Texas Hold’em

When: Saturday, March 11, 2017
(Beginners/Refresher class @ 6:30 pm)
All players must be seated by 6:45 pm—late seatings cannot win, but you can still play and eat.
Where: Park Crossing Clubhouse
Who: All PCRC Members only 21 years and older are invited to play.
Cost: $25.00 per person. Food, beer, wine, mixers and non-alcoholic beverages, but please bring your own liquor.

Trohphies and prizes will be awarded.
This event consistently sells out every year.

The first 64 players to pay will participate. Please complete the online survey/registration form and submit your payment to Park Crossing Swim & Racquet Club at the clubhouse. Checks should be made payable to PCRC. Your online registration does not reserve your seat; your payment reserves your seat!

Please note that there will also be some changes to the format for this year’s tournament which will ensure that some beginners and midlevel players will qualify for the final table. Sign up early.
https://www.surveymonkey.com/r/N8MJ5QS

New Members
Please welcome Ben & Priscilla Rhodes and their three girls; Cecilia, Charlotte, and Bennett.
Shep & Bess Reynolds and son, Reid.
Tom & Char Dumas and their children; Lindy & Beckett.
Andrew & Kimberly Syzek
Swim Team News

Hello Dolphins,

It's hard to believe but summer league swim team is just around the corner. Please take note of the following dates and information.

2017 Registration:

- The cost is $65 for the first child; sibling discount of $10 for each additional child (so $55 each additional).
- Your registration is not complete until you sign up for 4 volunteer positions.
- Registration fee includes t-shirt and cap. Please remember to include t-shirt size when registering.

You MUST register on the Sportability website by the deadline in order to get a t-shirt.

Swimsuit fitting:

- Swim Suit Fitting Sunday, March 26 3:00pm - 5:00pm at the Park Crossing Clubhouse.
- It is the same suit from last year and WILL be available for the 2018 season.
- Price of $64 for girls and $43 for boys. Augusta Swim accepts the following forms of payment: VISA, MASTER CARD, DISCOVER & CASH.

You are not required to wear the team suit but it does make for a good appearance when all the kids are in the team colors and it makes the kids all feel a part of the team. If you choose not to purchase the new suit, you CANNOT wear a swim team logo from another team (ie: MAC, NSS, High School, Etc). This is a league rule.

Practice Schedule:
Monday, May 15th - Practice Begins for Everyone
(no practice Memorial Day or June 8th)

May 15th - June 9th
6 & Under (Shrimps) 3:45-4:15 PM
7 & 8 4:15-5:00 PM
9 & 10 5:00-6:00 PM
11 & Over 6:00-7:00 PM

First week of practice will focus on the following for ages 7 and up:

- Freestyle, Monday
- Breaststroke, Tuesday
- Backstroke, Wednesday
- Butterfly, Thursday
- Starts and Turns, Friday
Morning Practice Schedule Monday, June 12 to Thursday, June 22nd
6 & Under (Shrimps) 8:30-9:00 AM
7 & 8 9:00-9:45 AM
9 & 10 9:45-10:45 AM
11 & over 10:45-11:45 AM

*No practice Saturdays and Sundays. There will always be one extra lane open for swimmers who have other activities before school is out for the summer. If you can not make your scheduled practice please try to make a later or earlier time.

Swim Meet Schedule:
• Thursday, June 1st - Mock Swim Meet at 5:30 (This is just like any other meet, only there will be no opposing team. This meet is very important for all swimmers to attend.)
• Saturday, June 3rd PC @ Beverly Woods (7:15AM Warm-Ups; 8:00AM Start)
• Thursday, June 8th Barclay Downs @ PC (5:15PM Warm-Ups; 6:00PM Start)
• Monday, June 12th PC @ South Park Swim and Tennis Club (5:15PM Warm-Ups; 6:00PM Start)
• Thursday, June 15th PC @ Foxcroft Hills (5:15PM Warm-Ups; 6:00PM Start)
• Monday, June 19th Charlotte Swim and Racquet Club @ PC (5:15PM Warm-Ups; 6:00PM Start)
• Thursday, June 22th Olde Providence @ PC (5:15PM Warm-Ups; 6:00PM Start)
*All-Star Meet, Thursday, June 29th @MAC Uptown (select swimmers only, must have participated in two full regular season meets)

End of Season Banquet will be Sunday, June 25th from 12:00 to 2:00PM

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2017 PCRC Swim Team Board:

