

strokes

What to do, What to do!

This summer your family has many choices pertaining to how you spend your time and money. There are a multitude of camps, events, festivals and family vacations that help keep you busy through the summer season.

We too have a host of activities that are offered to your family, but our number one goal for our members is to provide a place for you to come and do... nothing!

We hope that you take time to sit back, relax and simply enjoy summer's simple pleasures. Whether that is a milkshake, a good book by the pool, a game of tennis with the guys, or lunch with visiting grandparents, summer is your time at RRC.

We'll see you soon.

(But just in case you're looking for something...)

Fiesta Fridays - June 26, July 10, July 17

Contact: Ariel Shakeshaft/events@rafaelracquetclub.com/785-4631

Summer Kick-Off Pool Party - June 19

Contact: Ariel Shakeshaft/events@rafaelracquetclub.com/785-4631

Summer Camp

Contact: Ariel Shakeshaft/camp@rafaelracquetclub.com/785-4631

RRC Swim School

Contact: Marc Detraz/mdetraz@rafaelracquetclub.com/456-1153

Totally Tennis Summer Camp

Contact: Lisa Berg/lberg@rafaelracquetclub.com/456-1837

Jr. Lifeguard Training

Contact: Ariel Shakeshaft/camp@rafaelracquetclub.com/785-4631

Adult Tennis Camp

Contact: Jeff or Tim/jefftaylor75@gmail.com or tim.oneal88@gmail.com

Jane's home Kitchen

Open 7 Days (beginning in June), 10:30am-5:30pm

Lunch, dinners to go and snacks daily.

Contact: Jane Sykes/jhk@rafaelracquetclub.com/497-3347



Congratulations to...

Joe Gorek, member of "2nd Leg Naked" (Trans Tahoe and Maui Channel teams), Rafael Racquet Club and San Quentin Swimmers, placed 4th in his 45 - 50 yr. age group at the US Masters Nationals Championship, in the 50 Free in a time of 22.7 seconds. Later that day, Joe swam a 50.65 in the 100 Free, placing him 11th.

As the high school sports season wraps up, we also want to congratulate all RRC teenagers who participated this season. A special congrats to Katherine Davis who advanced to NCS in Varsity Diving and to Conor Berg who advanced to the NCS finals in Varsity Tennis. Great job to all!

The first session of our triathlon class completed their first triathlon this month, and coach Melissa Lewis reports that everyone did better than they had hoped despite the rainy weekend. The triathletes began their second session in May.

Kids' Changing Rooms are Here!

If you've ever tried to shower in the Women's room on a summer afternoon, or change in the Men's room after swim practice, you have encountered our beloved RRC youngsters. While their intentions are good, they sometimes run amok! (They are kids after all.)

So... Until we can more permanently address the need for kid/family changing rooms, we've carved out a little section of this club's coveted land just for kids!

We are asking that all kids under age 14 use the changing rooms outside unless supervised by an adult in the indoor locker rooms. This policy aims to help us better manage our facilities, but we hope that the kids will get to love their changing cabanas!

The main locker rooms are certainly not off limits to kids, but we hope to see kids largely use the outdoor changing rooms as a convenient alternative to a quick shower and change.

We do hope that you'll encourage your kids to use these changing rooms for many reasons. On our end, we hope to see the shower times decrease, our maintenance schedule alleviated and the locker room congestion lightened.

Thanks for helping us out!

May - June 2009 Nutrition Tip: Eating Organic

from Dionne Detraz, RD

So you're trying to eat a more balanced diet, following the food guide pyramid, getting more fruits and vegetables. But is it enough? Do we also need to make sure that what we buy is organic? Does it really make a difference? The first step is definitely to eat better, particularly including more fruits and vegetables. However if your budget allows the next step would be to improve the quality of the foods you are eating by buying as many organic items as possible. Why is organic so important?

By eating organic you are greatly reducing the toxic accumulation of chemicals in your body; chemicals such as pesticides, herbicides, growth hormones, and antibiotics just to name a few. We are exposed to chemicals every day, many of which we do not have control over. However we do have control over the foods we put in our body.

Eating organic also increases the nutrient profile of the foods you eat. Organic farmers take great care to ensure the health of their soil, therefore providing the plants more nutrients from that soil. The stripped and depleted soil found on a commercial farm cannot provide its plants with the same quantity of nutrients. Organic ranchers and dairy farmers take great care to ensure the health of their animals without the use of medications. Animals allowed to be outside and eat the foods they were meant to eat provide naturally leaner meat and higher levels of omega 3 oils.

Admittedly it is difficult, and pricey, to buy everything organic. If this is not realistic for you and your family consider the following list of foods that contain the highest levels of chemical residue when not purchased organic; this list is also known as the "Dirty Dozen": Apples, Cherries, Grapes, Nectarines, Peaches, Pears, Raspberries, Strawberries, Bell Peppers, Celery, Potatoes and Spinach. I would also encourage you to consider buying your Milk, Beef and Poultry organic to reduce your exposure to hormones and antibiotics as well.

Nutrition Consultations are available at the Rafael Racquet and Swim Club. Contact Dionne directly to schedule an appointment.

Dionne Detraz, RD

dionnedetraz@comcast.net, 415-250-0567

Summer at the Pool

tips & reminders for your family

We've put together a few reminders to help keep the pool safe and fun for everyone this summer.

Lifeguard Schedule

Weekend Lifeguards:

Beginning April 18, 12pm-5pm

After School Lifeguards:

Beginning May 18, 2pm-6pm

Daily Lifeguards:

Beginning June 15 through August,

9am-8:30pm (9:00pm on Fri/Sat)

Be sure to welcome the lifeguards and swim teachers back! They're returning from local high schools and colleges after a year of hitting the books. We have a few new faces as well.

Around the Pool Deck

Pick up your trash to help keep the pool clear of trash (of course), but also to keep the bees away.

Remember that the lawn furniture belongs on the lawn. Also, help us keep them in good condition by not allowing kids to play with them.

Check out the pool schedule at some point to familiarize yourself with programming times. (Marlins Swim Team, Camp, Swim Lessons)

We do our best to provide as much shade as possible, please share and enjoy!

Swim Diapers

All children under age 3 OR not potty trained are required to wear Traditional Swim Diapers AND Rubber Pants while swimming in either pool.

Because accidents happen to older children as well (4, 5, 6), parents need to be diligent about suggesting bathroom breaks throughout the day.

Please help us keep the pool open every day this summer!

Pool Rules

Please take a minute to go over the pool rules with your child before you get into the swing of things this summer! The biggies?

No running on the pool deck.

No diving in the shallow end.

No hanging on the lane lines.

Children under 14 must swim with an adult on the pool deck.

Non-swimmers must have an adult in the water with them at all times.

Listen to your Lifeguards; they're here to keep you safe.

Apply sunscreen at least 15 minutes before entering the water. Otherwise, it all comes off!

Guest Policy

Sign in your guests, please! We rely on the trusty honor system to keep this pool special for its members.

You are required to sign your guests in on arrival.

You may bring the same guest only two times per month.

You are not permitted to have guests use the pool in your absence.