

Henry Lewis "Hank" Slade, Jr.

SLADE JR., HENRY LEWIS "HANK" Henry Lewis "Hank" Slade, Jr., 77, died on July 8, 2012 after many years of struggling with Alzheimer's disease and multiple sclerosis. Born in Daytona Beach, FL in 1934, Hank spent most of his life in So. California. Santa Barbara High School was where he played football and met his wife of 57 years, Jayne (Allen). His skill and love of playing football took him to USC on a football scholarship from 1954-58. He remained a loyal Trojan to the end. Hank also loved coaching his sons' sports teams, including football, basketball and baseball. Residing in La Jolla since 1970, Hank and childhood friend, Doug Allred, opened the San Diego Tennis and Racquet Club in 1980, which Hank managed for 18 years until his illness forced him to retire. It was his pride and joy and is now under the management of son Scott.

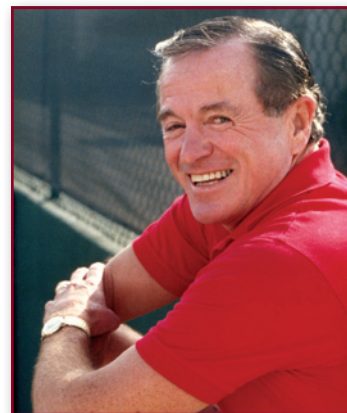
Hank was a willing and active participant in the Alzheimer's community and worked to educate and promote awareness of the disease through the Alzheimer's Association and the UCSD Shiley-Marcos Alzheimer's Disease Research Center. Sign-On San Diego writer, Marsha Kay Seff created an online blog that for several years featured Hank's progression through Alzheimer's. Hank's openness and willingness to talk about his

Alzheimer's made him a popular interview and he was featured on KPBS and on channel 10 with Marty Levin.

Survivors include son Henry IV "Skip" and wife Linda, son Scott and wife Loretta, and grandchildren Henry V "Marc", Corey, Sumer, Natasha, and Nitsa.

Silverado Alzheimer's Community in Encinitas was Hank's place of residence the past four years with cherished wife Jayne at his side daily as a loving and constant caregiver and companion. The entire staff at Silverado, from maintenance to administration made the years there feel like a loving home. The care-givers and charge nurses who cared for Hank, with great love and respect, were of extraordinary caliber, especially his primary caregiver, Yolanda Meyer.

Burial was July 12th at Santa Barbara Cemetery. There will be a memorial service at 1:00 p.m. on August 23rd at Torrey Pines Christian Church, 8320 La Jolla Scenic Drive in La Jolla with a reception following. In lieu of flowers, donations in memory of Hank can be made to the UCSD Shiley-Marcos Alzheimer's Disease Research Center, 8950 Villa La Jolla Drive, La Jolla 92037, www.adrc.ucsd.edu or the Alzheimer's Association, 6632 Convoy Court, San Diego 92111, www.sanalz.org.



Henry Lewis "Hank" Slade, Jr.
1934-2012

Hank Slade, my childhood friend, Santa Barbara High School teammate and best man in my wedding has provided me memories that will last a lifetime. I'm sure he is now helping god perfect the special SDTRC margaritas.

*SDTRC Owner,
Doug Allred*

I wanted to write about the passing of one of the club owners, Hank Slade. Hank was instrumental in hiring me as a 24 year old in 1979. He was a tough boss, but had a vision of SDTRC as being a family oriented club. He worked very hard 7 days a week to make us a successful club. I owe him so much for his belief in me and teaching me such a strong work ethic. Those of you who knew Hank, know how much he loved the club and how much he took pride in all the juniors. He had a big heart and loved the club so much. I will miss him and he was a big part of who I am today. I Love you Hank, you are always in my thoughts every day. NO BIGGIE, as you would always say. The club was your life, we owe you so very much.

