



Carderock Springs Swim and Tennis Club
 8200 Hamilton Springs Court
 Bethesda, MD 20817

June 2010 CALENDAR

May 29 Saturday

- | | |
|----------|---|
| 10:30 am | !!!!!! Pool Opens !!!!! |
| 2 - 4 pm | Tennis Social |
| 3 pm | Pool Games for kids |
| 6:30 pm | BBQ/Evening celebration (you bring food, club provides beverages) |

June 2 Wed 7:30 pm Architectural Review Committee monthly meeting at Club

June 5 Sat 9 am - noon Grateful Shred at Clara Barton CC

June 7 Mon 7 pm Citizens' Association monthly board meeting at Club

June 10 Th 11:30 am Men's lunch at Normandie Farm

June 10 Th pm (not 11th, Fri) Lollipop Swim Meet

June 11 Fri Parent Swim Team meeting

June 17 Th noon Women of Carderock lunch

June 24 5 pm Swim/Dive Team Photos at Club

Forms in this newsletter:

- Tennis registration for all ages
- Summer Fun registration for 6-10 year olds
- Summer Fun community service/volunteer application for teens

Newsletter deadline: 20th of the month. Address newsletter items to Margie Orrick and drop them through the mail slot at the Club, or deliver to 8212 Fenway Road, or email to carderockclubnewsletter@verizon.net
 Club website www.carderockclub.org

Swim and Tennis News

SWIM

It is not too late to sign up for the swim team! Go to the www.carderockclub.org, click Swim Team for the registration form, handbook, calendar, and latest news. To register, fill out the registration form and drop it off with a check at the clubhouse mail slot or just mail it to the clubhouse.

The contact information for suits is: www.underwaterwear.com.

We are using the same suits as last year.

IMPORTANT Please note that due to a scheduling conflict the ***LOLLIPOP MEET*** will be held on ***Thursday, JUNE 10.*** Parent meeting is still scheduled for Friday, June 11.

CUDA SPIRIT TEAM PHOTOS

Don't miss out on Team Photos taken on June 24th @ 5:00 pm. Classic photography will be taking Swim Team photo, CUDA club photo, Dive Team photo and individual photos! Order forms will be at the clubhouse on June 16th. Remember to check the swim team page on the Carderock website frequently.

TENNIS

The annual Memorial Weekend Social will be this Saturday from 2-4pm. There is a sign up sheet on the tennis board by the courts, please try to sign up in advance. The format is doubles round robin style, with both mixed and regular doubles. Each match will be 5 games total (example, final score 3-2, 4-1, or 5-0) with no-ad scoring. Food and drinks will be provided so just bring a racket!

Carderock has tennis programs for all levels, from beginners to USTA tournament players.

Summer Tennis starts June 21st and continues through August 13th. Summer programs are filling fast so get your registration in.

See you on the courts,
Nitin, Carderock Tennis Pro

HAIL AND FAREWELL

Welcome to Jon and Jenny Aronoff, with Eden 3 1/2 and Noah, 1 year old, who have just moved to 8212 Tomlinson Ave.

Welcome to Ondrej and Michaela Schneider-Erbenova, with Gabriel 10 and Ester 6 years old, who have just moved to 7009 Buxton Terrace.

Carderock extends condolences to Ann Mealey and her family on the passing of her mother Margaret McIntyre in early May. Margaret was a longtime Carderock resident and will be missed.

Memorial Day Weekend Pool Opening: Saturday May 29

10:30 am Pool Opens
2 - 4 pm Tennis Social

POOL GAMES

3 pm Pool Games for kids in the middle pool, then later pool games in the big pool and diving well
6:30 pm Evening celebration/BBQ (you bring food, club provides beverages)

SUMMER FUN 2010

The Summer Fun Program is all about "Just Having Fun!" Even though the program is easy going and relaxed we run on a structured schedule everyday. The days include teambuilding and tennis games (some basic tennis skills taught), arts and crafts projects, science projects, lunch and swimming. On rainy days we add a movie to the afternoon in place of swimming. The kids have a great time and keep coming back. We hope to see new and returning children this summer.

Teens may also sign up as counselors for Student Service Learning hours. Slots for counseling are taken first come first serve. Slots are limited this year. We will not be able to accept every student. In addition, if you sign-up you must work the full week M-F, 9:30am-3:30pm. Part-time hours are not accepted. You will be contacted no later than mid-May for confirmation.

