



## CLUB MEMBER NEWSLETTER

JULY, 2010

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# The SHORT Issue

## Contest: Win Brand New Racquet Strings

by Reg Carter

As you can probably guess, a good publication is only as good as the articles (content) that are written for it. People read famous newspapers or magazines like The Wall Street Journal or Cosmopolitan because of the wealth of information contained in their pages.

To that end, as your Newsletter Editor, I am initiating a drive for submissions to this newsletter.

Whether it is a report on a social, a particularly challenging match, some new piece of equipment you've discovered, a health-related concern or any other thing you deem worthwhile, I am actively seeking your written input for inclusion in the Fair Oaks Racquet Club Newsletter.

All submissions will be included in each month's newsletter.

To sweeten the deal, I am starting a content submission contest: each month the judging panel will choose the best member submission. At the end of the year, the monthly winners will be voted on by the other members. The submission receiving the most votes will be declared the winner.

The winning author will receive a gift certificate for one racquet re-

stringing at Courtside Tennis and Apparel.

Think of what new strings will do for your game.

To enter, simply write down the 5-Ws and the H (Who, What, When,



Where, Why and How), string together a few sentences describing the article, email them to the newsletter, and the editorial staff (me) will edit and polish your story to a gem-like finish.

Even if you have never had writing experience before, I promise you that you will be happy with the result or the next FORC newsletter issue is 100% free.

Take a moment right now and jot down any ideas you have for current or future stories and get busy. The deadline for submission is the 25<sup>th</sup> of each month. Good luck and have fun with it.





## Screening Process

By Dana Sullivan

**TENNIS.com**

### What you need to know to protect your skin this summer.

Even for the most conscientious sun-objectors, sunscreen—what to use, when, and how often— can be confusing. So confusing, in fact, that in March a San Diego-based law firm filed a class-action lawsuit against several large sunscreen manufacturers, claiming that they deceptively promote their products as offering complete protection from the sun's damaging rays. The suit seeks refunds for consumers who have bought sunscreen over the years and hopes to force manufacturers to remove wording such as "sun block" and "waterproof" from product labels.

"[The lawsuit] is completely frivolous," says James Spencer, an associate clinical professor of dermatology at the Mount Sinai School of Medicine in New York and a spokesperson for the American Academy of Dermatology (AAD), though he does agree that sunscreen labeling can be confusing to consumers. "Using sunscreen is just one part of protecting yourself from the sun, and no one has ever suggested it gives you permission to bake." Frivolous or not, fallout from the lawsuit may finally spur the FDA to publish new labeling standards for sunscreen products, something the administration has

been considering since 1999.

Then there's the vitamin-D conundrum. A number of media reports have suggested that avoiding the sun puts you at risk for vitamin-D deficiency (which is linked to bone disorders and other health problems). Tennis players don't need to worry about that one. We get enough sun during a warm-up to prevent vitamin-D deficiency, but we do need to concern ourselves with preventing skin cancer. Here are five SPF's—sun protection factors—you need to know now:

#### 1. Wearing sunscreen isn't the best way to protect yourself from skin cancer (or wrinkles).

"Avoiding the sun is the best, especially between the peak hours of 10 A.M. to 4 P.M., when the sun's rays are the strongest," says Dr. Spencer, who, when he isn't teaching in New York, practices dermatology in St. Petersburg, Fla. But that's not always realistic for tennis players. We have no choice but to slather on sunscreen—ideally at least 15 minutes before going outside—and wear hats and tightly woven clothing. According to Darrell S. Rigel, M.D., clinical professor of dermatology at New York University Medical Center, scientists can't say with certainty that sunscreen protects against skin cancer because many relevant studies haven't established cause and effect. But they do know that sunscreen protects against the development of actinic keratosis, a potential early sign of skin cancer.

#### 2. Sun Protection Factor (SPF) labeling is misleading.

Yes, higher SPF numbers provide greater protection

against sunburn. The rating is calculated by comparing the amount of time needed to "burn" a person's sun-protected skin with the amount of time it takes to burn when unprotected. Using a product with SPF 15 means you can be exposed 15 times longer before you burn than you can without. But here's what's confusing: "A sunscreen with an SPF of 30 doesn't offer twice as much protection as an SPF 15," says Henry Lim, M.D., chairman of the dermatology residency program at the Henry Ford Hospital in Detroit, and a spokesperson for the AAD. In fact, SPF 15 absorbs 93 percent of UVB rays (there is no rating that identifies UVA protection), and SPF 30 absorbs 97 percent. Still, there is one reason to fork over the extra money for the higher SPF. "A typical adult uses half the recommended amount of sunscreen, which provides half

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the protection people expect,” Dr. Lim says.

### 3. When you're sweating, you should go through a 4-ounce bottle of sunscreen in an 8-hour day.

An adult who's in the sun should use one ounce—that's a shot-glass full—to cover the exposed parts of the body and then reapply that much again every two hours, Dr. Lim says.

### 4. Your environment makes a difference in how much UV radiation you're exposed to.

The National Oceanic and Atmospheric Administration has a website where you can check your local daily UV forecast before you go out to play tennis. Go to [www.cpc.ncep.noaa.gov/products/stratosphere/uv\\_index](http://www.cpc.ncep.noaa.gov/products/stratosphere/uv_index) and click on “UVAAlert Forecast” and look at your region for warnings. Areas with above-normal radiation levels are highlighted, meaning you should take extra care to protect yourself from the sun.

