



TOLUCA LAKE
TENNIS & FITNESS CLUB

CLUBHOUSE **NEWS**

2018 Annual Club Singles Championship



From left to right: 1) W 3.0 Champion **Jaimee Laisne**; 2) M 3.0 Champion **David Kirtley** (in red), with Finalist **John Chisholm**;
3) W 3.5 Champion **Steph Farrar** (left), with Finalist **Rhonda Keesee**.

Congrats to the victors! 7 new Club Champions were crowned this weekend as the 3-month marathon came to a close. Over 100 Members in 7 different divisions entered the tourney this year making this our largest turnout ever. Players were given nearly 12 weeks to contact their opponents, schedule and play their matches, and then report their scores after completing each match. In divisions with 4 Flights, the winners of each Flight advanced to the semifinals. In divisions with just 2 Flights, 2 players from each Flight advanced to the semifinals, and in divisions with one Flight, the top 2 were automatically declared finalists.

In the women's 3.0 division, **"Joyful" Jaimee Laisne** outlasted **Jessica "Forehand" Fulton** for a 10-7 victory, and with it took the title and will now be playing 3.5 in next year's event! Congrats ladies!

In the men's 3.0 division, **David "Doomsday" Kirtley** was the last man standing after surviving a brutal, and entertaining battle with **Sir John Chisholm**. Final score: 7-5, 6-7 (6), 10-3! What a match ... well done brave lads! David, see you in the 3.5s next year! Special thanks to celebrity Guest Umpire **Pat Ryan**!

In the women's 3.5 division, **Stephanie "Slugger" Farrar** had too many weapons (and answers) for the ever game **"Rockin'" Rhonda Keesee**. Final score: 6-1, 6-1. Great tourney ladies...well done to both of you! Steph, time for the 4.0s for you! Special thanks to celebrity Guest Umpire **Kristy "Never Fails" Swailes!** *continued page 2*



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FUN IN THE FOOTHILLS!

In early April, we were one of five clubs to host the annual Foothill Clubs Doubles Challenge. Over 50 teams competed in various divisions from 3.0 to 4.5+ in both men's and women's doubles. After a midday round robin, the two winners from each division earned a spot in the finals at the Altadena Town and Country Club.



TLTFC WAS IN THE HOUSE! David, Janet, Pat, Ellen, Deirdre, Jaimee, Candy and Suzanne brought the love.

In the 3.0 division, which we hosted at TLTFC, **Janine Baker** and **Deirdre Mendoza** didn't win all their early matches, yet got a taste of "lady luck" and found themselves in the final nonetheless. There, they played a strong team from Flint Canyon, and fell just short despite playing very well in a 3-6 defeat. But well done ladies, and good tourney. Congrats!



In the 4.0 division, **Lena Bouton** and **Kate Pyle** did it the old fashioned way and won their matches to earn a trip to Altadena as well. In the finals, they continued their strong play, and jumped out to a 4-2 lead. But their foes, K. McQueen & C. Carter, also from Flint Cyn., fought back impressively and ended up winning the match. Bummer. But well done ladies, great playing and way to represent! Congrats to all of you.

In the 4.5+/open division, **Jeff Gellman** and **Bruce Horowitz** were on a mission. They rolled through the competition in their flight to earn a spot in the finals. But there, a pair of formidable foes were waiting. Young, strong, and confident, the Father & Son team of Leonard Lee (former USC player!) & son Ben from Live Oaks Tennis had many of the fans doubting Toluca's chances. One team was twice as old as the other, yikes ... but they say experience often outweighs youth. It was an exciting match which definitely entertained the courtside crowd who sipped cocktails in the afternoon sun. Jeff and Bruce got off to a good start and maintained a slim lead throughout most of the set. Bruce came up with some clutch shoestring volleys on BIG points, and Jeff was all over the net poaching like a pro. Whenever things got tight, our boys didn't buckle, and in the end, the pressure got to the young gun (16 years old), whose few costly misses proved to be the difference. In the end, the Toluca's won it 6-4 ... Champions! Well done lads, and congrats on a great run!



From top to bottom, left to right: 1) 3.0 finalists Deirdre and Janine with their foes (and new friends) from Flint Canyon, Champs J. Kim & A. Park; 2) 4.0 finalists Lena and Kate, still smiling after a tough fina; 3) 4.5/open Champs Bruce and Jeff, brains over brawn! Bravo!

