

March, 2011

Fair Oaks Racquet Club  
Newsletter

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IMPORTANT DATES

No March Social  
Lacking Host/Hostess

Special Meeting at Clairen's  
March 19<sup>th</sup> 3-5 p.m.

Next Board Meeting  
March 29<sup>th</sup> 6:30 p.m.

SATA Summer League  
Team Registration Opens:  
April 1<sup>st</sup>

April Social – Carlene  
Duran-Costa Hostess  
Ph# 605-6066  
April 23<sup>rd</sup>, Sat. 6 p.m.

Terrie O'Donnell  
Newsletter Editor  
(916) 966-6095  
[terywen@sbcglobal.net](mailto:terywen@sbcglobal.net)

Fair Oaks Racquet Club  
P.O. Box 672



President's Message – Clairen Peeters

*Clairen is calling for a Special Meeting at her home to discuss "Another 50 Years" fund raising events and 50-year celebration/activities. The meeting will be held **Saturday, March 19 from 3-5 p.m.** Clairen's address is: 8964 Augustine Court, Orangevale – Phone # 987-5290. Going West on Greenback (towards Folsom) turn left on Pecan and turn left on Augustine Court – see map below.*

*Please contact Clairen as to your availability in attending the special meeting.*

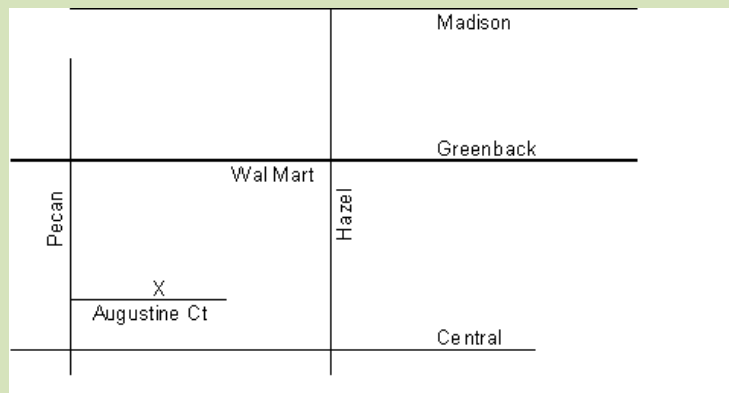
*Agenda: Court Improvements*

*Fund Raising*

*Dinner-Dance-Auction on October 1st*

*Chicken Festival? Bake sale that day or another day*

*Work In The Park Day – May?? –Will discuss date with Mike Pruss*



Clairen Peeters  
Phone: 916-987-5290 (hm) Email: Clairen@att.net

# VALENTINE'S DAY SOCIAL FEBRUARY 12, 2011

As reported by Terrie O'Donnell

Who could ask for a more perfect "tennis" day at the courts? Marty Holmes and Patty Blesso put on a most wonderful Valentine's Day social with holiday table decorations, filled with food from all the 16 guests.

There was much fun and socializing on the four courts with such comments as "Good Shot!" "Yours - Oh, that was my shot?" "Let's get one more game and make it 2 wins this round" "Are you serious????---that shot was in!!" and many more.....

After four rounds, Claudette Fowler had the most wins among the ladies winning a Valentine's towel and mug. Steve Buss had the most wins among the fellows winning a bottle of wine picked out by his lovely wife, Nancy. Congratulations you two!! There was a special Birthday gift presented to Vi Warren -- a bottle of wine to celebrate on February 20<sup>th</sup>.

The guests all decked out in Red or Pink (and other colors) included: John & Peggy Lucero, Steve & Nancy Buss, Gracie De La Riva, Crystal Goodwin, Terrie O'Donnell, Kiyo Breiting (Shiomi's sister), Vi Warren and her son, Thomas Campbell, Beverly Purcell, Marianne Hintnaus, Claudette Fowler, Susan Schmidt, Toni Anderson, and Larry Leach. We had a few extra guests in case a court needed their assistance; Clairen Peeters, Chris Payne, Linda Van Cleave and Foster Pelton.



... The photo is missing Thomas Campbell, Steve Buss, and Chris Payne. (They were getting in more tennis. )

SPEAKING OF CLUB SOCIALS – Unfortunately, we will not have a St. Patrick’s Day Social.

