



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

March 2010 CALENDAR

Feb 27 Sat 7 pm	Karaoke/Potluck Night at the Club
<u>Mar 1 Mon</u>	Annual club <u>membership fees due</u>
Mar 3 Wed 7:30 pm	Architectural Review Committee monthly meeting at Club
Mar 5 Fri	Carderock Education Foundation Silent Auction fundraiser
Mar 11 Th 11:30 am	Men's lunch at Normandie Farm
Mar 18? Th noon	Women of Carderock lunch
Mar 29 Mon	Tennis programs begin for all ages

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

Dive Team, Summer Fun and Tennis

DIVE TEAM

Carderock Springs Swim Club is seeking a head & assistant dive coach for the 2010 MCDL summer diving season. We are looking for coaches with competitive diving experience and an interest in teaching and coaching young divers with a focus on fun and safety. CPR Certification required, salary is negotiable. Life saving and MCDL dive certification a plus. MCDL dive certification can be obtained prior to start of 2010 season. Interested applicants should send resumes to: Sfriedeburg@ifc.org and call Stephanie von Friedeburg @301-365-6883.

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

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

Where: Carderock Springs Swim Club

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

TENNIS

It's hard to believe but spring is just around the corner! Clinics are scheduled to begin March 29th and run through June 6th. The complete schedule and prices are posted on the brand new tennis page www.carderocktennis.com (you can also find the link on the main club page www.CarderockClub.org then click on Tennis). Also I will personally be teaching ALL junior and adult clinics this spring.

Winter clinic programs are back on beginning Feb 21. For any days missed due to snow, Potomac Tennis is issuing a non-expirational voucher which could be used for next winter's clinic if desired.

If you are interested in continuing/beginning lessons this coming Spring please email me ASAP carderocktennis@verizon.net. I do fill up quickly. I will as always give first preference to my existing lessons. I will try to accommodate as much as possible. Please remember that evening lessons on weekdays will have to be after 6:30 pm or 7 pm depending on the day due to already scheduled clinics.

Thanks, Nitin



Saturday, February 27, 7 pm at the Club 'Carderock Idol' KARAOKE/potluck night

Who's wants to be the first-ever "Carderock Idol"?
Adults only and beer/wine provided

Please bring a potluck item according to your last name:

A-F: appetizer

O-T: dessert

G-N: main dish

U-Z: side dish

Come to sing, or just come to listen, eat, and have fun!

MEMBERSHIP

A big THANKS to those who have paid their swim and tennis club dues or notified me of your inactive status. Membership renewals were due March 1.

DUES for the 2010/11 season:
(make checks payable to CSSC)

Senior	\$590
Sustaining I and II	\$695
Annual	\$840

If you have recently purchased a "Bennett" home in Carderock, a \$1,000 activation fee, in addition to your annual dues, must be paid.

And don't forget to include the \$75 late fee after March 1.

See you this summer!

Alison Ewing
Club Membership Secretary
alisonhewing@aol.com

Junior Tennis Program **SPRING 2010**



Elite (Advanced):

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 2 hour clinic which includes a warm-up, live ball drilling, match play and intense fitness. Through the years at my various clubs, this clinic has led to numerous juniors becoming highly ranked both sectionally and nationally. Please email Nitin before enrollment.

Tournament Training (Advanced-IntermediateClinic):

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 have been 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), some 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.

Programs	Days & Times	Dates	Semester	Cost
<u>Elite</u>	M & W 330-530p Sat 12-2p	3/29-6/5	10 weeks: 3 days a week (60hrs) 10 weeks: 2 days a week (40hrs) 10 weeks: 1 day a week (20hrs) Drop-in per day	\$600 \$480 \$280 \$40
<u>Tournament Training</u>	Tu & Th 5-630p	3/29-6/3	10 weeks: 2 days a week (30 hrs) 10 weeks: 1 days a week (15hrs) Drop-in per day	\$360 \$210 \$30
<u>Players on the Rise</u>	M & W 530-7p	3/29-6/2	10 weeks: 2 days a week (30hrs) 10 weeks: 1 day a week (15hrs) Drop-in per day	\$360 \$210 \$30
<u>Up and Comers</u>	F 4-5p Sat 11-12p	3/29-6-5	10 weeks: 2 days a week (20hrs) 10 weeks: 1 day a week (10hrs) Drop-in per day	\$240 \$140 \$20
<u>Tiny-Tots</u>	F 5-545p Sat 1015-11am	3/29-6/5	10 weeks: 2 days a week (15hrs) 10 weeks: 1 day a week (7.5hrs) Drop-in per day	\$180 \$105 \$15

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. If signed up for full Spring, make-ups can be done make-up week (June 7-12)

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.

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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 1 week 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.

