

October 2006

the Club

920-2224

The Yellowknife Racquet Club
P.O. Box 595 Yellowknife, NT X1A 2N4
Fax: (867) 920-2480

October Events

Sunday, Oct 1

11:30am with Kelli Hinchey Members & Guests must pre-register

FEATURE CLASS - MAX STRENGTH

Monday, Oct 2

7:20pm with Spider Jones See poster for details

INTRO TO SQUASH CLINIC

Monday, Oct 2 - Thursday, Dec 10

\$25 + GST Div 1 plays Mondays Div 2 plays Thursdays

DIV 1 & DIV 2 SQUASH LEAGUE COMMENCES

Wednesday, Oct 4

7:20-8:00pm court times Come out if you're new to squash

LADIES NOVICE NIGHT

Friday, Oct 6

Registration deadline for the Season Opener Tournament

DEADLINE—INVESTORS GROUP TOURNEY

Friday, Oct 6

7:20pm with Spider Jones See poster for details

INTRO TO SQUASH CLINIC

Monday, Oct 9

Happy Thanksgiving

CLUB CLOSED

Tuesday, Oct 10 - Saturday, Oct 14

\$30 + GST includes dinner on Friday and tournament souvenir

INVESTORS GROUP SEASON OPENER

Saturday, Oct 14

12:00-1:30pm with Judy McNicol \$25 + GST

INTRO TO SUN SALUTATION A & B

Monday, Oct 16

7:20pm with Spider Jones See poster for details

INTRO TO SQUASH CLINIC

Friday, Oct 20

6:00-8:00pm \$15 + GST See Spider for details

MEN'S HARBALL ROUND ROBIN

Friday, Oct 20

7:20pm with Spider Jones See poster for details

INTRO TO SQUASH CLINIC

TEAM TAUGHT "BODY PUMP"

with Kelli Hinchey and Liz Gilbert

Sunday, October 29

11:30am—12:30pm

A barbell-training class designed to give you maximum results in the shortest amount of time.

Pre-registration is required

Saturday, Oct 28

Remember to set your clocks back 1 hour at midnight!

DAYLIGHT SAVINGS TIME ENDS

Sunday, Oct 29

11:30am-12:30pm with Kelli Hinchey & Liz Gilbert

TEAM TAUGHT BODY PUMP

Thursday, Nov 2

with Sophie Panayi 5 week session See poster for details

BODY ROLLING LEVEL 2

Welcome New Members!



The Racquet Club would like to extend a warm welcome to its new members:

- Jamie Hynes
- Grace Modesto
- Elyse Parchoma
- Patrick Papineau
- Tanya Fraser
- Kevin Swedberg
- Tarik Dessouki
- Ray Roy
- Shawna Henry
- Christine Chorostkowski
- Marni Durkan
- Dwane Coad
- Chris Duggan
- Rebecca White
- Robert Hopkins
- Ray Gentile
- Adelle Guigan
- Elizabeth Lafford
- Loni Weselowski
- Sarah Morgan
- Cathy Tumoth
- April Parchoma
- Lesley Brandford
- Sherry Young

Also a warm welcome to all of our new corporate members!

We are here to help you on your path to a healthy lifestyle!

Intro to Sun Salutation A & B

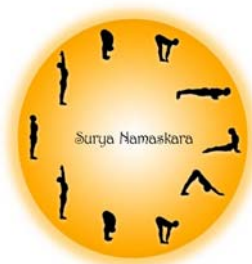
With Judy McNicol

Saturday, October 14th

12:00-1:30pm

\$25 + GST

Pre-registration is required



Squash Notes

with Spider Jones, Level 3 Certified Squash Pro

It's begun! Players are flooding the Club and courts once again!! - Halla loo ya as we say in the church of the nicks and no lets.