Who: Ages 6-10

Where: Carderock Springs Swim Club

When: June 21st-July 30th, 10am to 3pm - late pick-ups will be charged a fee

How: Find forms in the newsletter or download them from www.carderockclub.org

Questions may be sent to Bonnie Phelan at bonnie_phelan@hotmail.com
or Larry Ondrejko at carderockclub@verizon.net

Junior Tennis Program **Summer 2010**



The 2010 Summer Session will run for 8 weeks beginning June 21st and ending August 13th. The Junior Team season runs for 6 of those 8 weeks from, June 21st- July 30th. This season I am offering a special "Team Pass" for those 6 weeks! The team pass is for the Players on the Rise, Tournament Training, and Elite clinics. The "Team Pass" rates are below and include a team shirt, 6 weeks of clinics, 4 interclub matches, year end interclub tournament, and a year end banquet with award presentations. To be eligible to play on our junior team a player must be able to serve and hold a rally. Matches are held Thursdays from 12-230p beginning the last week in June. Please email Nitin if you have any further questions.

Elite (Advanced Clinic):

The Elite clinic is a new addition and is designed for the high school team player and players with USTA sectional rankings. This will be an intense 3 hour clinic which includes a warm-up, live ball drilling, match play and intense fitness. Over my years this clinic has led to numerous juniors becoming highly ranked both sectionally and nationally. Please email Nitin before enrollment.

Tournament Training (Advanced-Intermediate Clinic):

This clinic is designed for advanced Junior Team players and USTA team tennis players. Each clinic will include a warm-up, specialized drilling, some match play, and fitness. Clinic is designed for a player who wants to become more serious about tennis and begin playing USTA tournaments. Parents must email Nitin before enrollment.

Players on the Rise (Intermediate Clinic):

Perfect clinic for junior players who are on the Junior Team or whose goal is to be on the Carderock Junior Team. Each clinic will include a short warm-up, drills (fed-ball), match play and fitness. This program will help develop a more consistent player through repetition and specialized instruction.

Up and Comers (Beginners/Low Intermediate):

Clinic is designed to develop proper technique as well as the understanding of the game of tennis. Clinic will include an abbreviated warm-up, stroke specific drilling, and games. Through this program student will gain a solid base for future development as well as an understanding for how to keep score and play matches.

Tiny-Tots (Kids ages 4-7):

Introductory clinic, designed to develop motor skills and cognitive learning. Focus will be on hand-eye coordination, basic stroke technique, and enhancing each child's interest in the game of tennis. This is the perfect program for a young beginner to start the game of tennis and create an interest that will last a lifetime.

Junior Tennis Program - Summer 2010

Programs	Days & Times	Dates	Semester	Cost
<u>Elite</u>	M-F 10-1p	6/21-8/13	"Team Pass" 6/21-7/30; (includes 90 hrs of instruction, 4 interclub matches, interclub tournament, year end team banquet with awards, and team shirt) One week	\$720 \$180
<u>Tournament Training</u>	M-F 1-3p	6/21-8/13	"Team Pass" 6/21-7/30; (includes 48 hrs of instruction, 4 interclub matches, interclub tournament, year end team banquet with awards, and team shirt) One Week	\$390 \$96
<u>Players on the Rise</u>	M-F 1-3p	6/21-8/13	"Team Pass" 6/21-7/30; (includes 48 hrs of instruction, 4 interclub matches, interclub tournament, year end banquet with awards, and team shirt) One week	\$390 \$96
<u>Up and Comers</u>	M-F 9-10a	6/21-8/13	6 weeks 2 weeks 1 week Drop-in	\$240 \$100 \$60 \$20
<u>Tiny-Tots</u>	M-F 9-10a	6/21-8/13	6 weeks 2 weeks 1week Drop-in per day	\$240 \$100 \$60 \$20

Make Checks Payable to: Nitin Deodhar.

Payment is due prior to or at time of service.

Make-ups for missed classes can be done on any day a clinic is scheduled.

Make-ups for inclement weather can be done by attending another day's class.

Adult Tennis Program



Ladies Team Practice:

Exclusively for members who are on the club tennis team. Team practice will include live ball drills, doubles strategy, and overall play to help improve performance in matches. Each practice will include a 15 minute warm-up, 45 minute specialized live ball drilling, and an hour of match play.

