

# SAVE THE DATE

Mark your calendars for these upcoming events and important dates

## August 9

HEAT KICK-OFF PARTY starts at 12 pm on Saturday, August 9. Pizza will be served and our GRIPS testing will begin at 1 pm. HEAT begins Aug 11.

## August 22-24

CLUB CHAMPIONSHIP is scheduled for the weekend of August 22 and will consist of match play. Club Social will be Saturday, August 24.

## September 1

Effective September 2014, Fall USTA matches will be \$6 for non-members. Please notify your teammates who are not Members of the Club.

## September 5

JUNIOR TOURNAMENT registration will be available online at the USTA website.

## September 29

SAVE THE RACK will be held Monday from 6 to 9 pm in the evening. Registration deadline is September 24 and forms will be at the Front Desk.

## September 30

TENNIS FOR TA-TA'S will be held on Tuesday from 8 am to 2 pm. Deadline to register will be Sept. 24 and sponsorship opportunities are still available. Please contact Jennifer Lyons for more information.

## October 11

Fall 10 and under Jamboree Series #5 at ACA - ID #700013714

## October 27

BLOCK TIME REGISTRATION will be open on October 17. Open blocks are given on a first come / first served basis for group sign-up. Blocks are limited to MEMBERS ONLY. Stay tuned for more information.

## TOP 10 REASONS WHY YOU SHOULD TAKE UP ROCK CLIMBING cont.

### 9. It's relatively inexpensive.

An entry-level set of equipment (harness, shoes and chalk bag) can be as little as \$150, or about the same cost as a decent pair of running shoes. Our indoor rockwall is already included in your membership so why not utilize this extra benefit?!

### 10. There's a great sense of accomplishment every time you go.

In a world where so much of the work we do is through computers, there's something incredibly satisfying about physically making your way to top and then feeling empowered enough to do it again.

So, if you haven't checked out the updated rockwall at our South location then you are missing out. Lucas Hering, our Rockwall Manager who was recently promoted as the South Facility Manager, has updated the rockwall tremendously including new paint, updated holds, and basically given the entire area a facelift. If you are looking for an activity to meet new people, to do together with your family, or to bring along your work colleagues for a team-building exercise, then call Lucas at our South location to find out more information. Remember, two Clubs, one Goal - a healthier you! 

## National Alliance for Private Clubs (NAPC)

Do you travel several days throughout a given month? If so, join NAPC and gain access to over 650 private clubs when traveling in the U.S. and abroad. As a Tennis Premium member of Athletic Club Alabama, your membership to NAPC costs an additional \$15 per month with no commitment required. Contact the Front Desk for more details.

## SHOUT-OUT TO OUR JUNIOR TENNIS PLAYERS

Alee Clayton, Grace Forbes, Anna Quinn Weaver, and Ivey-Katherine Weaver recently played in the State Closed held in Montgomery last weekend. Grace won Girls 14s Doubles, Alee and Anna-Quinn won Girls 16s Doubles. Ivey-Katherine made it to the Finals in Girls 18s. Sydney Homan participated in the New Balance High School Championship in Harvard, Boston, earlier this month. Congratulations to all our junior ladies!

## 5th ANNUAL TENNIS FOR TA-TA'S

Our event will be hosted at the Club during the end of September. Funds will benefit the Huntsville Hospital Foundation's Breast Cancer Fund. This very important fundraiser will help breast cancer victims in our community so make plans to be a part of this event by making a donation and registering for the tournament.

 **AUG/SEPT2014**



## Construction continues as City grants permits

Well, everyone, we have officially received our permits to continue with our renovation for our Main location. As you may have noticed, there has been an increase in construction over the past couple of weeks and with that comes loud noise, and lots of dust, so please be patient with us while we move forward with these improvements. We sat down with our co-owner, Eddie, to get the scopp on construction and what to expect in the near future. Here's what he had to say.

*AC: So, when are the Men able to use the Dry Sauna located in the back of the Men's Locker Room?*

*EJ: We received the permit to finish the Dry Sauna and should be opening it up to the guys in the Fall. (note: the difference between the Steam Room and Dry Sauna is that one is wet heat, the other is dry and the benefits of the two varies)*

*AC: What else were we specifically permitted to renovate?*

*EJ: The City permitted the upstairs restaurant, the outside deck, the new bathroom space (cont.)*



**HEAT BEGINS**  
AUGUST 11

**SAVE THE RACK**  
**TENNIS FOR TA-TA'S**  
September 29-30

**BLOCK TIME**  
October 27

**MAYOR'S CUP**  
November 19

 **AUG/SEPT2014**

# Winner of Member Referral Rewards drawing!



Congratulations to Maryanne Chesser for winning the iPad-Mini drawing. Maryanne referred a friend during January through June 2014 and was entered in our Raffle Drawing. We will draw another name in December at the Member Referral luncheon and members must be present to win the raffle. See you in December!!



## CONSTRUCTION CONTINUES..

*(continued from front page)* located where the old Yoga room used to be, as well as the elevator that will be installed, and the new teen lounge.