### 5. Choose sunscreens labeled “broad spectrum” because they protect against both UVA and UVB rays.

The most effective products have both chemical (inorganic) and physical (organic) blocking ingredients; chemical sunscreens absorb light and physical sunscreens reflect and scatter light. Some dermatologists, including Lim, hope that soon in the U.S. we'll have access to products with mexoryl, a sunprotecting ingredient that has been widely available in Europe and other parts of the world for years. “Mexoryl is a UVA-filtering ingredient that's more photo-stable—meaning exposure to the sun doesn't break it apart—than other ingredients used to combat UVA rays,” Lim says. “I know lots of people who stock up on sunscreens with mexoryl when they're traveling outside the U.S.,” he says. (You can also buy it online at



## Hydration Concerns for Tennis Players

by USTA Sport Science



Dehydration can affect a tennis player's performance in less than an hour, even sooner if the athlete comes into the practice session or match dehydrated.

Dehydration of as little as 1-2% of body weight (only 1.5-3 pounds for a 150 lb. athlete) has been shown to reduce performance.

Dehydration of 3% or more of body weight increases a tennis player's risk of heat-related illness (heat cramps, heat exhaustion or heat stroke). For every percent of body weight lost during play, core body temperatures can rise by 0.5°F

When a tennis player loses 3% of body weight due to sweating, it can result in an increase in core body temperature of more than 1°F and an increase in heart rate of between 10-20 beats per minute. This results in an athlete needing to work more than 10% harder to accomplish the same amount of work as when he/she is fully hydrated.

### Recommended Guidelines

Before Practice or match play, drink at least 16-20 oz. of water (one standard bottle) or electrolyte-enhanced sports drink two hours before the tennis practice or match play to effectively pre-hydrate the body.

### During Practice or Match Play

Drink 4-8 oz. (4-8 normal swallows or 1/4-1/2 a regular size bottle) for a light to medium sweater and 8-16 oz. (8-16 normal swallows or a 1/2-3/4 full regular size bottle) for a heavy sweater of water or electrolyte-enhanced carbohydrate fluid every changeover during practice or match play (32-60 oz. of fluid per hour). If play is expected to be longer than 60 minutes, an electrolyte-enhanced carbohydrate beverage would be a better option.

### After Practice or Match Play

Drink at least one regular size bottle (20 oz.) of electrolyte-enhanced carbohydrate sports drink per pound of body weight lost within a two hour period. Replace between 120%-200% of body weight lost per exercise session. It is also helpful to consume some protein to help aid recovery. 10-20 grams of protein within 30 minutes of practice or match play will help speed recovery. Adding extra sodium to the beverage will also speed re-hydration by allowing the athlete to drink more fluid and retain more fluid in the system.

### What carbohydrate content should I drink on court?

Drinks that contain more than 7-9% carbohydrates (19 grams per 8 oz., or 48 grams per 20 oz.) may slow the rate at which fluid is absorbed, and is not recommended during exercise. An ideal sports drink will contain between 6-8% carbohydrates and electrolytes to help replenish lost nutrients during heavy training or match play.

Beverages containing caffeine, alcohol or carbonation are not as effective as sports drinks in re-hydrating the body. Fluids with salt (sodium chloride) not only help replace lost salt in an athlete's sweat, but also increase thirst and voluntary fluid intake and offset losses due to urination. They also aid in reducing cramping. Look for drinks that also contain potassium.

## Fair Oaks Racquet Club Board Minutes

June 28, 2010

Board Members present: Larry Leach, Foster Pelton, Carlene Duran-Costa, Jim Wright, Reg Carter,  
Steve Allen, Janusz Seremak

No	Subject	Status
1.	Larry called the meeting to order. Steve made a motion to accept the May 24, 2010 minutes. Jim seconded the motion, and the motion carried.	Passed
2.	Treasurer's Report: Foster presented a written report. Balance as of June 28, 2010 is \$4571.09. The Park District is raising our fees 20% in 2011. In 2012, we will negotiate a new contract with the Park District. Reg made a motion to accept the Treasurer's Report, Steve seconded it, and the motion carried.	Passed
3.	Vice President's Report: Mike was absent. Court 8 needs to have bench bolted to the cement, locks needed for women's stalls, and the lights are going on around 5:30 or 6 p.m.	Info
4.	Ladies Coordinator's Report: Marty absent. The club needs an interim Ladies Coordinator. The term will end on December 31, 2010. Steve will contact several women for a volunteer. Reg will create an article for the Newsletter regarding the vacancy. Larry to contact Sally to see if she wants the position.	Info
5.	Men's Coordinator's Report: Jim reported that we have three men's teams, but no Saturday Summer team.	Info
6.	Mixed Doubles Coordinator's Report: Janusz reported that the teams are playing and winning some matches.	Info
7.	Social Coordinator's Report: Marty absent. The July 24 Social (at 6 pm) is on the website.	Info
8.	Newsletter Report: Reg reported that the July Newsletter was published, and he appreciates all the input and articles that were submitted.	Info
9.	Membership Report: Toni absent. Larry reported that Lisa and Fritz Anderson are new members.	Info
10.	Webmaster Report: Steve reported that the website has been updated. The Board members said that the website looks great.	Info
11.	SATA Report: Larry reported that SATA is trying to stabilize their profit and loss, and haven't been able to cover expenses. They will give cash awards instead of trophies. Next SATA meeting is Tuesday, July 6, at 7 pm. For more particulars, please visit <a href="http://www.sactennis.org">www.sactennis.org</a> . Larry said that the same numbers of teams are playing in the Summer as did in the Spring.	Info
12.	Old Business: Jim talked with Todd from the Park District and they are researching the repaving. He will try to arrange a meeting with Larry, he and Mike and Todd and Mary Ann from the Park District. Foster is continuing to research non-profit status for our club and Director's Fiduciary Insurance.	Info
13.	New Business: none.	Info

Next meeting is Monday, July 26, 2010 at 7 pm at the River Oaks Townhomes Clubhouse. River Oaks Townhomes is off of Main St. in Orangevale between Madison and Greenback.