*Your Friend Always,
Angel Lopez*



**Join Us On
Facebook**



My Perspective

SDTRC Social Media Sites

We can be found on

Facebook:

[http://www.facebook.com/](http://www.facebook.com/SanDiegoTennisandRacquetClub)

[SanDiegoTennisandRacquetClub](http://www.facebook.com/SanDiegoTennisandRacquetClub)

Twitter:

<http://twitter.com/SDTennisClub>

Youtube:

[http://www.youtube.com/user/](http://www.youtube.com/user/SanDiegoTennisClub)

[SanDiegoTennisClub](http://www.youtube.com/user/SanDiegoTennisClub)

Website:

<http://www.sdtrc.com>

Parking Lot Resurfacing

In September we will be resurfacing the club parking lot.

Locker Room Face lift

At the end of October we will be doing a face lift in both the Men's and Ladies locker rooms. Each locker room will take approximately two weeks. During this time period the locker room will be unavailable. We will also post advance notice for those that will need access to their belongings in their locker as you will need to remove whatever you need access to before the work starts. Depending on which locker room at the time is being worked on, both poolside bathrooms will be set aside for that gender whose locker room is closed.

Condolences

I would like to offer my condolences to the Komen family for the passing on of longtime member Russ Komen and member Button Breslow for the passing of her husband Hal.

On behalf of myself and the Slade family, I want to thank the members for their kind words and cards we received after the recent passing of my father, Hank Slade.

Scott Slade, General Manager
SSlade@sdtrc.com



Angel's Column

Watching Federer win Wimbledon and reach number one again gives hope to those who still love the elegance of the one handed backhand and the classic style mixed with athleticism in today's modern game. His self belief, work ethic, and class on the court where he lets his racket do the talking is a great example for the youth of today. I'm not a fan in the trash talk and jumping with celebrations on every shot that is made. Matches are lost more than they are won. Reasons for that range from 1. lack of tournament play, 2. unfamiliarity of the elements, 3. restrictions to one type of

surface, 4. inability to adjust to the crowd or no crowd at all, 5. lack of fitness, 6. pressing to win, 7. inability to use your intelligence, and 8. glaring weakness in your game. Federer, Nadal, Djokovic and Murray are always back working on things to take their game to another level. They all have a personal tennis coach. One last thing in my column, It is still amazing the number of FOOT FAULTS I see walking around the club. Especially on Saturday morning. It is against the rules of tennis. Unless you all agree it's ok. Can you imagine in basketball shooting a free throw in front of the line? Or a baseball pitcher pitching in front of the mound? I don't think so.

Angel Lopez, Director of Tennis
USPTA Master Professional and
USA High Performance Coach Certified
angelprotennis@aol.com



Fitness Department

Body Pump and CXWORX Group Fitness Classes at SDTRC

Our Body Pump classes continue to gain momentum in popularity at SDTRC! Look for more Body Pump classes to be added to the Group Fitness schedule over the next months. If you have not yet tried a Body Pump class, we hope to see you in class soon.

No previous experience is needed. Just be ready to see positive results for your body and self-confidence in just a few sessions. Don't be afraid to try it as your Body Pump instructor will make sure you know how to use the equipment and will also teach you the proper technique and form.

Our next exciting Les Mills class format that will be added to the schedule is CXWORX.

ABOUT CXWORX

Looking for a short, sharp workout that'll inspire you to the next level of fitness, while strengthening and toning your body? CXWORX™ is for you!

- Based on cutting-edge scientific research
- Brand new 30-minute format
- Combines the best of personal training with the energy of a group fitness class
- Choreographed routines and chart-topping music that'll bring you back for more

The CXWORX class is 30 minutes of moderate to high intensity exercise that burns an average of 230 calories per session. The regular CXWORX participation will tighten your core, improve

functional strength for mobility and injury prevention.

CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention.

It will help you run faster... play harder... and stand stronger!

No ordinary workout, CXWORX™ hits many of the top fitness trends:

Core training ✓

Strength training ✓

Functional fitness ✓

Educated and experienced fitness professionals ✓

Group personal training ✓

Highly-trained instructors explain the science behind each exercise and challenge you to reach beyond your limits. Like all LES MILLS™ programs, a new CXWORX™ class is released every three months with fresh music and choreography.

