

Imperial Courts Newsletter

2505 Cabrillo College Drive, Aptos, CA 95003 831-476-1062 / 688-1050

www.imperialcourts.com

NOVEMBER 2023

Club Hours: Weekdays 8:30 am – 8:00 pm Weekends Winter Hours 8:00 am – 7:00 pm

SCHEDULE OF ACTIVITIES (subject to changes)

OCT 30 Mon - Club's Halloween Round Robin Tennis & Potluck Costume Social; 1:00pm-4:00pm

OCT 31 Tues - Halloween Special Closing Hour - CLUB CLOSES EARLY AT 5:00 PM

NOV 02 Thurs - Santa Cruz Co Women's League I; 9:00am warm-up; 9:30am start; courts 6-9

NOV 04 Sat - USTA 7.0 Mixed; 12:30pm warm-up; 1:00pm start; courts 8-10

**Reminder-NOV 05 SUN-Annual Winter Club Hours Change-Weekends Only-closing earlier at 7:00pm
Sat & Sun 8:00am to now 7:00pm; Mon to Fri remain same 8:30am to 8:00pm**

NOV 16 Thurs - Santa Cruz Co Women's League II; 9:00am warm-up; 9:30am start; courts 6-9

Reminder: NOV 22 Wed - Special Closing Hour - CLUB CLOSES EARLY AT 5:00 PM for last minute food shoppers

REMINDER: NOV 23 THURS - CLUB CLOSED FOR THANKSGIVING DAY

NOV 30 Thurs - Santa Cruz Co Women's League II; 9:00am warm-up; 9:30am start; courts 6-9

DEC 06 Wed - Monterey Bay League Women's C; 9:00am warm-up; 9:30am start; courts 6-10

DEC 11 Mon - Monterey Bay League Women's A; 9:00am warm-up; 9:30am start; courts 6-10

DEC 14 Thurs - Santa Cruz Co Women's League II; 9:00am warm-up; 9:30am start; courts 6-9

DEC 21 Thurs - Santa Cruz Co Women's League I; 9:00am warm-up; 9:30am start; courts 6-9

Reminder: DEC 24 Sun - Christmas Eve Special Closing Hour - 12 NOON

Reminder: DEC 25 Mon - Christmas Day - CLUB CLOSED



PLEASE DO NOT RUIN IT FOR EVERYONE ELSE



Please do not bring into the pool/spa area and do not consume within the pool/spa area any type of alcoholic beverages. Any members or their guests breaking this and any other pool/spa rules will be subject to ejection from the Club's premises and the members may have their membership privileges suspended or terminated at the full discretion of Club management. When any member/guest breaks these rules, they are jeopardizing the Club's insurance coverage and compliance with health & safety regulations, which in turn can affect our ability to keep the pools/spa open for everyone else to use and enjoy.

LEARN FROM THE BEST: Pros Melissa Gurney Van Ness and David Van Ness

They offer private/semi-private, group and junior classes/lessons.

For David: call or text at 831-600-5875; e-mail him at capitoladave@gmail.com

For Melissa: call or text at 831-234-4589.

AND NOW Jack Van Ness - **Junior Clinics Available Sat & Sun 12-1pm.; call 831-234-3381**

"Climbing the Ladder"



good advice for not just playing sports, but living your life



Gotta have the "The Will to Win". Gotta "Practice". Gotta "Have a regular routine".

Nice mantras. But can we do a little better?

Everyone wants to win on game day. But what did you do to change your body & mind into a machine beforehand?

So let's start by replacing the first motto with "Have the Will to Practice to Win". Some players fall out of bed hitting good shots. The rest of us have to work at it. Get organized! Eat better! Drink less! Sleep harder! That will open up time slots to get in valuable practice.

Ok, let's replace the 2nd motto with "Do Perfect Practice". You can spend an hour hitting, resting, water breaks, checking the phone, and convince yourself you did an hour of practice. Or you can spend 30 minutes, and tell yourself "this is match point!", and attempt to strike perfect shots for 30 minutes. You'll be drenched. Slapping the ball around to ease into training? That's what 2nd place does.

Finally, let's replace the 3rd motto with "If it sounds like an insane number of reps, that's just about right!". If you practice, and push yourself, to the same level every time, you'll continue to get the same result every time, right? Pushing pass your comfort level is painful. Just is! That pain is your ticket to the next level, and trust me you will get comfortable at that next level over time. Then it starts all over again!

Don't forget that jumping in the pool after a tough workout. It isn't exactly an ice bath, but "yes", it will reduce pain and inflammation. Add that post-workout cool down to your routine! Swish around, arms and legs. Feels good!

Excerpts from his book **"Never Ever Ever Give Up"** by **MIKE LINNIK**, a 7-TIME NATIONAL CHAMPION & 2-TIME MEDALIST WORLD HANDBALL CHAMPION, and a revered member of Imperial Courts.

COME TO PARK AVENUE FITNESS' HOLIDAY POP UP MARKET

Whatever holiday you celebrate come shop with us on **December 2nd from 12-2pm!** Inside, and on the deck depending on weather, enjoy lots of holiday specials from *Skincare by Katalina*, *paintings by Donna Theresa Fine Art*, *Jewelry by Kathy*, *books from Ink & Quill Publishing*, *a Peach Clothing Close Out Sale*, and *Cabi 2023 Fall Collection & Sample Sale* and *free chair massages by O'Shin Healing Spa*. Plus *Park Avenue Fitness Gift Certificates* are perfect gifts for the very special people in your life! Come shop for others or yourself. This is also a fundraiser for Second Harvest Food Bank, so bring your checkbooks! Go to parkavenuefitness.com for more info or phone 831-251-1810.



Mary Doyle

MKDOYLE@PARKAVENUEFITNESS.CC
WWW.PARKAVENUEFITNESS.COM
831.251.1810