League has begun with Div 2 (C & D level players) running Mondays from 6-8pm and Div 1 (A & B level players) playing on Thursdays from 6-8pm. We are encouraging all team members to please show up and be ready to go right at 6pm. Having the entire team present from the onset encourages team atmosphere, gives us a pool of referees, and allows us to send players on earlier who are ready to go. The playing order will be #3, followed immediately by the #2 then the #1 with all the matches, the best three out of five games. Please turn in your score sheets at the end of each match. We hope to track individual games won and lost throughout the season.

Our first tournament, graciously sponsored by Investors Group, will run Tuesday, Oct 10-Saturday, Oct 14. Sign up now, the deadline is Oct 6th. We are pleased to announce that Friday night's play will be a Black Knight to Remember, with BK demo racquets being made available to Friday night participants.

Ever played hard ball? Come out and experience squash like you've never played it before. Friday, October 20th from 6-8pm. \$15 gets you pizza and entry to our first ever Hard Ball Drop In round robin (eye guards are mandatory for this event please!)

Ladies are welcome to come on out for our Wednesday Night novice drop in from 7:20-8:40pm. I'll be on courts for the first portion offering sage advice (hit up, serve last, run faster...) then stepping back and let you have at it. Once a month is pot luck.

Our Canada Winter Games training is progressing well with many of our juniors transferring skills learned in our thrice weekly practices to their game repertoires. If you are available to play any of these talented up and comers, please let me know. They would do well to share in your wisdom and experience.

Sunday Junior squash has begun with players of all levels being aptly lead by our volunteer coaches Brent Hinchey, Harold Wilson, Wayne Nesbitt, Mahen Manickum and Brooke Harker.

This month's squash tip: Footwork is the key to accuracy

Ever wonder why your shots go unexpectedly cross court and are often picked off by a gleeful opponent? Next time you hit an errant shot, quickly check the position of your feet. Chances are your toes are pointing towards the front near corner or even worse, directly at the front wall. From this position, players naturally swing across their bodies, more often than not sending the ball cross court and setting up an easy volley by their opponent. Try instead to face the trunk of your body toward the near back corner or so it faces the back of the closest serving box. You'll be amazed how effortlessly, naturally tight length becomes from this position. Your opponent will suddenly be forced into effort, vacating the "T" and leaving you the opportunity to take his place.

Till next time,

Here's to hitting up and serving last.

Club Notes

CARD SWIPE SYSTEM: We will be changing to a key fob "card swipe" system within the next few weeks. All of our members will be assigned a "key fob" that has a bar code on it. We will also be taking your picture (so smile!) You will not have to worry about remembering your membership number, but will simply swipe your key fob and your picture and all of your membership information will come up on the computer screen. We thank you for your anticipated co-operation as we make the switch.

NEW STRENGTH TRAINING EQUIPMENT: Check out our new strength training equipment—leg extension, leg curl and a calf raise. We are also awaiting receipt of an incline chest press.

OUTDOOR FOOTWEAR: A friendly reminder that outdoor footwear is NOT permitted inside the Club. The grit and grime gets tracked onto the court floors, all of the cardio equipment in the fitness studio and increases our maintenance costs substantially. We thank you for observing this rule.

WEDDING BELLS: Congratulations to Club members Mike Walsh and Jennifer Read on their marriage in Yellowknife this July. All the best for a long and happy life together.

PERSONAL TRAINING: Interested in hiring a personal trainer? Leave a message for Ginette Boudreau, Dwayne Vigilance or Miko at the Club and one of them will get back to you to set up an appointment.

RACQUET RESTRINGING: How long has it been since your racquet has been re-strung? We offer a racquet restringing service for our members—\$35 + GST/racquet. Leave your racquet at the front desk and we will have it restrung and returned to you promptly.

STRENGTH TRAINING ORIENTATIONS: are offered at no charge to our members, every Thursday evening at 6:00pm. Please sign up at the front desk. Facilitated by our Personal Trainer, Todd Stratten, Bachelor of Kinesiology.

WEB SITE: Did you know that the most current Fitness Schedule, Saturday Schedule, Parents & Tots and class descriptions are on the website? Check it out today at www.ykracquetclub.com