Classes and Social Groups

HIP HOP FOR GIRLS AGES 8 TO 10 YEARS OLD at the Clubhouse

Mondays 4:30 - 5:30 pm, 10/26 - 11/23. 4 weeks, 12 student limit. \$59 includes make-ups for your missed classes (within 6 weeks of purchase) and password protected videos of your kids emailed to you. Also check out my Adult Hip Hop and Bellydance classes at a different location near Friendship Heights metro (ages 18 and over). Sign up online at <http://www.AminaDance.com>

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.

CARDEROCK SENIOR MEN'S GROUP LUNCH

Mar 11, Thursday 11:30

The next Carderock Senior Men's lunch will be on March 11 at Normandie Farm. Social hour at 11:30 - 12:00, lunch at noon. We are always looking for new members. If interested call Seth Tuttle at 301-365-1277 or e-mail sltuttle2@verizon.net

WOMEN OF CARDEROCK LUNCH

Mar 18, Thursday noon

The March meeting of the Women of Carderock will be on Thursday, the 18th, from noon to 2 pm at the home Chris Carpenter, 8000 Park Overlook Dr. Please RSVP to her at 301-469-7077. Please RSVP to her, bring your lunch and enjoy the company. Newcomers are always welcome.

House Cleaning Services Available

- Our housekeeper/childcare provider has Wednesday mornings available. Mile can either come alone or with help for a larger cleaning job. Enthusiastic, hard-working, has own transportation, speaks English, and has 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.
- Yvonne 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 with Carderock references. Available Mon, Wed, Fri. Call Bertha 301 309 2302.
- 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

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

Computer Services - DC/PC Computer Support offers friendly, personalized computer services to local residents. Services include maintenance, repairs, upgrades, tune-ups, new pc setups, virus and spyware removal, networking and training. Appointments are available mornings, afternoons and evenings. Telephone and e-mail support is also available. To schedule an appointment or learn more about our services email support@dc-pc.com or call Jim Connolly at 202.841.0873.

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

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

Services Available, cont.

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 lisetteatiyeh@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

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

Bayb sitter 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

Wanted, For Sale, and Services Available, cont.

WANTED

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.

FOR SALE

Wood bed slats for full/double bed purchased at Ikea. Never used but assembled (a plus!). \$30.

Contact: Elaine Honig, 301-469-7783 or email jhonig@comcast.net

Moving Sale including outdoor furniture (chaise, large glass table, 4 chairs), large gas grill, many kinds and sizes of pillows, assorted sized bookcases, large dehumidifier and humidifier, new sewing machine in box, light oak toy chest, treadmill, assorted sizes comforters, garden tools/hoses/fertilizers, kid and adult skis, large comfy sofa in pretty good condition, under-cabinet radio/tv, like-new full & queen mattresses and box springs, books, AND MORE. If you are interested in any of the above, please email stacey.marnell@gmail.com

SERVICES AVAILABLE, cont.

Experienced babysitter available in Carderock on weekends. Red Cross Certified Babysitter, Whitman High School sophomore, and Carderock resident. Local references upon request. Please contact Adrienne Remijan at 301 365-1725 or a.remijan1@gmail.com

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 7th 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

Computer Services - DC/PC Computer Support offers friendly, personalized computer services to local residents. Services include maintenance, repairs, upgrades, tune-ups, new pc setups, virus and spyware removal, networking and training. Appointments are available mornings, afternoons & evenings. Telephone and e-mail support is also available. Contact support@dc-pc.com or call Jim Connolly at 202.841.0873.

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 – 2009

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

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 (green newsletter).

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
- 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 286 of your neighbors to keep informed of neighborhood events and issues, send email to cs-chat-subscribe@yahoogroups.com



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.

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 March 3.

In less than 6 months, we will be moving back to the newly built Carderock Springs Elementary School at Carderock! The Carderock Springs Elementary School Educational Foundation (CSESEF), formed in 2001 and made up of parents just like you, has been working for eight years to raise funds to benefit all CSES children and advocate on their behalf. These last two years the CSESEF has worked closely with Montgomery County overseeing the construction of the new CSES building as well as funding all or part of the habitat garden, the amphitheater, the science classroom, electronic bulletin boards, gymnasium backboards, and the front Carderock school sign, entryway and lobby upgrades.



The CSES Educational Foundation is hosting its annual party and auction on March 5, 2010 to thank Carderock families for its past support and to raise additional funds for some worthy items. After two years of less than ideal playground conditions, the CSESEF has earmarked the funds raised to upgrade playground equipment, athletic fields, landscaping, and plants for the habitat garden before the 2010 school year begins.

Stephanie Angrick & Katie Coleman, CSES Educational Foundation Auction Committee Chairs
www.csesef.org

Carderock Springs Swim and Tennis Club
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