Co-Presidents: Jaime Graham (parkcrossingswimteam@gmail.com, 703-403-3485) and Andrea Kummer (parkcrossingswimteam@gmail.com, 919-619-1859)

League Rep/Meet Coordinator: Debbie Leahy (jdleahy@msn.com 704-608-1814)

VP of League/Meet Coordinator: Kathy Petras (kmpetras@yahoo.com, 980-355-2437)

Volunteer Coordinator: Jocelyn Ingram (jocelyningram@gmail.com, 240-328-7404)

Concessions: Kristen Jones (jones10217@gmail.com, 704-780-9847)

Treasurer: Danielle Hutcheson (ryandanielle@bellsouth.net, 704-953-3700)

Thank you

We received another $200 check from our friends over at Rusty Onion. If you haven't tried their pizza, it's New York style. They deliver to Park Crossing (980) 219-7079 with no minimum amount and 10% of sales, delivery or in-store, gets refunded directly into our amenity fund, so tell them you're from PC. They also offer great salads, sandwiches, pasta and an impressive craft beer selection. Check out their menu powered by their new "Order Online" app at www.therustyonion.com.
Thank you

We have several volunteers to thank for helping to spread the mulch at the playground: Ruth Ewing, Dusty Snyder and his son, Durston. Thank you for your efforts and time spent improving our playground.

New and Exciting Website

ParkCrossingRec.com: We've recently added a new website for PCRC at parkcrossingrec.com built by Enertia Enterprises, Inc. It's a large brochure to motivate folks to join the club and enhance our curb appeal for those thinking of moving to the neighborhood. We're trying to sell an active, social lifestyle and give prospective home buyers a great place to raise their family. We've worked with neighborhood realtors, the tennis board, the swim team board and some marketing gurus in the neighborhood to craft the content. Most is geared towards connectivity, opportunities to create meaningful connections. The social side of PC and our tennis instruction are the two best bargaining chips we have - that's what we're selling.

The member login ties to our new court reservation system at yourcourts.com. YourCourts is in process of adding online payment, potentially including automated payment of monthly registration dues which would be a game changer for PCRC.

When you have a minute, please run through the site and let us know what you think. We did our best with photos from facebook but I'm hoping there's more quality shots out there. This will be a living thing that will continue to progress. We are adding photo galleries on each club and more video shorts, they sell perfectly.

Happy to hear any feedback, good or bad. Thanks!

Change of Date

Please note the change of date for the Easter Egg hunt. The New date is Sunday, April 2, 2017 from 3:00 pm - 5:00 pm. The event cost is $5.00 per child or $3.00 per child if the family is a woman’s club member. The event takes place at the clubhouse. There is a need for volunteers, so please e-mail parkcrossingwomensclub@gmail.com

Annual Resident Member Meeting

The Annual Resident Member Meeting is scheduled for Sunday, April 23, 2017 at 6:00 pm at the clubhouse. All member residents are encouraged to attend.

Park Crossing Tennis

Spring Junior Clinics-You may join at any time

Session Dates
Session I- March 6-June 1
Pricing is per month
Red I & II (Ages 4-7) Orange III (Ages 7-9) Students will learn the basic skills of the game using the red & orange low compression tennis balls. Through games and drills, your child will have a blast running and playing tennis just like the big kids. Overall emphasis on the basics will be a recurring theme.
Green Level (Ages 10-15) Players will focus on increasing their power, overall control, shot selection and consistency during class. They will work on a lot of movement drills and games with certain rules to create match type situations. Players from Advanced Beginner to Intermediate level will thrive in this class as all improve their skill set and knowledge of the game.

Competitive Player Development This class is geared toward tournament level players wanting to take their game to the next level. There will be a weekly focus on a particular stroke or strategy and attention on developing that skill set. Players should expect to work hard and reap the benefits from their dedication. Prospective students need to contact Todd before entering the class.

To register for junior classes, please contact Todd at 704-543-0440 or pcrctennis@gmail.com.

Spring Adult Clinics

Mens Workout (All levels welcome) This class is high energy, fast paced and built for giving you a great workout while working on your tennis skills. After an hour of drills and games, stay after for doubles, paired up by the pro. Guaranteed to make you sweat.