****Players must sign up at least one day in advance for class to be held. Register by email****

Cardio Tennis:

Get your workout in for the day while playing the game you love. Clinic will be fast paced and fun. It will include a series of drills designed to get your heart pumping, while improving your tennis game at the same time!

****Players must sign up at least one day in advance for class to be held. Register by email****

After Work, Workout (Advanced Intermediate/ Advanced):

Clinic designed for the working player. Clinics will include fast paced drilling for first 30 minutes, followed by doubles for 30 minutes. Excellent class for advanced players to receive a workout, as well as receive solid competition.

****Players must sign up at least one day in advance for class to be held. Register by email****

3 and a Pro:

A group lesson set up by members. Duration can be from one hour to two hours depending on members preference. Email Nitin for more information or scheduling.

Early Bird:

Get up and get out early to begin your day. Clinic is one and half hour. It includes a warm-up, quick feeding drills, and ends with some point play.

****Players must sign up at least one day in advance for class to be held. Register by email****

Programs	Days & Times	Semester	Cost
<u>Ladies Team Practice</u>	B Team; Th& Fri 9-11am C Team; Fri 11-1pm		4 players or less \$25 5 players or more \$20
<u>Cardio Tennis</u>	Fri 6-7pm		2 players \$30hr/each 3 players \$25hr/each 4 players \$20hr/each 5 players \$17hr/each
<u>After Work, Workout</u>	Th 7-8pm		Same as above
<u>3 and Pro</u>	Call to Schedule		3 players \$25 each.
<u>Early Bird</u>	Th 730-9am		Same as Cardio Rates.

Make Checks Payable to: Nitin Deodhar.
Payment is due prior to or at time of service.

Exercise Classes

AEROBIC DANCING

Jacki Sorensen's Aerobic Dancing! June 29 through mid-August.

- Tuesday and Thursday morning, 8:45 AM.

WATER AEROBICS

Karin Baker's water aerobics starts in June and is open to ANYONE, including non-Carderock residents. June 29 through mid-August.

- Tuesday and Thursday mornings at the club, 10:30 am

Contact Karin for more info 301 919 4657.

HIP HOP FOR GIRLS AGES 7 TO 10 at the Clubhouse

- Mondays 4:30 - 5:30 pm, 8 student limit -- new session is about to start-- Sign ups & Schedule ONLY at www.AminaDance.com . Want to add another Adults or Kids class at the Carderock Springs Club at a day/time that works for you? Contact Amina at aminadance@gmail.com:
- Also **ADULTS or TEENS CLASS**: Location near Friendship Heights metro -- ages 18 & over -- or take teens -- Sign ups & details at www.AminaDance.com .
- **PRICE** for all ages is \$69 for 4 weeks.

TANYA NEIDER'S STRENGTH & STRETCH EXERCISE CLASSES at the Clubhouse

Improve body strength, flexibility and balance while firming all major muscle groups.

- Mondays and Wednesdays, 9 to 10 am (an additional $\frac{1}{2}$ hour of stretching is offered)
- Fee is \$10 per class; \$2 for an additional $\frac{1}{2}$ hour of stretching
- Drop-ins welcome - Fee is \$15 per class

This class is designed to tone muscle, strengthen bones & core using free weights and exercise. It includes a body warm-up, strength training, abdominal work, and a cool down stretch. Bring a mat/towel and light hand weights (some available at Clubhouse). Tanya has certifications as a Lifestyle Fitness Coach, ACE Personal Trainer and in CPR/AED. For more information please contact Tanya Neider at (301) 365-2338, tjneider@juno.com

MAGGIE WONG'S YOGA at the Clubhouse and in Potomac

Maggie Wong offers yoga classes:

- Tues & Thurs morning at the Club, 9 to 10:30 am. \$15/class with the 2nd class half off.
- Tues & Thurs evening at Potomac Methodist Church, 7:30 to 8:45 pm (Falls Rd, 1 mile east of River Rd)

Please call or email Maggie for more information: 301-365-2424; maggie@yogaplus.com.

Social Groups, Grateful Shred, ARC Meeting

CARDEROCK SENIOR MEN'S GROUP LUNCH

June 10, Thursday 11:30

The next Carderock Senior Men's lunch will be on June 10 at Normandie Farm. Social hour at 11:30 - 12:00, lunch at noon. Contact Seth Tuttle at sltuttle2@verizon.net or at 301-365-1277.