As a heads up, however, Carlene Duran-Costa will host the April “Spring time” Social on *April 23, 2011 at 6.p.m.* (evening). This is to accommodate any possible SATA Saturday morning matches at Miller Park – rain make up or playoffs. The April Newsletter will supply all the details to the social. Hopefully all these rain showers will bring flowers for the social.



ONE OF THE CLUB’S LONG TIME MEMBERS HAS PASSED ON

Jack Randolph Murray -- tennis member and husband of 49 years to MaeJane Murray. He passed away on January 21, 2011 at the young age of 78 years. He will be interred in a military service with honor guard at Sacramento Valley National Cemetery in Dixon at 2 PM, Tuesday, March 1<sup>st</sup>.

Jack served his country in peacetime as a navigator in B-52s, flew F-111s during the Vietnam War and had proudly served in the National Guard prior to his enrollment in the Air Force’s Officer Training School.

Jack was a member of Mensa whereupon he collected antiques and classic cars. He was also an animal-rights activist and member of the National Rifleman’s Association. He had owned five liquor stores in the Sacramento and Elk Grove areas.

The family requests no flowers. Remembrances can be sent to your local ASPCA or the Elephant Sanctuary, P.O. Box 393, Hohenwald, TN 38462

The Fair Oaks Racquet Club will be sending a donation to the ASPCA in remembrance of Jack Murray. *Submitted by Terrie O'Donnell*

## PAUL GARRON HONORED WITH USTA/USPTA AWARD

Article posted on October 6, 2010 by *Racquet Sports Industry.com News*

*Reprinted by Terrie O'Donnell*

*terywen@sbcglobal.net*

“Paul Garron, a United States Professional Tennis Association Pro 1 for 22 years, received the USTA/USPTA Community Service Award during the USPTA’s annual awards breakfast last week. Garron, who is from Auburn, Calif., is the director of tennis at the Rollingwood Racquet Club in Fair Oaks, Calif.”

“The Community Service Award is a cooperative award presented annually by the United States Tennis Association as part of USPTA’s award program. The awards breakfast was part of the USPTA World Conference on Tennis, which took place Sept. 27 - Oct. 2 at the La Quinta Resort and Club in La Quinta, Calif.”

“Garron has been teaching and coaching tennis for more than 24 years and continues to make growing tennis in his community a priority. In 2010 Garron implemented adopt-a-school resources to provide tennis in local elementary P.E. classes and offer a tennis field trip on two different days for another local middle school. For the past two years he also assisted with the USTA Youth Summit for USTA NorCal. He has always given free clinics to high school boys and girls tennis teams throughout his career.”

“He served as the president of USPTA Northern California Division from 2006 to 2007 and as a USPTA tester for that division. He has been a USTA Northern California section member of the following committees: grant tennis, junior grants, community tennis and junior recreation.”

“In 2009, he was recognized by the USPTA as one of the Top 10 Educators in the nation and in 2007 he was honored as USPTA Northern California Pro of the Year. Garron is currently a USTA QuickStart trainer, USTA recreational coach workshop trainer and USTA Northern California head schools clinician.”

*Paul Garron can be reached by phone 530-613-6385 or by email [paulgarrontennis@aol.com](mailto:paulgarrontennis@aol.com)*



## Paul Garron has generously submitted the following tip for the Club Members

### **Tennis Tip for Slicing or backspin**

"Remember low to high"

Many players think they need to open the racquet face and "come under" the ball when imparting slice on the backhand. Instead, keep the racquet face almost vertical at impact and concentrate on swinging your racquet high to low. This motion, not an open racquet face, is what creates underspin.



Paul Garron would like the club members to know that the Fair Oaks Recreation and Park District Tennis Instructors are himself, Dan Patterson, Paul Pena and Jason Betschart and are allowed to provide tennis lessons at Miller Park. Any Fair Oaks Racquet Club USTA/SATA team will receive the "team clinic rate" of \$12 per person. Clinics are 4-6 (on 1 court) and 7-8 (2 courts). Please call Paul to book your clinic. If you have a junior looking for clinics or lessons also call Paul.

Fair Oaks Recreation and Park District cannot include all the Adult programs in their Activity Guides that he and his staff will be offering, therefore listed below are all the Adult programs that are offered. The payment will be made to Paul Garron and he will give the Fair Oaks Rec and Park District their percentage.