Cardio Workout- Need a kickstart to your workout regime? Members have been enjoying a weekly Cardio blast that combines tennis drills and competitive games with footwork and upper body strength training. All classes are Coed and all levels are able to participate. Please call or email. Space is limited.

WOW-Women on Wednesdays- If you would played before and would like to get back into the game, we are able to help. Our weekly drills can be attended on a drop-in basis and you get great music, cardio and tennis with friends. Beginner and Intermediate classes are available and run on separate courts.

March 2017 Newsletter
Queen City Ladies Team Practices

Our spring season is upon us and we are in full motion with our weekday ladies clinics and teams. We are excited to announce we will once again have 4 Ladies weekday teams. If you are interested in playing, we would love to talk to you. Please give Todd a call and let’s get you playing for Park Crossing in 2017. To sign up for clinics, please RSVP weekly to the email.

**Team 1** - Mondays - 11:00-Noon ($13.00 per class)
**Team 2** - Tuesdays - 9:00-10:30 am ($19.00 per class)
**Team 3** - Tuesdays - 10:30 am-Noon ($19.00 per class)
**Team 4** - Tuesdays - 10:30 am-Noon ($19.00 per class)

**TRY Tennis - Beginner Clinics** Mondays 11:00-Noon; Tuesdays 7:00-8:00 pm;

*Saturdays 10:30-11:30 am ONLY $30 for 6 weeks* Do you want to TRY tennis but you have never played before? We have the perfect program for you. Park Crossing has partnered with NC USTA to offer an introductory program at the club to get you from couch to court in 6 weeks. This is a program specifically designed for NEW players to help teach you the basics and get you started on your tennis journey. For only $30 you will receive 6 weeks of 1 hour clinics, a TRY Tennis t-shirt and a new Wilson tennis racquet. What a great deal!!! Class sizes will also be limited to a 6:1 student/teacher ratio. We will have a kickoff party for all those interested in the program on March 22nd from 7:00-8:00 pm at the tennis courts.

*To be on the weekly reminder email or for more information, please contact Todd at 704-543-0440 or pcrctennis@gmail.com*

**YOGA**

We are excited to announce the addition of Yoga to the club's programs this spring. Park Crossing resident and Yoga instructor, Lori Walker, will be leading the classes. Lori has completed the Athletics and Fitness Association of America's Practical Yoga Instructor Training. She is currently working towards her 200-Hour Yoga Teacher Training for her Yoga Alliance Certification. She began her yoga practice 19 years ago after the birth of her first daughter. The first thing she learned was that she was not breathing. “I was literally living life while holding my breath. Learning to breathe properly changed my life.” Several years later, she felt the call to teach. She created a practice through her church where she instructed adults, seniors, children, and developmentally-challenged teens for several years. She temporarily left teaching to return to her not-for-profit roots as CEO of the Alzheimer's Association. At a new crossroads, she chose to return to teaching yoga and has come full circle with her desire to share with others the many benefits of yoga. Lori has lived in Park Crossing for 13 years where she is raising both of her daughters, Julia and Bailey.

**Stretch & Strengthen Yoga** Tuesdays & Thursdays 9:30-10:30 am & 6:45-7:45 pm

This class is suited for the beginner, intermediate or advanced student using stretching and strengthening poses to tone muscles, improve posture, increase flexibility and improve balance. The class includes a series of postures and movements to build core strength, endurance and flexibility. The focus is on proper stretching, breathing, and relaxation techniques to strengthen one’s body and clear the mind. Alternative postures and modifications are provided to encourage safe exploration to build confidence, flexibility, balance and strength.
Gentle Yoga Tuesdays  10:45-11:45 am

This class is perfect for seniors, someone just beginning an exercise regimen, and/or people recovering from illness or injury. The class focuses on stretching and strengthening exercises to tone muscles and improve posture. This is a low intensity workout that can be done from a mat or chair. Exercises will focus on safe ways to improve balance and flexibility, breathing for relaxation and healing, and meditation for releasing tension and increasing self-awareness.

Pricing is $13 per class or $100 for a 10 class pass.

Private Lessons & Clinics
If you would like to improve your tennis game either individually or with your partner, please give Todd a call. They are very flexible with times to accommodate most schedules. Todd and Brett have a great deal of experience working with players of all levels to improve their tennis games. Book a lesson today to take your game to the next level!

1 hour private lesson- Todd ($60) Brett ($55)
1 hour group lesson- $32 each (2 players), $22 each (3 players), $17 each (4 players)