2018 Annual Club Singles Championship, continued from cover

In the men's 3.5 division, it was a bit anti-climactic as no match was played at all. Default. You see, one of our resident rock stars had a birthday on Saturday, and so let's just say, he wasn't too "match-ready" on Sunday morning! **"Jumping" Jason Hill** was forced to bow out to **Peter "Lovin' Life" Lindstedt**; and thus, after years of perseverance, Peter has won the 3.5s and will now make his new home in the land of the 4.0s. Well done guys! Great run for both of you!



In the women's 4.0 division, **Dale "All Day" Waddington** just didn't miss, and her consistency won the day as **"Disco" Debie Marsden** did her best to attack whenever possible, but just couldn't get enough winners past her methodical, focused opponent. Final score: 6-1, 6-4 for Dale. Great going ladies ... you've come a long way and should feel very proud. Special thanks to celebrity Guest Umpire **"Lady" Lena Bouton!**



In the men's 4.0 division, **Arash "The Smash" Yazdani** played a beautiful match, and had to, in order to get by the brains and brawn of **Robert "Go Go!" Gottlieb**. Final score: 7-5, 6-4. Beautiful match ... well done brave lads! Arash, see you in the 4.5s next year! Special thanks to celebrity Guest Umpire **"Big" Ben Hayes!**



In the men's 4.5/open division, **"Toluca" Gianluca Brunkow** was seeking revenge, hoping to avenge last year's loss in the finals to **Ryan "Too Sweet" Sweeney**. But Ryan played an aggressive match and came to net very effectively to keep "The Kid" off balance. Final score: 6-4, 6-3 for Ryan. Big-time tennis ... fun to watch match ... well done boys! Special thanks to celebrity Guest Umpire **Doug "E. Dropshot" Adler!**

From top to bottom, left to right: 1) M 3.5 Finalist (& birthday boy!) Jason Hill; 2) M 3.5 Champion Peter Lindstedt; 3) W 4.0 Finalist Debie Marsden; 4) W 4.0 Champion Dale Waddington; 5) M 4.5/open Champion Ryan Sweeney (far left), with Finalist GL Brunkow; 6) M 4.0 Champion Arash Yazdani (far left), with Super Ump Ben Hayes (middle) and Finalist Robert Gottlieb

**TOLUCA LAKE
TENNIS
CAMP**

With Ben Brunkow at Toluca Lake
Tennis & Fitness Club

JUNE 11-AUGUST 17



We invite your child(ren) or grand child(ren) to join us at Toluca Lake Tennis Camp 2018! Registration is now open.

Tennis Camp features include:

- Individual & Group Instruction
- Stretching and Calisthenics
- Professional Coaches
- Footwork and Timing
- Games and Prizes
- Strategy and Tactics
- Tournament Training (P.M. session)
- Drills, Drills, Drills!
- Match Play (P.M. Session)
- Cold Bottled Water

DAYS & DATES

Monday-Friday, June 11 - August 17, 2018
(you can select individual days on your registration form)

TIMES

"The A.M. Session": 10:30 am-12:30 pm (\$35 per day)
"The P.M. Session": 1:30-4:30 pm (\$45 per day)

Go to ttennisandfitness.com/TennisCampApplication to print out a registration form.



Marie Landsberger
 Director of Group Fitness
 323.851.6000
 mlandsberger@pacbell.net

introducing
CHRISTINA



Join us in welcoming Christina to the Group Exercise Team. You may recognize Christina as the friendly Front Desk associate or from subbing a recent fitness class. We are pleased to announce that Christina will now be teaching the *Monday 6:00 a.m. Boot Camp Style class*.

Christina was born and raised in St. Louis, Missouri. She grew up training and competing in sports and dance starting at a very young age. In her teen years she became a dance and conditioning instructor for the Midwest performing arts as well as dance teams throughout the St. Louis area. In 2014 she moved out to LA to pursue a professional dance career which has led to some incredible experiences over the past couple of years. Christina is a fitness enthusiast and believes in cross training to obtain maximum results. Her classes are always exciting and her routine is varied each time. Her classes incorporate TRX as well as lots of cardio and weights.

She has loved the positive impact the fitness industry has had on her own life and is so excited for the opportunity to inspire and educate others into living a happier and healthier life.



**ESTER POBEREZKSKAYA
 AND TOM KRUZEWSKI**

Difficult to pronounce, but awesome to train with!