*AC: The teen lounge.. that's something new, isn't it?*

EJ: Yes, we decided to create a space for our younger members to hang out and gather. We have such a large Junior program that we figured they need a space of their own while they are waiting for their lessons or clinics to begin. It will have TVs, a sitting area, and possibly game consoles.

*AC: What about the deck? I noticed they have completely torn it down as of last week. What's happening there?*

EJ: The deck will be rebuilt to almost twice the size of the old one and will extend outward to provide a better viewing area of the clay and hard courts. It will be covered and eventually also include an open bar area with seating.

*AC: Now that we have our permits for the restaurant, what can you confirm will happen upstairs?*

EJ: The restaurant will be expanded and provide a much larger seating area. You can expect to see the old fireplace removed and we'll add a new gas fireplace where the old bar used to be located. The windows overlooking the weight room will be covered up and the new bar will be installed in this area. Hightop chairs and tables will be added to the viewing area that overlooks the indoor courts, as well as updated furniture will be added to the space.

*AC: What about the basketball court?*

EJ: Unfortunately, we won't have a basketball court any longer but we are adding a second story as part of the restaurant space, and moving the lobby and Front Desk to that side so it's closer to the entrance. The old Front Desk area will eventually become a sitting area.

*AC: Is there anything going on outside of the Club?*

EJ: We added a canopy area to Courts 16-17 and will be converting the old "1950's-looking" yellow lights to new white halogen lights later in August. Otherwise, the restaurant should keep us busy! 

## ACCORDING TO A FELLOW CLIMBER, HERE ARE THE TOP 10 REASONS WHY YOU SHOULD TAKE UP ROCK CLIMBING

(bonus: it's already included in your membership!)

- 1. It doesn't feel like exercise.**  
For a lot of people, exercise involves repetitive motion – be it through some sort of cardio (running, elliptical, cycling) or strength-training (weights and resistance bands). But with rock climbing you're always trying solve a fairly simple problem: how to get from the bottom of a wall to the top as best as possible.
  - 2. It's a great mental and physical workout.**  
Since every route is different, you constantly have to figure out where to best put your arms, legs, hands and feet, while gauging energy levels, distances, and your own personal skill level. At the same time you're burning calories, toning your muscles and slowly help you get over your fear of heights. Rock climbing increases your strength, balance and flexibility while improving your risk-assessment and problem solving skills
  - 3. It's incredibly social.**  
Everyone who rock climbs needs a belayer, which means you're never alone. Since other people will often offer advice or encouragement, friendships are easily forged. (If you really wanting some alone time, then we do offer an auto-belayer for the solo climber)
  - 4. You can rock climb year-round.**  
The Club is open year-round, including most holidays, long weekends and even some early morning hours. In the spring, summer and early fall there are also plenty of spectacular places to climb outdoors, like Yellow Bluff.
  - 5. You set your own goals.**  
Unless you're competing, no one cares if you only made it halfway up a route. The important thing is you come back and try again. Maybe next time you'll make it all the way up. And the time after that, you'll find it a lot easier. It's completely up to you.
  - 6. Your training schedule is up to you.**  
Unlike team sports, you can pick whenever you want to go. Want to take a few days off for a vacation? Sure. Change to three times a week? As long as you have a belayer, why not? There's no set schedule to tie you down or hold you back from whatever else you want to do.
  - 7. You get to stare at people's bums for safety reasons.**  
People-staring happens in every gym, but in climbing if you don't do it properly someone can actually get hurt. Just make sure you also pay attention to the rope itself.
- (continued on back page)*  
*\*special thanks to fellow climber, Karen K. Ho, for lending us this insight from her online blog*

## REMINDER

Please be considerate of ALL construction signs placed throughout the Club. Signs are there for your protection and Members should be cautious when moving about these areas. We appreciate your patience during this time.

## RACQUETBALL LEAGUE HAS BEGUN AT SOUTH!

CONTACT DENNY REASNER at (256) 508-7432 FOR MORE INFO OR TO BE PLACED ON THE SUB LIST  
Courts will not be available from Tues - Thurs from 5 to 8 pm

Follow us on Twitter and like us on Facebook to take advantage of special promotions and offers!

@athleticclubAL

## WHAT IS TENNIS LEG?

Most of you have probably heard of tennis elbow, but what about tennis leg? After some initial research, I have found that tennis leg can be described as a tear or strain of the calf muscle and is the result of improper warm-up. Notable symptoms include a sharp pain in the calf that is similar to being hit hard by a tennis ball in the calf. The sharp pain that is felt is actually the muscle, known as the gastrocnemius, tearing in your calf. Tennis leg typically affects those in the 30 to 50 age group but can be prevented by staying hydrated; muscle cramping is caused by dehydration which can predispose a muscle to tearing. Also, be more pro-active in your warm-ups. By properly warming up, your body temperature will increase which in turn allows your muscles, tendons, and ligaments become more elastic. 