Ground-breaking scientific research means Les Mills CXWORX™ features the most efficient exercises for maximum effectiveness... 30 minutes is all you need

Look for CXWORX to be added to the SDTRC Group Fitness class schedule in September 2012.

For more SDTRC Fitness Dept. info regarding:

Group Fitness, Personal Fitness Training,
Pilates Private and Small Group Training,
Professional Fitness Instructor Training
and Continuing Education Courses.

Contact: Dian Ramirez, MS, Director of Fitness
dramirez@sdtrc.com, 619-275-3270

Friday, August 31st
Poolside Party
with Live Music
and hors d'oeuvres
6:00 - 9:00 pm



Friday Happy Hours
4:30 - 7:00 pm



August 17th & September 14th
Exhibition Match
6:00 pm



Monday, September 1st
Labor Day BBQ

11:30 - 3:00 pm

Club Hours: 7:00 - 7:00 pm

Grill Hours: 9:00 - 5:00 pm

Bar hours: noon - 6:00 pm

NO Childcare



July 30 - August 17th
Angel Lopez Tennis
Academy Summer Camps
Ages 5 - 18





Activities

The summer is in full swing here at SDTRC. We have some great tennis activities going on. Every 2nd and 4th Friday of the month we have a Mixed Doubles group that meets. The time is from 6:00-8:00pm and the level ranges from 3.0-3.5/4.0. If you are interested in playing please contact Nan Myers or Christy Turner at nansreal@aol.com cturnrd@gmail.com or you can sign up at the info wall at the entrance to the club.

The U.S. Open Social Mixer will be on Saturday, September 1st at 10:15am. This is a fun social round robin. It will include two divisions of play, 3.0-3.5 and 4.0-4.5. No partner is required for sign up. I will pair single players up in the order they contact me. Please send me an email if you would like to play and be sure to include which division. The cost is \$17.50 per person and that includes tennis, lunch and champagne mimosas.

The Fall SDTRC Singles Flex League will be starting September 8th. This league is set up to model the USTA Flex League. How it works is you schedule matches at your own convenience with the goal of playing and defeating all your opponents within a 4 month period. There is no fee to participate. Levels for Ladies range from 3.0-4.0 and Men from 3.0-4.5. If you would like to sign up, please use the Flex League folder at the front desk. Winners receive engraved plaque at the end of the season.



**Women's on Wednesday Doubles
League Award Winners.**

Brian Olson, Activities Director
Bolson@sdtrc.com

CLUB HOURS

Club House Hours

Mon.-Thurs.	6:30 A.M. - 9:30 P.M.
Friday	6:30 A.M. - 10:00 P.M.
Saturday	7:00 A.M. - 8:00 P.M.
Sunday	7:30 A.M. - 8:00 P.M.

Angel Lopez Tennis Academy

Angel Lopez Director of Tennis
USPTA Certified Master Professional
P.T.R. Certified, USA High Performance Coach

Tennis Pros

Mike Paradowski
Tyler Verdieck
Steve Tucker
David Salemi

Tennis Court Lights

Mon.- Fri.	Off at 9:00 P.M.
Sat. & Sun.	Off at 7:00 P.M.

Pro Shop Hours

Mon.-Fri.	9:00 A.M. - 6:00 P.M.
Saturday	9:00 A.M. - 4:00 P.M.
Sunday	10:00 A.M. - 3:00 P.M.

Courtside Grill Hours

Mon.-Fri.	9:00 A.M. - 8:00 P.M.
Saturday	9:00 A.M. - 5:00 P.M.
Sunday	10:30 A.M. - 5:00 P.M.

(Subject to close early on rainy days)

Bar Hours

Mon.-Thurs.	4:30 P.M. - 9:00 P.M.
Friday	4:30 P.M. - 9:30 P.M.
Sat. & Sun.	12:00 P.M. - 7:00 P.M.
Fri. Happy Hr.	4:30 P.M. - 7:00 P.M.