This month, we are proud to feature two of our top Club Trainers: Ester Poberezskaya and Tom Kruzewski - Also known as Ester Poe and Tom K. Ester and Tom have been with the Toluca Lake Tennis & Fitness Club for several years and they have both risen to the highest levels of our Club Trainer program.

Ester and Tom will be happy to meet with you to provide a *complimentary fitness consultation*. Also, Ester is a Club Nutritionist and she offers an additional *20-minute nutrition consultation*. Call or e-mail Ester and Tom directly to set up your next session and feel free to ask them how to properly pronounce their names.



ESTER

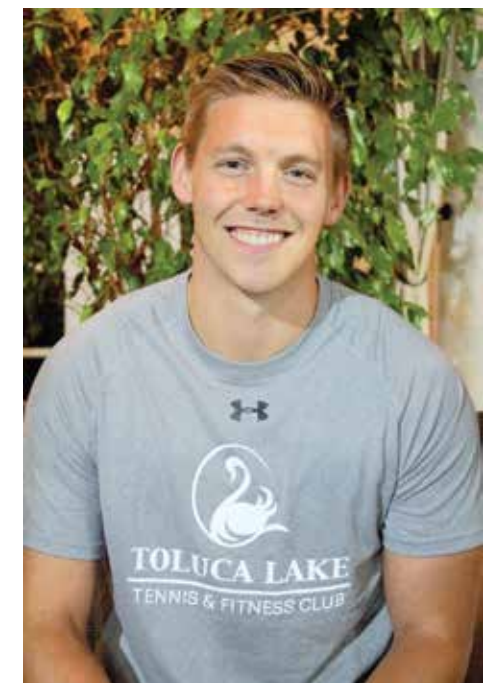
Ester is certified as a Personal Trainer and a Holistic Nutritionist from the National College of Exercise Professionals. Ester has years of experience as an athlete and more recently as a functional fitness instructor. Her expertise is in structuring a personalized and custom built program to reach your fitness and overall health goals. The holistic approach she implements embodies physical development, comprehensive health improvements, mental clarity, and an intrinsically motivated state of being. *You can reach Ester at 310.334.9737 or ester@tltennisandfitness.com*

**CLUB
 TRAINERS**

TOM

Tom is a personal trainer certified by the National Academy of Sports Medicine. He is a native of Michigan where he competed in college ice hockey and track & field. An avid outdoorsman, Tom regularly enjoys running, cycling, hiking, camping, hunting, and he also can be found playing a round of golf.

Tom makes training fun and exciting, and his ideal client is anyone who is dedicated to making a change in their lives or improving themselves. Whether your goals are to lose weight, build muscle, rehab an old injury or train for your first 5K, Tom is the person to help you on your journey. *You can reach Tom at 248.921.4946 or tom@tltennisandfitness.com*





Brian Shiers, MA CMF
 Director of Personal Training
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DON'T JUDGE, LET GO.

We've often read that, at championship competition levels - given that overall skills and conditioning are very close - what separates the victor from the challenger is the mind. That's why sports psychology has advanced with new frameworks that allow for a more alert, flexible mind in the face of the dynamic conditions of play. But the fact is, the mind is just as much a factor in our progress as amateurs as it is for the pros.

Think about this for a moment: What's the biggest obstacle to perfecting your topspin, or allowing the widest arc in your serve, or coming back confidently from a double fault? *Judgment.*

Judgment is completely natural (read that as *reflexive*) when what we want to happen doesn't happen; we get frustrated, angry, constricted. The question is, does judgment help or hinder our play, and is there an alternative?

What if it were possible to mix our ambition to play well and win with discernment instead of judgment? *Discernment* is the ability to be aware of as much of what's happening as possible - your fatigue levels, focus, error tendencies, strengths, strategy - from a calm, central, accepting place in ourselves so that we can make more optimal micro-adjustments on the fly.

