

## Life's Unexpected Gifts

By Shelly Stockman

Like many children during the Christmas season, I was one who just couldn't wait to see what was in the packages under the tree. I would lift, shake and inspect them and of course beg relentlessly to open one early. When the big day came, there was no saving paper or savoring the moment, I would tear open my packages with all the urgency and thrill that one kid could muster. Fast forward to today and honestly, not much has changed. I still can't wait to open packages and I love the sparkle and wonder of the holiday season. However, with age I have learned that life's best gifts don't always come in the packages I expected.

Over seven years ago I visited Bainbridge to meet with Ted and Kellan and discuss the then conceptual "Bainbridge Athletic Club." I already had many years experience in the tennis and fitness business and thought (mistakenly) there wasn't much I hadn't encountered. I knew the long journey of building and developing a club membership, its programs and staff, and felt prepared for what was to come. Or so I thought.

Although the process of

growing BAC has gone mostly as I envisioned, what I didn't expect were all the "gifts" I would receive along the way, many of them in packages that surprised me. I didn't know that many of you, our members who originally were my rightful skeptics would become my supporters and friends.



*Melissa and Shelly at the BAC grand opening in 2005.*

I didn't anticipate that the staff I was charged with managing would be one I grew to appreciate more than any others I have worked with and become my confidants, and many times, my strength. It surprised me when the partners I came to do business with became friends with a strong bond that no economic downturn, disagreement or setback could weaken. And most of all, I am amazed that Melissa has put up with me day in and day out for all of these years!

This month Ted and Kellan are leaving the daily operations of BAC a move long planned (and much deserved) as I became majority shareholder. Their daily presence will be greatly missed but you will still see them around the Club, just a little less often and we will still rely on their counsel. While we have known for years that this day would come,

I reflect back on the journey. In hindsight I see that every step has been an unexpected gift and not all of them readily receivable. But even the tough times have been a blessing that have helped me grow, develop and appreciate in ways I never thought I would or even could.

As we look forward into the future, I am eager to work alongside our amazing staff to continue the growth of the Club, its programs, and outreach to the community. We need your continued support, honest feedback and trust as we make decisions on the future of the Club. Every employee at BAC cares deeply about making a lasting impression on our members and on our community at large. And everyday I see examples of that passion. I recently came upon a quote by Anthony Robbins that exemplifies that sentiment: "Life is a gift, and it offers us the privilege, opportunity, and responsibility to give something back by becoming more."

To all of you, a sincere thank-you for the gifts you have given me. Many of you may not even know that you gave me something, but you all did. My gift to you will be my promise to work hard on your behalf so that BAC can give back by becoming much more. And most importantly, be a place that helps you become all that you can be.



# Social News

## Holiday Bazaar Success Again

Thank you to our members, community and talented vendors for making our Holiday Bazaar a very fun event for all. We hope to see you all back at next year's event.



*Beautiful jewelry was on display.*



*Some of our wonderful vendors at the bazaar.*

### Holiday Hours at BAC

Christmas Eve	6:30 am - 4 pm
Christmas Day	Closed
New Year's Eve	6:30 am - 4 pm
New Year's Day	7 am - 5 pm

### Muffins at BACafé

We now feature Emily's muffins from MyKid-sCookies. Emily Bell is BAC's Nutritionist and she has come up with a healthy snack for after your workout. Try one today.



*Carol Perry won one of the gift raffles. Pat Reynolds (not pictured) won one, too!*

### Stuck on gift ideas?

BAC Gift Cards are good for all BAC services and products. Our Pro Shop also has many new items to make your holiday shopping a breeze. New racquets from both Prince and Babolat will arrive in early December, so be sure to check those out for your aspiring tennis superstars.



*In fine spirits at our member appreciation party were Larry and Wendy Hufnagle, John and Marcia Fox, and Vi and Rich Rees with Judy May.*

**Keep an eye out for our annual Holiday Member Letter coming to you soon with special gifts from us.**



# Fitness

## Biggest Winner Event Returns for a Second Year

Get your teams together...it's almost here. We start taking sign-ups December 5. Weigh-ins start January 2, the kick-off event is January 3, and the official contest starts January 9.

Register your team of 5 online by December 19 and receive a coupon for a complimentary team training! Please visit our website, under the Biggest Winner page, for more details.