WOMEN OF CARDEROCK LUNCH

June 17, Thursday noon

The June meeting of the Women of Carderock will be on Thursday, June 17, from noon to 2 pm at the home of Patricia Encarnacion, 7507 Hamilton Spring Rd. Please RSVP to her at 240-505-0984. Bring your lunch and enjoy the company. Newcomers are always welcome. There will be no meetings in July and August.

GRATEFUL SHRED III

Sat June 5, 9 am to noon



A shredding party at the Clara Barton Community Center, 7425 MacArthur Blvd. Avoid fraud or identity theft - and clean your home files securely. ALL-SHRED's mobile shredding truck will cut your paper into tiny paper chips. Suggested donation \$5 per box of paper.

Note: All-Shred has no problem shredding (along with home office papers), paper clips, staples, rubber bands, folders, binder clips, hanging folders (even with metal strips), and labels. But they don't do newspapers, 3-ring binders, cardboard, heavy plastic, heavy metals, boxes, trash, floppy disks, or CDs.

CSCA ARC Meetings, 1st Wednesday of the month, 7:30 pm



The Citizens' Association has an Architectural Review Committee meeting on the 1st Wednesday of each month at the Clubhouse, 7:30 pm. If you are considering an addition or exterior modification of your home, bring your plans for review. Design and review procedures plus other documents are available at the Citizens' Association website, CarderockSprings.net. The ARC was created by the covenants which govern your property in Carderock. ARC meetings are open for any and every community member to attend, whether you are renovating or not. Next meeting is June 2.

House Cleaning Services Available

- Our housekeeper/childcare provider has both Tuesday & Wednesday mornings available. Mile is enthusiastic, reliable, speaks English, has own transportation and great references. Please contact Mile directly (240-462-5453) or Lois Kramer (301-758-8088) or loiskramer@msn.com
- Maria, a wonderful, pleasant, reliable housekeeper with her own transportation and who has worked for me over 20 years. She has every other Saturday available and I know you won't regret hiring her. Call Muriel Ebitz 301-365-7756
- Cathy Mumaw (office:301-802-1286, home: 301-515-7232) has a great team of cleaners (C&J Best Cleaning Co.) who blitz through the home cleaning and do an excellent job for a reasonable fee. Dependable, honest, and efficient. Use their own supplies unless you specify otherwise. Highly recommended by Stefanie Greene.
- Yvanne has worked as a housekeeper in Carderock for over 20 years and has a slew of references from Carderock families (including Scott and Sally Cameron and Lee Talisman) who can attest to the quality of her house cleaning, her work ethic, and her delightful personality. 301-365-3633.
- Housekeeper now available M-F (morning or afternoon) to do: cleaning, laundry/ironing, run local errands, cooking, organizing, pet care, etc. Good work and good references (experienced in Bethesda and Potomac areas, currently working for 3 Carderock families), own car. Please call Nan 240 423 6314 or leave a message.
- Enthusiastic housecleaner available M-F. Excellent references, own transportation. Please call Gisela 301 622 2897 or 240 535 4549 or leave a message.
- Anna Maria 301 933 1256. Avail Mon or Thurs.
- Maria H 301 949 7848. Available Mon and Tues.
- Experienced house cleaner with Carderock references. Available Monday and Friday. Call Bertha 240 672-3249
- My housekeeper of more than 10 years is seeking additional work for her expanding business. She is a lovely person & a very good housekeeper. She speaks English well and is conscientious and reliable. Veronica 301 758 8099.

Services Available

HIRE LOCAL! Tons of our teens and young adults are in town for the summer and would love to organize you, fix your computer, babysit, pet sit, work in your yard, etc.

Kids' playroom a mess? Boxes still packed from a move? Time to clean out the garage? To The Rescue! is here to help. Katie Kunin, preschool teacher, will come to your home and organize wherever you need it! She is a former Carderock Springs resident, familiar with the challenges in these homes. Summer availability (beginning in June) and reasonable rates. Email: katie.kunin@gmail.com or call (301) 461.1576.