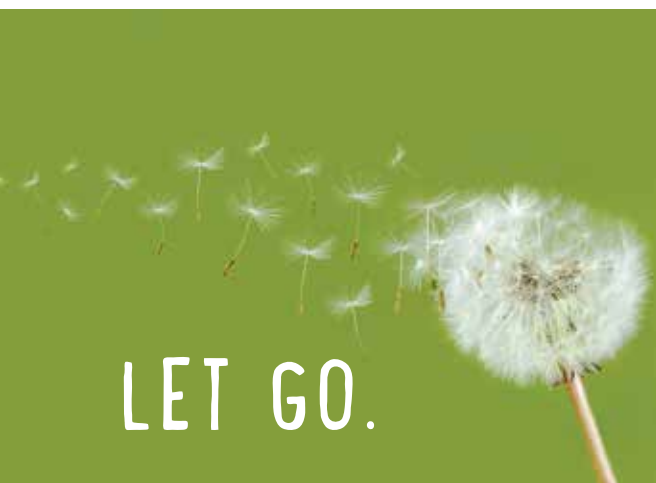
Discernment and acceptance doesn't mean being nonchalant or uncaring; it's actually the powerful act of caring mixed with calm, knowledge, and trust in your skills. Judgment happens in a flash, but can be transformed into discernment as it is accepted and included in the next moment.

For example, trying to rip some topspin on a forehand for a tiebreaker, you hit the net. Immediately you have an anger reaction; you recognize there was a sense of mild distraction that pulled you out of the moment and you lost precise racquet control, and now you're in a reaction pattern of judgment. With a few knowing breaths, discernment releases you from the grips of anger. You reset the mind with new determination, muscles relaxed.

How do we do this consistently, even under intense pressure? As the Greek lyric poet, Archilochus, offered, "We don't rise to the level of our aspirations; we fall to the level of our training."

We could train by bringing curious self-awareness to how often we have judging thoughts about ourselves and others throughout the day, and learn to identify them and immediately let them go by asking questions like, "What else is going on here? What am I not seeing about this? What's happening in my muscles and breathing as I notice judgment?"

By bringing curious and accepting awareness, you discover all the ways your mind becomes inflexible in the heat of the moment, and it's easier to find resilience and reset by letting go.



LET GO.

APRIL RECAP AND MAY FORECAST

TLTFC hosted Spring Into Wellness on April 14th with trainers, snacks, fitness classes and Cardio Tennis. Then on April 15th, TLTFC participated in the Taste of Toluca/Earth Day celebration with a booth featuring our Event Coordinators Marissa Roberts and Winston Rice, as well as Club Trainers & Group X instructors Ray Knecht, Jade and Christina. Upcoming Club happenings.

MAY

- 4th—(Fri.) TLTFC Social Night & Head/Penn Demo Party @ 6 pm
- 12th—(Sat.) Member-Guest Tourney ("Bring-a Ringa"), Doubles and Mixed Doubles; 9 A.M.-3 P.M.
- 14th—Mother's Day.
- 14th—(Mon.) Men's Monday Night RR begins ... thru June 11.
- 28th—(Mon.) Memorial Day Drop Ins @ 7:30 am

And coming in June, the Annual Interclub tournament at the La Jolla Beach and Tennis Club June 1st-3rd (the ultimate tennis getaway!).



YOGA WITH AMBER



Please support Amber Thompson, one of our Independent Master Trainers, in her journey to becoming a yoga instructor!

Amber will be teaching classes to finish her hours for yoga teacher training during the dates and times listed below. All levels welcome! All classes will be vinyasa flow with focus on breath work. Each participant must be willing to fill out an anonymous feedback form giving constructive criticism. Join Amber:

THURSDAYS at 2:30 p.m.
 May 24th and June 14th

FRIDAYS at 3 p.m.
 May 4th, May 11th, May 18th, June 8th, June 22nd and June 29th

pro shop



The Toluca Lake Tennis and Fitness Club is proud to be sponsored by Head-Penn. Please talk with one of amazing Tennis Pros about the latest Head rackets! Or join us:

Friday, May 4th, 6-8 pm for a Cuatro de Mayo Fiesta!

The Head-Penn promo truck will be at the Club and our tennis pros will assist members and guests trying out the latest Head rackets.

Tennis Ace will be offering a \$25 discount on all string jobs with the purchase of any new Head racket!

Offer expires 5.6.18



member business network

FEATURED BUSINESS:



Tennis Ace - Bruce
12544 Ventura Blvd.
Studio City, CA 91604
818.762.8751

tenniscestudiocity.com

Exclusive offer for TLTFC members:
TLTFC Members receive a 10% discount on select items.

Bringing our members and local businesses together.

Market your business to some of the most influential and important people in Los Angeles ... your fellow members.

For more information on how you can join the TLTFC Member Business Network, please contact:

Adam James, General Manager
323.851.6000 or e-mail at adam@tltennisandfitness.com.



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