### BWUT Kickoff Party and Blood Drive - January 3, 2012 9am-8pm

Bainbridge Athletic Club is inviting all Bainbridge Islanders to join BAC on January 3, 2012 at the kick-off event for our second annual "Biggest Winner Ultimate Thinner" Weight Loss Contest. This event will include free food, a motivational talk by Melissa House (at 11 am and 6:45 pm), and a nutrition seminar. BAC has partnered with Puget Sound Blood Center for our first ever blood drive (noon to 6pm). We will outline the specifics of the contest, take team registrations, and start the weigh-ins! This is an event you don't want to miss!



### Athletic Edge Pre-season High School Tennis Training

Be at the top of your game and have an edge on your opponents when you hit the courts this spring! Maggie Miller, PT, CSCS, will take you through a progression of drills to improve your speed, agility, and power for tennis. Athletes are assessed during the first week of training in order to individualize their program.

Mon/Wed Jan 9- Feb 8 (No class Jan 16)  
3:45-4:45 pm  
\$200 Members/\$240 Non-members

### TROUP Unlimited BOGO Special

To get you ready for the holidays we want to offer you and your friends a special you can't refuse. BOGO FREE in December!! That's right, by one at the regular price (\$99) and get one for your friend or family member for FREE! Restriction do apply (must use in December, non-transferable, applies only to Unlimited packages). See our website for more details and to sign up. <http://bainbridgeathleticclub.com/fitness/fitness-programs/the-studio>.

### Winter Break Group Exercise Schedule

See our website for temporary changes to the Complimentary Group Exercise Schedule over the holiday and winter break. Many members and instructors need to make adjustments to the regular routine to accommodate the needs of family.

### Try a Trainer for the Holidays

Sign up for this trainer trial before the holidays and be ready to celebrate looking and feeling great! We are offering small group training 4 days a week at a special rate for a limited time. The BAC trainers will put you through a series of workouts consisting of weight training, cardio intervals, body weight exercises, and lots of fat burning, muscle building, core strengthening exercises. Advance sign up required. Sign up on our website. Follow the 'fitness button' to the 'Try A Trainer' link.



Mon-Thu Nov 28-Dec 22  
10:30 -11:30 am and 11:30 am -12:30 pm  
Price will depend on group size. Each session will have a maximum of 6 people and minimum of 2 people.

Members Pricing  
6 people \$20 each with 2 trainers  
5 people \$25 each with 2 trainers  
4 people \$30 each with 2 trainers  
3 people \$35 each with 1 trainer  
2 people \$35 each with 1 trainer



# Recreation

## Basketball Camps

### Still Time to Sign Up

Henry Guterson, para-educator at Ordway Elementary and basketball coach at BHS, instructs these camps. They are designed to help basketball players of all talent levels become better players and develop a lifelong fondness for the sport. The focus will be on improving basketball fundamentals, like shooting, dribbling, passing, and defending habits, while having fun and enjoying the camaraderie of others.



## Home School Recess

Do you home school your kids? Are you constantly looking to find a way to get them active? We will be offering two times a week where you can bring your kids out for a fun and exciting instructor led class. Kids will be playing games like Dodgeball, Kickball, and Basketball, just to name a few. Monthly price will get you unlimited monthly access to the program.

Wed/Fri Dec 2-16 9:30-11am \$35

**Little Dribblers: (K-2nd grade)** The hoops are lowered and the basketballs used are 'junior' sized.

Sun Nov 27-Dec 18 12:15-1 pm \$50

**Little Shooters (2nd-4th grade)**

Sun Nov 27-Dec 18 1-2 pm \$60

**Big Shooters (4th-6th grade)**

Sun Nov 27-Dec 18 2-3 pm \$60

## Basketball Camps On Non-School Days

Join a two full day basketball camp over Winter Break. Take advantage of this time off by improving your basketball skills and having fun in the process! Bring a snack and a lunch. (4 minimum)

1st-3rd grades Dec 19-20 9 am-3 pm \$125

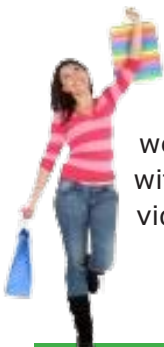
4th-6th grades Dec 21-22 9 am-3 pm \$125

## Drop Then Shop (5-13 yrs.)

Need to do some last minute shopping but need to do something with the kids? We have a GREAT solution for you. Drop your kids at the BAC and we'll keep them active and entertained with games, sports, crafts, etc. We'll provide pizza and drinks as well.