Experienced Swim Instructor Available. Is your swimmer nervous about putting her head in (or under) the water or floating on his back? Is your child someone who could benefit from 1-on-1 help to perfect her/his skills--or just to be more comfortable swimming across the pool without having to stop 10 times to catch his breath? I can help. I was a Carderock Cuda for 11 years and on the Whitman Swim team as well. I'm a past pre-team coach & have given private swim lessons to dozens of satisfied Carderock swimmers for the past few years. I look forward to helping your tadpole (or guppy) enjoy swimming while having lots of fun, too. References available. Please--give me a call (Alex Rietveld) @ 240-602-3284 and I'll get back to you. You can also email me @ABRietveld@verizon.net

Summer Swim Lessons Available. Let me help you get back in the water and improve your strokes! 12-year MCSL veteran, 6-year Sea Devils Swim Club member, 4-year letterman with the Whitman Swim Team, former Carderock lifeguard and coach, and am currently on the Williams College Water Polo Team. I have several years' experience teaching beginners and advanced, kids and adults, of all ages and levels, and have swum all strokes competitively. Available beginning May 29. Please give me a call at 301.758.2003 or hen1@williams.edu.

Summer babysitter. Whitman Senior Eliza Orrick is known for being creative, enthusiastic and *not* parking your kids in front of a screen. Safe Sitter Certified. Eliza.Orrick@gmail.com, 301 365 6253.

Available to babysit this summer, during the day or evening! June 15th through June 29th, and July 24th through August 6th. Patient, sporty, and artsy Whitman senior girl. Member of Bethesda United Methodist Church, neighborhood babysitting experience, expert sibling. Also has access to family van, able to drive if needed. Please contact Rachel Osnos, 240-672-4868 or 301-469-9356, or email roz144@hotmail.com.

Services Available, cont.

Responsible, hardworking Whitman student is available to babysit. I am happy to play games and sports, do artwork, read and cook for kids and can also help out by emptying dishwashers, folding laundry, straightening up, and doing other household chores. Please call Anna Volkov, cell phone 240-997-6539 or at home, 301-365-1981.

Highschool senior Shayna Barbash available as tutor for grades 6-12 in math and science. Two years ahead in math and in high level science courses. Have own transportation Contact info: sbarbash721@gmail.com; cell phone 301-641-7595.

Young Guatemalan will help with any and all *spring cleaning* chores, including cutting fallen tree branches, applying lime and fertilizer, mulching, pruning, transplanting, garage cleaning and any kind of heavy work, on a reasonable hourly basis. Recommended by Ray 301-469-0192.

Our company provides the following services at reasonable rates: Mulching, Bush Trimming, Lawn Mowing and Maintenance, Leaf Cleanup, Rototilling, Aerating/Dethatching/Seeding and more! Please call 301-840-9509 or e-mail aaron@gratzlawncare.com to schedule an estimate. Be sure to ask about the new customer promotional offer.

Cabin John Dog Walking: Mid-day walks to keep your pets happy and healthy. Carolyn 301 257 1076.

Cabin John Errand Runners: local errands done for when you don't have the time. Carolyn 301 257 1076.

Allegretto Studio offers piano, violin, cello, music theory, lessons. 301 379-6681, 301 762-7553, Allegrettostudio@yahoo.com

Having trouble with your computer? Running slow, full of viruses / spyware, or just need help installing a printer or computer program? Call Nick Fernandez-Arias, lifetime Carderock Springs resident, back from Princeton for the summer and fixing computers as usual for a fraction of the price charged by other computer repair services. I have experience making hardware repairs -- replacing hard drives / CD drives / adding RAM, etc. -- as well. (301) 648-9081.

Experienced pet sitter, house sitter, dog walker, and gardener. My name is Dylan Barbash. I have worked in Carderock before. I love animals, volunteer at the Humane Society, and am available during the holidays. My number is 301-928-9741

Services Available, cont.

Reading specialist Cheryl McLaughlin (Glaessner), Ed.D., has been teaching elementary school children for 17 years. Currently available on Mondays and Wednesdays after school and would love to work with children in her neighborhood. Many references available. If you suspect that your child is having some difficulty in reading and would like help, please call 301 365 7530 or email cmglaessner@yahoo.com

Recent Cum Laude graduate from Vanderbilt University with degrees in Physics and Engineering Science is offering tutoring in any level of math and/or physics. \$40/hour, available most afternoons. Can come to your house, or meet you in a library, or you can come to his house. Call or e-mail Ryan Walter at (301) 801-7713, ryan.s.walter@gmail.com

Lawn Mowing, Reseeding, Leaf Raking, Snow Shoveling - all your yard and lawn care needs. Energetic high school senior. Dmitri Schill H: 301-469-4973 C: 240-361-7769

Dan and Eric's friend has taken over their gutter cleaning business in their absence. His name is Thierry Callier, and he works to their high standards or better. Same price policy: \$85 for any standard Carderock house, a bit more for big extensions. He is also available for odd jobs including heavy lifting. Email or call him: bigfrog002@yahoo.com, phone 240-644-3312.

