoming.

"[You have] a terrific facility—my brother and I agreed that your Club dome has the best lighting of any we have played in (and the blue wall 'band' at court level increases visibility markedly). At any rate, we enjoyed it and appreciated your hospitality."

With that in mind, we hope that the New Year brings you joy, good health, and many active days with your family and friends at the Salt Lake Swimming & Tennis Club.

Cheers,
Ian Rothfels & Laurie Staton

New Workouts for your 2010 Fitness Resolutions!

2.5 / Beginners Women's Clinic

Get your week off to a great start with Head Pro Byron Boyd's weekly 2.5 / Beginning Women's Clinics on Mondays, beginning January 4, 2010, from 9:00–10:30 a.m. The cost is \$15 for members and \$20 for non members. Contact Byron at 487-3206 for more information.

Open Noon Clinic / Workout

Wondering how you can improve your strokes AND get a great workout all on your lunch break? Let Head Pro, Byron Boyd, take you through the paces! Byron's new Open Noon clinic / workout—open to all players—will be held Tuesdays from 12:00 p.m. to 1:00 p.m. The price is \$13 per person. Byron will cover all aspects of the game in this fun and energetic workout! Open Noon Workouts begin January 5, 2010. Contact Byron at 801-487-3206 for more information.

Calling all umpires!

Do you have good eyesight, knowledge of the game, and love of the sport of tennis? Become an umpire! Take your test and bring your completed answer sheets with you to the January 23, 2010 umpire workshop. Online umpire tests are available at: http://www.usta.com/sitecore/content/USTA/Global/Get_Involved/Officials/Information/OfficialsTrainingReference.aspx

For more information, contact Chief Umpire, Terry Miya, of the Utah Tennis Umpires Association at 801-278-8705.

Stress Management for Optimum Performance

By Liz Bywater

Stress. It's a fact of life for today's busy

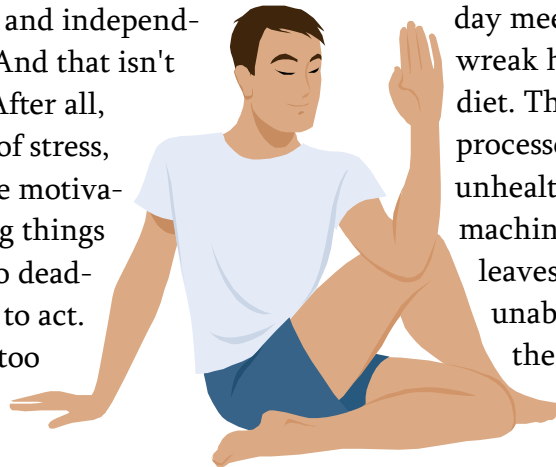
executives, managers, and independent business owners. And that isn't entirely a bad thing. After all, without some degree of stress, we might not have the motivation needed for getting things done. No pressures, no deadlines, no real urgency to act.

On the other hand, too much stress can dampen performance in a big way. When pressure mounts to excess, even moderate demands can seem insurmountable. Challenges feel like obstacles and productivity plummets. Creativity crashes and collaboration goes down the drain. Think of it this way: If you're busy ducking under your desk, you'll be hard-pressed to inspire your team, communicate your vision, or connect with your customers.

The good news is that stress can be managed. Kept in its rightful place, stress will keep you motivated without overwhelming you—or overshadowing your capabilities. Check out the following tried and true stress management techniques. You'll soon discover that even modest changes can have a dramatic impact.

Breathe. That's right, we're starting with the basics. As our bodies respond to stress, our breathing tends to become rapid and shallow, as we kick into 'fight or flight' mode. By deliberately slowing your breathing and taking deep, calming breaths, you will help your mind and body relax and refocus.

Eat right. It's not front-page news that jammed work schedules, all-



day meetings, and business travel all wreak havoc on eating a healthy diet. The problem is that a diet of processed foods, refined sugars, and unhealthy fats—typical of vending machine and fast food dining—leaves you depleted of energy and unable to give it your all. Take the time to eat well—and to drink plenty of water.

You'll more than make up any lost time through improved productivity and increased focus.

Exercise. Whether you prefer running, swimming, tennis, or a workout at your local gym, find what you like and do it. Keep yourself healthy and fit and you'll feel calmer, more in control, and better able to take on the every day pressures and demands of work.

Sleep. Think about the last time you were feeling the stress of, let's say, an upcoming presentation to senior management or lunch with an important client. How well did you sleep the night before? Chances are, not as well as you could have. In order to maximize performance under pressure, make sure you're getting plenty of uninterrupted sleep each night (6 to 8 hours for most people). Establish regular nighttime routines, stay away from caffeine and TV, put away the laptop, and listen to music or read a good book before going to sleep each night.

To get the jump on stress and operate in top form—at work and at home—pay attention to these fundamentals of daily life. Remember, even small changes can pack a serious punch.



| Sun | Mon | Tue | Wed | Thu | Fri | Sat | |
|---|---|--|-----------------------|--|--|----------------------------|----|
|  | | | |  | 1 Club opens at 8:00am | 2 | |
| 3 | 4 NEW! 2.5 Women's Clinic, Mondays 9-10:30am | 5 NEW! Open Clinic w/o with Byron Boyd Tuesdays 12-1pm | 6 | 7 | 8 "Stroke of the month" Tennis Clinic 10:30-11:30 am | 9 | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 | |
| | | | | | Snowball Sectional | Snowball Sectional | |
| 17 |  | 18 | 19 | 20 | 21 | 22 | 23 |
| Snowball Sectional | Snowball Sectional | Snowball Sectional | Snowball Sectional |  | | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 | |
| 31 | | | | | | SL Adult Indoor Tourney | |