

Park Crossing Swim & Racquet Club September 2017



Give Blood



YOU MUST PRESENT A CURRENT, OFFICIALLY ISSUED PHOTO ID TO DONATE

Park Crossing Community Blood Drive



Date: Monday, September 4, 2017

Time: 9:00am - 1:00pm

Location: Park Crossing Rec Club

Appointments: Contact Matigan Simpson at
blooddrive.ms@gmail.com

16 years olds can donate with parental consent!

Last year we collected 89 units, let's hit 100!

1-888-59BLOOD • www.cbcc.us



@CBCCarolinas



/BloodCenter

EVERY DROP STAYS HERE. SAVING LOCAL LIVES.

Thank you

We want to thank Steve Dean for all the years of service that he has devoted to the Park Crossing Swim and Racquet Club Board of Directors. Steve has been instrumental in overseeing our landscaping and clubhouse. He has handed over the baton to Trey Farley who will continue in the Co-Chair position with Chad Epting to oversee the grounds and clubhouse. Thank you Steve.

September 2017

Important Contact

Information

Park Crossing Swim & Racquet Club Office
Number 704-542-2743

Park Crossing Swim & Racquet Club Pool
Number 704-541-5019

Park Crossing Swim & Racquet E-mail Address
pcrcclub@bellsouth.net

Park Crossing Swim & Racquet Website:
www.parkcrossing.net

Park Crossing Swim & Racquet Tennis Office
Number 704-543-0440

Park Crossing Swim & Racquet Tennis Office Email
pcrc tenis@gmail.com

Inside this issue:

Blood donation	1
Thank you	1
Tennis	2-6
Food Truck Event	6
Women's Club Kick - Off	6
Pool Hours	7



Labor Day

The Labor day cook- out will be Monday, September 4, 2017. The pool gates will open at 10:00 am Members are free but guests are \$5.00 per child under 10 yrs of age and \$10.00 per person above 10 yrs of age. If you are able to help, please contact Brian Moran bmoran311@yahoo.com.


Lost and Found

The items in the lost and found will be donated to the Goodwill Charities after labor day, Please look through the box to see if any items belong to you and your family.

Thunder and Lightning Policy

If thunder is heard anywhere around the swimming pool area, the lifeguards will immediately clear the pool. The swimming area will be off limits for 30 minutes following the last heard thunder. If lightning is seen anywhere around the vicinity, the lifeguards will immediately clear all the pools. The swimming area will be off limits for 30 minutes following the last observed incident. In addition, the pool deck must be cleared when lightning is seen.

Reminders



Please do not bring glass of any kind to the pool!

No food or beverages in the pool water.

Cats, dogs or any pets are not allowed in the pool area.

To prevent pool closures, children that are not toilet trained MUST WEAR RUBBER SWIM PANTS IN THE POOL, NOT JUST A DIAPER.

Please clean the grill after every use.

If you are planning a party at the pool, you will need to inform the lifeguards and/or the office 5 days in advance to fill out the necessary paperwork.

When arriving at the pool, it would be extremely helpful if you would please park in the large parking lot. The smaller parking lot is used mainly for members that are playing volleyball and tennis.

Please lock up your bikes, scooters, wagons, etc. when visiting the pool. Please make sure they are securely in the bike rack. The handicap spot seems to be filled with bikes and a handicap person can not move the bikes out of the way. Please do not leave the bikes, scooters, wagons, etc. in that space.

Guest fees for the pool for non-holiday days are \$5.00 per person.

Guest fees for LABOR DAY are \$10.00 per adult \$5.00 per child.

Guest fees for the tennis courts are \$5.00 per person.

Ice cream will be sold during adult swim.



**If your child needs service hours for school,
please contact the Park Crossing Swim &
Racquet Club 704-542-2743 or
pcrcclub@bellsouth.net.**

Tennis

September 2017 Newsletter

Fall Junior Clinics-you may join at any time

Session Dates

Session IV- August 28-September 29

Pricing is per session

Red I & II (Ages 4-7) Orange II & 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.