Child Care Hours

Mon.-Fri.	8:30 A.M. - 12:30 P.M.
Wed. & Fri.	4:00 P.M. - 8:00 P.M.
Sat. & Sun.	9:00 A.M. - 3:00 P.M.

Health/Fitness Department

Dian Ramirez - Fitness Director

Personal Trainers:

Shanna McCarron
Norm Laird
Brian Olson
Tim Silvia

Massage Extraordinaire

Marsha Selzer, Owner
Appointments: 619-275-3270
sdmassage1@aol.com

Pool & Spa Hours

Mon. - Fri.	6:30 A.M. - 9:00 P.M.
Saturday	7:00 A.M. - 7:30 P.M.
Sunday	7:30 A.M. - 7:30 P.M.

Masters Swimming

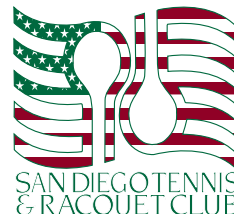
Mon./Wed./Fri. Open - 7:30 A.M.

Swim Instructor

Deena Deardurff Schmidt

Staff Directory:

Scott Slade	General Manager	sslade@sdtrc.com
Leslie Rocca	Office Manager/ Billing Manager	lrocca@sdtrc.com
Angel Lopez	Director of Tennis	angelprotennis@aol.com www.alopez.usptapro.com sdtrc@sdtrc.com
Chris Taylor	Manager/ Membership Director	
Dian Ramirez	Director of Fitness	dramirez@sdtrc.com
Brian Olson	Activities Director/ Bar Manager	bolson@sdtrc.com
Will and Nancy Brook	The Tennis Company	276-6606 www.tenniscompany.com



August Activities Highlights 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Partnership Bridge 11:30 am	2	3  Happy Hour 4:30 – 7 pm	4 Men's Doubles 7:40 am
Angel Lopez Tennis Academy Mini Camp: 7/30/12 - 8/3/12, 8:30 - 11:30 am, 5-14 yrs. old						
5	6	7 	8 Duplicate Bridge 11:30 am	9	10  Happy Hour 4:30 – 7 pm Mixed Doubles 6 – 8 pm	11 Men's Doubles 7:40 am
Angel Lopez Tennis Academy Full Day Camp: 8/6/12 - 8/10/12, 8:30 - 5:00 pm, 8-18 yrs. old						
12	13 Sunrise Social 8 - 10 am	14 	15	16	17  Happy Hour 4:30 – 7 pm Exhibition Match 6 pm	18 Men's Doubles 7:40 am
Angel Lopez Tennis Academy Full Day Camp: 8/13/12 - 8/17/12, 8:30 - 5:00 pm, 8-18 yrs. old						
19	20	21	22	23	24  Happy Hour 4:30 – 7 pm Mixed Doubles 6 – 8 pm	25 Men's Doubles 7:40 am
26	27  US OPEN 8/27 – 9/9	28	29	30	31  Duplicate Bridge 11:30 am Poolside Party with Live Music 6 – 9 pm	

September Activities Highlights 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Men's Doubles 7:40 am US OPEN MIXER
2	3  Labor Day Club Hrs: 7 - 7 BBQ 11:30 - 3 Grill: 9 am - 5 pm Bar 12-6 NO Childcare	4	5 Partnership Bridge 11:30 am	6	7  Happy Hour 4:30 - 7 pm	8 Men's Doubles 7:40 am
9 Finals US Open	10 Sunrise Social 8 - 10 am	11	12 Duplicate Bridge 11:30 am	13	14  Happy Hour 4:30 - 7 pm  Exhibition Match 6 pm	15 Men's Doubles 7:40 am
16	17	18	19	20	21  Happy Hour 4:30 - 7 pm	22 Men's Doubles 7:40 am
23 <div>30</div>	24	25	26	27	28  Duplicate Bridge 11:30 am Happy Hour 4:30 - 7 pm Mixed Doubles 6-8pm	29