Exercise Physiologist: Stefi Huber offers Personal Training for all athletes from Novices to Professionals. I specialize in customizing Fitness Programs based on your goals, your sport and your fitness level. Increase your lean muscle mass and boost your metabolism through Weightlifting, Strength Yoga, Toning and Flexibility exercises. Let me help you improve any existing injury through a series of exercises and specific and targeted stretching. I will also help you examine your diet and nutritional needs and pitfalls. I'll meet you at my gym in Carderock or at yours. Stefi 301-767-1057. Coming Soon: *The Canal Challenge*. Learn Cardio and Stamina Techniques in Outdoor activities! Dogs will be Welcome. They need to be fit too! More info at 301-767-1057 or e-mail at stefihuber@aol.com

Is English Literature all Greek to you? Lisette Atiyeh (M.A., English Lit./Language) can teach you to read between the lines! Don't write yourself off! Lisette (arts/culture journalist) can help you with papers and essays, too! Contact lissetteatiyeh@gmail.com , 301-602-8817

Cristina Tono, 16 years old would like to offer her services for babysitting. She is a member of the Carderock community and lives on Hamilton Spring Rd. Cristy 301-469-5918 home or 240-688-0745 cell.

Whitman Junior available for pet sitting, walking dogs and taking care of cats and other animals. Experienced. I love animals. Please call Natasha at 301 469 4973

Services Available, cont.

Please give a call to T.J. McPhaul for all your vacation needs. I am a responsible Pyle Middle School student with years of experience watering plants, checking for mail, newspapers, packages, dog walking, and caring for small animals in your home (cats, bunnies, etc.) while you are away. 301-767-9747

Baybitter and Plant care-taker available: Shayna Barbash is a responsible Whitman Senior who has completed courses in Child Development and Safe Sitter programs. She is also available to water plants and has experience with working in the yard. Contact her at sbarbash721@gmail.com or 301-641-7595.

Experienced babysitter available on weekends and weeknights. Whitman junior Emily Deyo has flexible hours and really enjoys being with children. Completed a Child Development class focusing on ages 3 to 5. Contact emily.deyo@yahoo.com (preferred) or Cell: 301-335-9879, Home: 301-365-1247

Experienced babysitter and pet sitter available this summer. Red Cross Certified Babysitter. Experienced Pet Foster Parent. Local references available. Whitman High School Junior and Carderock resident. Please contact Adrienne Remijan at 301 365-1725.

Experienced pet sitter available. I love animals and have taken care of a variety of cats, dogs and small animals in the neighborhood. I have 2 pets of my own. I will make sure your pet is happy and not lonely while you're away. Please contact 8th grader Sylvia Deyo: dragonsister424@gmail.com or 301-365-1247

Petsitter available. Experienced pet owner (cats, dogs, and small animals) who has lived in Carderock Springs for over 25 years and has had pets all her life, references available. Call Susan Burkhalter, 301-469-8728, e-mail scastlekep@aol.com

Guitar and mandolin instruction for kids or adults by Carderock parent Mike Rychlik. Electric and acoustic guitar and mandolin lessons in a broad range of genres such as Bluegrass, Jazz, Blues, Old Time, Country and Rock. Mike also offers fretted instrument repair and instrument set-up and can assist in the procurement of a suitable beginner instrument. Call 301-365-8022 or email rychliks@gmail.com



Tennis Program Registration Form – 2010

Name: _____

Address: _____

Age (Minors): (_____)

Parent's Name (Minors): _____

Phone Number: H (____)(____)(____) W/Cell (____)(____)(____)

E-mail Address: (_____)

Emergency Contact: _____ (____)(____)(____)

Food/Other Special Concerns: _____

Program: Days and Times (Season) _____

Total Amount Enclosed: _____

(Please do not send cash in mail)

Payment in full required prior to or at time of enrollment. If you cancel enrollment two weeks prior to start of chosen session your fee less \$75 will be refunded. If you cancel with less than two weeks notice, this will result in no refund.

The Director of Tennis, tennis professionals, and club assume no liability for injury or damages arising from participation in the program.