Mondays, Tuesdays & Thursdays	4:30-5:30 pm	<u>\$65/1 day a week per session</u>
Wednesdays	5:30-6:30 pm	\$120/2 days a week per session

★ **Green III (Ages 10-11)** 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. Tuesdays & Thursdays

5:30-7:00 pm	\$99/1 day a week per session	Wednesdays
6:30-8:00 pm	\$180/2 days a week per session	

Green II & Yellow II (Ages 12-15) Players will focus on bettering their strategy based on their individual skill level. Even if you have not played before, this is the right class for your child's age and we will get them on a path to success. Our overall goal is to make them as proficient in tennis quickly to play and compete.

Tuesdays & Thursdays	5:30-7:00 pm	\$99/1 day a week per session
Wednesdays	6:30-8:00 pm	\$180/2 days a week per session

Competitive Player Development (Age 9+ tournament level) Orange I, Green I, Yellow I 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 certain 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. This group will also be playing in 3-4 tournaments together over the fall with the pros in attendance and offering guidance.

Monday & Wednesday	5:30-7:30 pm	\$125/1 day a week per session
		\$230/2 days a week per session

To register for junior classes, please contact Todd at [704-543-0440](tel:704-543-0440) or pcrctennis@gmail.com



**Now that tennis season is starting again,
please remember that Todd can restring
and re-grip your racquet for the season.**

Tennis

Fall 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.

Thursdays 8:00-9:00 pm \$13.00 per class

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. Class times will be posted in the weekly email blast. \$13.00 per class or \$100/10 classes.

WOW-Women on Wednesdays- If you have 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.

Wednesdays 7:30-8:30 pm (Intermediate/Advanced) \$13.00 per class

Queen City Ladies Teams

Our fall season is here and match play begins on September 6th. We have 4 teams that compete in the Queen City Tennis League. Teams 1 & 2 play on Wednesdays and Teams 3 & 4 play on Thursdays at 9:30 am. If you would like to join us, please contact Todd and learn how to get involved.

Weekly Practices began on 8/21

Team 1- Monday 10:00-11:00 am

Team 2- Tuesday 9:00-10:30 am

Team 3- Tuesday 10:30-Noon

Team 4- Tuesday 10:30-Noon

Queen City Saturday Mens & Womens Teams

We will field 2 Mens Teams and 1 Ladies Team on Saturday mornings this fall. The Men play at 8:30 am and the women start at 11:30 am. Each team plays 4 lines of doubles and this is a terrific opportunity for competitive play for those members who work during the week. The season begins on Saturday, September 10th and continues for 7 weeks. You are not obligated to play each week and can sub as available. Contact Todd to be put in touch with the team captains.

Our weekly clinics include a daily theme based on previous week's matches and the progression set by the pro staff. If you would like to be part of the women's teams, please email Todd @ pcrctennis@gmail.com or call 704-543-0440

Private Lessons & Clinics

If you would like to improve your tennis game either individually or with your partner, please give Todd or Brett 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)

Tips for Parents of Young Athletes

One thing that I love to do is watch my children play sports. It can be the most exhilarating experience or one of the most frustrating. Remembering that your children should be on the court because they want to not to fulfill your dreams can be difficult. Your children will gravitate to and be successful at tennis if they feel progression, a sense of belonging and pride in themselves for playing. While we all fail sometimes (parenting is full of guilt), following the suggestions below will help ensure you have a happier, healthier young athlete.

DO:

- Treat your child the same whether he or she wins or loses.
- Try to have fun and enjoy the tournaments and the travel. Your unhappiness can breed a child's guilt.
- Look relaxed, calm, positive, and energized on the sidelines. Your attitude will help the child to play better.
- Make friends with other parents at tournaments. Socializing can make the event more fun.
- Get involved if the child's behavior is unacceptable during a match play. Your child doesn't want to be labeled a jerk.
- Let the coach do the coaching. Too much input can confuse the child.
- Understand that the child needs a break from tennis occasionally. It doesn't mean the child is quitting or burning out, they just need a break.
- Be there when the child loses or gets discouraged. Be an understanding listener, not a fixer.
- At the same time, give the child some space when he or she loses. Your youngster will want to be alone for a while, then he or she will be O.K. Don't press the conversation, they will talk about it when they are ready.
- Keep your sense of humor. When you laugh and have fun, your child's stress level takes a big drop.