### **Adult Cardio Tennis Drilling**

For Men & Women level 2.5 & above (Advanced Beginner to Advanced) Fast paced workout hitting tons of tennis balls. Pro fed forehand, backhand, volley and overhead drills designed to get your heart pumping and give you a great workout. Players are not hitting with other players, so all levels 2.5 and above can join this workout.

6 class flex pass is good for 6 classes. Use on any cardio drilling day. Expires after 3 months. (players must email or call us to check class availability. Call Paul 530-613-6835 cell

\* No classes on MVSD holidays.

INSTRUCTOR: USPTA certified pro

LOCATION: Miller Park

RATIO: 1:6

FEE: 6-class flex pass/\$91 (\$94 NR)

Wednesdays and Fridays:	March 16 – June 10	9:30 a.m. – 10:30 a.m.
	June 15 – Sept 2	8:00 a.m. – 9:00 p.m.
	Sept 7 – Nov 4	9:30 a.m. – 10:30 p.m.
	Nov 9 – Dec 16	9:30 p.m. – 10:30 p.m.
Mondays and Thursdays	March 14 – June 9	6:30 p.m. – 7:30 p.m.
	June 13 – August 29	6:30 p.m. – 7:30 p.m.
	Sept 5 – Nov 3	6:30 p.m. – 7:30 p.m.
	Nov 7 – Dec 15	6:30 p.m. – 7:30 p.m.

### **Advanced Beginner & Rusty Intermediate Class**

Learn or refine all the strokes and where to hit the ball or just knock off the rust from your game with the back to basics course. Players will focus on forehands, backhands, volleys, overheads, serves, basic positioning for singles and double play and scoring. The course will include at least ½ hour of playing points. *6-class flex pass will be used for class sessions that they have attended during the raining season and expires after 3 months.*

INSTRUCTOR: USPTA certified pro

LOCATION: Miller Park

RATIO: 1:8

FEE: 6 weeks/\$101 (\$104 NR)

Mondays:	March 14 – April 25 (no class April 18)	7:30 p.m. – 9:00 p.m.
	May 2 – June 6	7:30 p.m. – 9:00 p.m.
	June 13 – July 25 (no class July 4)	7:30 p.m. – 9:00 p.m.
	August 1 – Sept 12 (no class Sept 5)	7:30 p.m. – 9:00 p.m.
	Sept 19 – Nov 7	7:30 p.m. – 9:00 p.m.
	FEE: 6-class flex pass/\$91 (\$94 NR) will be used	

Nov 14 – Dec 20

7:30 p.m. – 9:00 p.m.

**Offensive and Defensive Double Strategy**

Learn how to work with your partner to set up the point and execute winning patterns of play. Choose the right shot at the right time, improve your shot selection options, learn to use spin to create opportunities, how to use court positioning for better double play and match double play analysis. Great class for doubles teams or players wanting to improve their double play. *Must be 3.0 players or higher. 6-class flex pass will be used for class sessions that they have attended during the raining season and expires after 3 months.*

INSTRUCTORS: USPTA certified pro

LOCATION: Miller Park

RATIO: 1:8

FEE: 6 weeks/\$101 (\$104 NR)

Wednesdays:	March 16 – April 27 (no class April 20)	10:30 a.m. – 12:00 noon
	May 4 – June 8	10:30 a.m. – 12:00 noon
	Sept 7 – Oct 26	10:30 a.m. – 12:00 noon
	FEE: 6-class flex pass/\$101 (\$104 NR) will be used	
	Nov 2 – Dec 21	10:30 a.m. – 12:00 noon
Thursdays:	March 17 – April 28	7:30 a.m. – 9:00 p.m.
	May 5 – June 9	7:30 a.m. – 9:00 p.m.
	Sept 7 – Oct 26	7:30 a.m. – 9:00 p.m.
	FEE: 6-class flex pass/\$91 (\$94 NR) will be used	
	Nov 2 – Dec 21	7:30 a.m. – 9:00 p.m.

Paul Garron

USPTA certified Pro 1

National QuickStart Trainer

National Recreation Coach Trainer

530-613-6835 cell

paulgarrontennis@aol.com