I hereby consent to participation (child's participation) in the program activities and consent to emergency treatment. To the best of my knowledge, there are no physical or other limitations, which will interfere with my (my child's) participation.

Registrant Signature or Parent / Guardian Signature (Minors)

Date

Make checks payable to:
Nitin Deodhar

Please return Registration Form and Checks to:
8820 Ridge Rd.
Bethesda, MD 20817



CARDEROCK SPRINGS SWIMMING CLUB

SUMMER FUN 2010

COMMUNITY SERVICE / VOLUNTEER APPLICATION

NAME _____

ADDRESS _____

AGE (_____) **DATE OF BIRTH** _____

TELEPHONE HOME (_____) (_____) (_____)

TELEPHONE CELL (_____) (_____) (_____)

E-MAIL _____

PLEASE INDICATE WHICH SESSION/S YOU WISH TO VOLUNTEER FOR.

NOTE: (YOU MUST COMMIT TO THE FULL WEEK SESSION TO BE CONSIDERED FOR THAT WEEK.)

WEEK 1 _____ **6/21 - 6/25** **WEEK 4** _____ **7/12 - 7/16**

WEEK 2 _____ **6/28 - 7/02** **WEEK 5** _____ **7/19 - 7/23**

WEEK 3 _____ **7/05 - 7/09** **WEEK 6** _____ **7/26 - 7/30**

PLEASE LIST ANY RELEVANT EXPERIENCE YOU HAVE HAD WORKING WITH CHILDREN AGES 5 THRU 10.

Wanted and For Sale

WANTED

The Maryland Mustangs (11U AAU Team) will be holding tryouts for rising 6th grade girls. Great opportunity for experienced basketball players who are interested in competitive play. Top area coach from Good Counsel High School team. Contact Bill Todd at btodd@mris.com or 301-807-5221.

FOR SALE

Art. Wide variety of oils, lithographs, theorems, painting on silk, and prints from my private collection. Call Jane 301-412-0750.

Furniture etc.... call 301-469-0432 for more info on:

- Oboe - Selmer 101 includes a very nice reed case for 12 reeds and some accessories. This is a very nice instrument used by a Master of Music student while working on a degree in Music Education. Good condition \$1,000 obo.
- Bedroom furniture - Solid mahogany high boy dresser (5 drawers and 2 doors with gold leaf design) and two matching night stands with storage. Very well made. \$125/set. Must see. There is also a possible option of an additional low dresser.
- High Boy maple dresser - 5 drawers, good condition. \$60
- Large sectional sofa, brown fabric \$100
- Wine rack - sturdy wood and steel rack holds 72 bottles, good condition. \$50
- Sports equipment rack- sturdy metal rack holds all your sports equipment, balls, bats, gloves, rackets, helmets; adjustable hooks and basket organize all items. good condition \$20

Organic/biodynamic food. Know where your food comes from and how it was grown!

Two CSAs (**Community Supported Agriculture**) deliver to Carderock:

www.FreshandLocalCSA.com

www.GoodLifeFarm.com

CSAs bring consumers and farmers together in a direct relationship of mutual support. CSA members receive weekly deliveries of organic/biodynamic vegetables, fruit, eggs and meat for a fixed fee.

Housing Wanted, Vacation Rentals Available and Recommendations

HOUSING WANTED

Professional couple with toddler moving back to area looking for housesitting/rental opportunity starting in June or July. Please e-mail Lorene lorennejulia@aol.com or call 301 229 6458.

Looking for room to rent/house share/house sit for long-time Cabin John resident. Quiet, responsible female with Cabin John references. Also available to house sit. (House sat for Mary and Tom on 75th St for past 5 years before their permanent move out of state). Carderockers, if you know anyone who would like a dependable, helpful renter/house sitter, please call Carolyn 301 257 1076.

VACATION RENTALS AVAILABLE

Rehoboth/Dewey Beach townhouse available this Spring and Summer. 2 master bedrooms and a total of 5 bedrooms and 4 1/2 baths. Accommodates 8-10 people. Other features: fully furnished, gourmet kitchen, swimming pool, short walk to beach, many restaurants, two state parks and three discount shopping malls nearby. Available most Spring days & weekends and Sat. to Sat. of July 3-10 and 10-17. Rate is \$500 for three day weekend and \$1800 for summer week. Please email art@yogaplus.com

Duck, NC - Outer Banks Two-level, oceanfront condo available for weekly rentals in June, Sept, & Oct. Large 3 bdrm, 2 bath w/ great ocean views. Family friendly community has multiple outdoor & indoor pools, tennis courts, game room and more. Sleeps up to 6. Not pets or smoking allowed. Offering 15% off to Carderock Club members. See <http://www.outerbanksrentals.com/rental/house.html?ID=1248> or contact Lisa lisatippins@verizon.net.