Mon Dec 19 11am-4 pm \$55

Thurs Dec 22 11am-4 pm \$55



## On-Going Recreation Activities around the Club

**No Sign Up Required**

Looking for a pick-up game after your workout or to mix-up your regular routine? Are the kids looking for something to do after school or dinner? Come to the Club and enjoy a pick-up game of Pickleball, Basketball, or Badminton during open gym or specially set aside drop-in times.

**Pickleball - Open Gym/Drop-In**

Sun 9:00-11 am

Mon/Fri 8:30-9:30 am



**Basketball - Open Gym/Drop-In**

Sat 8-10 am

Mon/Wed 3:30-5 pm

Wed/Fri 7-9 pm



**Badminton - Drop-In**

Tue 11:30-1 pm

All Recreation Programs Sign Up At [www.biparks.org](http://www.biparks.org)



# Tennis

We are keeping you active over the holidays with some special camps and classes for you and your kids. Check it out!

## BAC Introduces



Our Pro Shop will now be carrying select Babolat racquets, string and bags. Join us for December Demo Days (TBA). We will be showing new products for both Babolat and Prince. Great gift items for the discerning tennis player!

## Singles Tournament

Keep an eye on our singles tournament results down by the tennis office. We have 32 players of all levels signed up for our singles tournament run by Zack. Play is ongoing, and there have been some great matches so far in the first two rounds. The tournament will finish up in early December, but that doesn't mean that the singles play will stop. If you want to play singles, sign up for our tennis ladder (it's free) and just send an email to [joanne@bainbridgeathleticclub.com](mailto:joanne@bainbridgeathleticclub.com) to sign up for the ladder, it is also posted by the tennis office.

## Skills and Drills 2.5-3.0



The focus of this class will be on proper technique. Work on a different aspect of the game each week and put your new and improved skills into action with drills and match play.

**Tue drop-in 10-11 am \$15**

## Video Lessons

Do you know that you can take a video analysis lesson from any of our pros? We use an industry specific program called Dartfish to tape, download and analyze our videos. Our pros can video tape your lesson or a match and review the tapes with you to show you some corrections. We can also send you home with a copy of the DVD so you can show all your friends! See Joanne or one of the pros for options and costs.



*Elliot makes a point and others do the same; most others.*

## Holiday Adult Tennis Camp

Don't let down your game over the holidays, keep it in shape with our Adult Tennis Camp, led by our own Shelly Stockman, she will surely motivate you to keep moving in this fast paced fun camp. We will group players by level and all our pros will give you something to work on so when January comes you are ready for the competition.

*Sign up at [bacbookings.com](http://bacbookings.com) under the events column. Ages 16 and up.*

**Tue/Wed/Thu Dec 27-29 11 am-12:30 pm \$60**

## Holiday Doubles Mixer

Take a break from the holiday madness and join BAC Staff for a fun holiday tennis mixer. Bring an appetizer to share for the potluck, and your entry fee includes 2 drink tickets and enough tennis to burn off some of the calories taken in over the holiday season. This is a fun event for all; if you are new to the club it is a great way to meet new players. Sign up with a partner, or without and we will match you up. This event is sure to fill so sign up early on our bookings website and we will see you there.

**Fri Dec 2 6-9 pm \$12**

**facebook**

Remember to visit our Facebook page. Just search *bainbridge athletic*.



# Tennis

## Junior News and Happenings

Five of our Junior Academy players were very successful in a recent Tacoma tournament. Noelle Mauro took out the number one seed and made it to the semi finals. Kevin Vandemeer, Holt and Mason Ogden, and Alec Chan dominated the boys 14 rookies' category and Holt Ogden took first place. Second place was secured by Alec Chan. Congratulations to our awesome juniors. Great playing!

## New session of Junior Clinics begins January 8

Don't forget to sign up for our next session of Junior Tennis Clinics, starting Sunday January 8. Sign up for Mighty Mites, Rookies and Intermediates through the Bainbridge Parks and Recreation Department [www.biparks.org](http://www.biparks.org). For Challenger and Junior Academy Levels you may sign up at the Front Desk.