DON'T:

- Say, "We're playing today." Instead, say, "You're playing today."
- Get too pushy. Having them fulfill their obligations (pre-paid clinics or playing the consolation draw) is different than forcing them to play.
- Turn away when the child behaves in an un-sportsmanlike manner on the court.
- Tell the child what he or she did wrong after a tough match. The last thing they want is your criticism immediately off the court. Be a source of strength to them not someone they wish to avoid. The car ride home is killing all youth sports.

- Ask the child to talk with you immediately after a loss. They will talk about it when they are ready.
- Make enemies with your child's opponents parents during a match.
- Act negatively or angrily (verbal or non-verbal) on the sidelines unless your child's acting in an unsportsmanlike manner.
- Your child is watching more than you think. Their winning or losing *cannot* determine your approval of them.
- Make your life your child's tennis.
- Make your child feel guilty for all the time, money, and sacrifices you're making for his or her tennis.
- Think of your child's tennis as an investment for which you expect a return.
- Live out your own dreams through your child's tennis.
- Try to take the coach's job away. Be the parent.
- Compare your child's progress with that of other children, especially siblings.
- Badger, harass, or use sarcasm to motivate your child. It may work in the short term, but they will rebel your threats or mistreatment.
- Threaten or use fear to improve your child's tennis discipline.

I hope you will use these suggestions for the betterment of your children. We were blessed with parents that used these principles to assist and nurture our tennis games and lives. Be the type of tennis parent your children deserve.



Food Truck Fall Event-Currently on Saturday, October 28, 2017 more details to follow.

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

Women's Club

The Women's club Kick-off will be held Wednesday, September 13, 2017 @7:30 pm at the clubhouse. Please join the group. The membership fee is \$25.00 for the year. We need to thank Colleen O'Laughlin and Lori Epting for their year as Co-Presidents. This year we will welcome Katie Burgess and Katie Ferguson as Co-Presidents.

Yoga

Stretch & Strengthen Yoga Tuesdays & Thursdays 9:30-10:30 am & 6:45-7:45 pm Thursdays 6:00 -7:00 pm
Saturdays 10:00-11:00 am

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 and Thursdays 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.

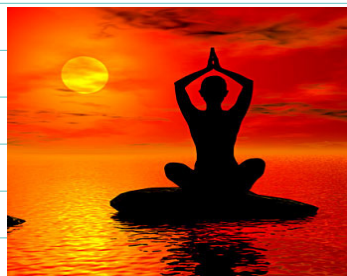
Intermediate/Advanced Mondays 6:00pm-7:00 pm

This level class is appropriate for someone who has practiced yoga in the past and is familiar with yoga postures. It is very similar to the Stretch & Strengthen class based on the Kripalu tradition of yoga and emphasizes the Hatha and Vinyasa styles of yoga.

Pricing for the classes 10 -class pass for \$100.00 (\$10.00 per class

Drop - In Rate is \$13.00 per class

The first class is free



September 2017

Pool hours

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 1:00 pm- 7:00 pm	2 10:00 am- 10:00 pm
3 Noon- 7:00 pm	4 Labor day 10:00 am - 8:00 pm	5 Closed	6 Closed	7 Closed	8 Closed	9 Noon-8:00 pm
10 Noon- 8:00 pm	11 Closed	12 Closed	13 Closed	14 Closed	15 Closed	16 Noon- 8:00 pm
17 Noon- 8:00pm Pool closes for the season	18 Closed	19 Closed	20 Closed	21 Closed	22 Closed	23 Closed
24 Closed	25 Closed	26 Closed	27 Closed	28 Closed	29 Closed	30 Closed