Corolla, NC - Outer Banks beach house rental. Beautiful waterfront home. Enjoy romantic sunsets over the water. Private pier on the water with screened gazebo and hot tub. Professionally decorated. Gourmet granite kitchen. 6 Bedrooms & 5 1/2 baths. Call Barbara 301-469-9292

Planning a trip to Santa Fe, New Mexico? Enjoy a week for two in an enchanting Santa Fe Casita. Nestled in the Eldorado Community, with views of the surrounding mountain ranges, this house is perfect for a honeymoon, romantic getaway, mother/daughter-father/daughter (son) vacation, or healing journey. For more info. call 301 395 0954.

RECOMMEND

Please send recommendations for reliable contractors to CarderockClubNewsletter@verizon.net and they'll go in this newsletter and in John's online list at www.Carderock.info

Swim and Tennis Club Contacts

CLUB BOARD OF DIRECTORS, 2009 - 2010

President	Suzette Goldstein	301 469 7597
Vice President	Mike Nannes	301 767 0086
Secretary	Marie Caulfield	301 365 3675
Treasurer	Edward Bird	301 365 1953
Tennis Committee	Colette Worley	301 469 0876
Swim/Dive Teams	Robyn Nietert	301 469 0140
Children/Social Activities	Jen DeMarinis	301 365 1629
Bldg and Long-Range Planning	Ray Sobrino	301 365 3878
Membership	Alison Ewing	301 469-0345

CLUB CONTACTS

Manager	Larry Ondrejko	301 365 2292	carderockclub@verizon.net
Membership Secretary	Alison Ewing	301 469-0345	alisonhewing@aol.com
Newsletter Editor	Margie Orrick	301 365 6253	carderockclubnewsletter@verizon.net
Summer Fun	Larry Ondrejko	301 365 2292	carderocksummerfun@verizon.net
Tennis Pro	Nitin Deodhar	301 365 1541	carderocktennis@verizon.net

The Swim and Tennis Club (this orange newsletter) is NOT the Citizens' Association.

Group	Website	Email to the group
SWIM & TENNIS CLUB (CSSC)	www.CarderockClub.org	
NEIGHBORHOOD CITIZENS' ASSOC. (CSCA)	www.CarderockSprings.net	
Overview of CSSC & CSCA	www.Carderock.info	
OTHER/neighbors		CS-Chat@yahoogroups.com

Other online resources in addition to the 2 websites for the Club and Citizens' Association:

- www.Carderock.info is an overview of Carderock and an easy-to-remember portal to the CSSC and CSCA websites
- CS-Chat neighborhood-maintained Yahoo group for email. While it includes topics of interest to the Club and Citizens' Association, it is not part of either of them. To join the email list of 292 of your neighbors to keep informed of neighborhood events and issues, send email to cs-chat-subscribe@yahoogroups.com

Citizens' Association News



NEIGHBORHOOD DIRECTORY TO BE UPDATED

The green 2009 neighborhood directory is being updated by the Citizens' Association. If you have changes or updates that were not sent in with your Citizen Association dues, contact

cscamembership@gmail.com or call Barbara Ames 301-469-0014.

Also contact her if you are interested in purchasing advertising space in the Directory for your business.

Citizen Association generic gmail accounts make it easy for members to contact the Citizens' Association no matter who is currently wearing what hat.

CSCApres@gmail.com

CSCAvp@gmail.com

CSCACardInfo@gmail.com

CSCAtreas@gmail.com

CSCAmembership@gmail.com

President Phil Rider

Vice President Georgia Petsche

Secretary Gunnar Tomasson

Treasurer Tom Hilton

Membership Barbara Ames

At Large Members:

CSCAatlarge1@gmail.com

CSCAatlarge2@gmail.com

Jack Orrick

MaryLou Shannon

Those are Citizens' Association emails above, *not* the Swim and Tennis Club!

Carderock Springs Swim and Tennis Club

8200 Hamilton Springs Court

Bethesda, MD 20817