## Holiday Junior Tennis Camps

For junior players in the Rookies or Intermediate classes, this is a perfect way to learn and develop your game, stay active, and meet new friends over the holiday break. Each week will be filled with skill-building and development, fun and challenging tennis games and related tennis movement activities. A snack/drink will be provided each day. *Sign up at [www.biparks.org](http://www.biparks.org) or call 842-2306. Ages 8-12.*

Week One Mon-Thu 12/19-12/22  
Week Two Mon-Thu 12/26-12/29  
Both sessions: 12:30-3:30 pm \$150

## Junior Tournament

If your junior is a Challenger or Junior Academy level player, sign up at the Front Desk for our Junior Tournament. Entry fee includes Gatorade, pizza and a fun night of tennis.

Fri Dec 9 6-9 pm \$15

## Take A Look! New Ongoing Weekly Classes For Fall!

### HIT! 3.0 and up (High Intensity Tennis)

An extended play-and-drill clinic, combining a high-intensity based wake up for the 3.0+ player with drills, strategy, movement, positioning work, match play drills and more. **Sign up online.**

Wed 7:15-8:30 pm \$17 Jennifer  
Fri 9:30-11am \$20 Jennifer

### Stroke of the Week

Do you have a specific stroke that needs help? Check out the schedule for "stroke of the week" and solve that nagging groundstroke, volley or serve issue.

12/2 swinging volleys  
12/9 backhand slice  
12/16 trick shots - tweeners, etc.  
12/23 reverse forehand  
12/30 lobs and overheads, smashes, topspin

Fri 9-9:30 am \$10 Jennifer

### High Performance Tennis Clinic

Improve hitting, sparring, drilling and more led by a BAC Staff Pro. This tennis program is geared for competitive players 3.5+ and above only. Pro approval may be required.

Mon 3.5+ 9:30-11 am \$20 Zack  
Thu 4.0+ 6-7:15 pm \$17 Jennifer

### Cardio Tennis \*\* Open to ALL BAC members

Sun & Tues 8:15-9am no fee, no sign up needed

### Tennis 401

3.5+ NTRP Sat Dec 3-31 11-12:30 pm Limit 6  
\$20 drop in Jennifer

### Tennis 301

3.0 NTRP Sat Dec 3-31 12:30-2 pm Limit 6  
\$20 drop in Jennifer



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# Tennis

## Take This Tennis Equipment Quiz and Win!

by Jennifer Anne Shorr, USPTA P1

Turn in your answers to the tennis office. The first person to submit ALL correct answers gets a prize!

1. Which of the following string combinations produces the most power? (Assuming all the string is the same string type of string except for the gauge.)

- 16 gauge strings strung at 60 pounds
- 17 gauge string strung at 50 pounds
- 16 gauge string strung at 55 pounds
- 15 gauge string strung at 70 pounds

2. Complete the following statement: The larger the racquet head the more:

- Control you get from your shots
- Spin you get from your shots
- Power you get from your shots
- Flexible your racquet is

3. What type of strings are the stiffest and least flexible/resilience?

- Gut
- Synthetic Gut
- Kevlar
- They are all the same

4. Complete the following statement: The thinner the strings:

- The more power and less spin you will get
- The less spin and less power you will get
- The less spin and more control you will get
- The more power and more spin you will get

5. Balls with extra-duty felt are designed primarily for use on what type of court?

- Clay
- Hard Court
- Grass
- All of the above

6. The less strings you have in your racquet, the less spin you will get when you hit the ball.

- True or False?

7. Complete the following statement: The more flexible your racquet is:

- The less shock and more vibration you will get
- The more vibration and more shock you will get
- The less shock and less vibration you will get
- The less vibration and more shock you will get



8. Where do you want to add lead tape to your racquet if you want more power?

- Add weight at 6 o'clock on the racquet head
- Add weight at 9 & 3 o'clock on the racquet head
- Add weight at 6 & 12 o'clock on the racquet head
- Add weight at 12 o'clock on the racquet head

9. What is the standard length of an adult racquet?

- 25 inches long
- 26 inches long
- 27 inches long
- 28 inches long

10. Strings lose elasticity with time, one type of string faster, and another type of string slower. As a good rule of thumb, how long should you keep a set of strings in your racquet before you cut them out and replace them?

- 1 year
- 2-3 months
- 6-8 months
- Never: it doesn't matter



Even when you're not at the Club, you can get pointers on fitness activities just by watching the Bainbridge Athletic Club channel on YouTube. We've posted some videos offering advice. You'll see other Bainbridge-related footage, too. Take a look.