

Carderock Springs Swim and Tennis Club

8200 Hamilton Spring Court
Bethesda, MD 20817
301-365-2292
carderockclub@verizon.net



NOVEMBER 2016 NEWSLETTER

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Swim and Tennis Club
www.carderockclub.org

CALENDAR - What's Happening at the Club?

Monday Oct 31

**5:30 pm Halloween Parade &
Trick-or-Treating**

SWIM and DIVE

CUDAS

WOW! Congratulations on a very successful

Carderock Springs Citizens
Association
www.carderocksprings.org

Club Contacts

Manager
Larry Ondrejko
301-365-2292
carderockclub@verizon.net

Tennis Pro
Nitin Deodhar
301-365-1541
<http://www.bethesdatennisacademy.com/>

Membership
Alison Ewing
301-469-0345
alisonewing@verizon.net

Newsletter
Margie Orrick
301-365-6253
carderockclubnewsletter@verizon.net

Swim/Dive Team Information

Visit the [Carderock Team Unify](#) website to get all the information you need about the Swim, Dive, Pre-team and Mini Cuda Programs:

- Contact information
- Cuda Handbook
- Practice schedules
- Swim meet schedules
- Volunteer signups
- Rules/regulations
- Directions to swim meets

swim and dive season:

- **Swim Team undefeated and Division Champs.**
- **Dive Team record 4-1-0 Winners of the Divisional Meet.**

HALLOWEEN PARADE

Monday, Oct 31

5:30 pm

5:30 Eat hotdogs and pick up your Unicef box

6:00 Halloween parade around the circle at the club

6:05....Trick or Treating starts through the neighborhood!

- Registration
- Swim/dive apparel





TENNIS

Fall Session is underway.

Please visit the Tennis Link for full schedule.

To register for tennis courts online, go to
<http://www.carderock.tennisbookings.com/>

We'll see you on the courts!
Nitin Deodhar, Founder
40 Thirty LLC/Bethesda Tennis Academy



nitin@40thirty.com



Bethesda Tennis Academy

Stroke of the Week with Bruce at Carderock
Targeted toward, but not exclusive to Ladies Team players. All are welcome.
Friday, 10:30 - 11:30 am, \$20

Schedule of Strokes: (subject to change)
November 4: Specialty Shots (lob, dropshot)

Please register directly with Bruce at bgold1@comcast.net, including your mobile number. There is minimum number of players needed to hold this class each week.

IN SEARCH OF:

Club Members who would be open to being contacted by other members as a hitting partner or to fill-in for a missing player.

If interested please contact Darrell Tanno directly at darrell82666@yahoo.com for information on how to sign up. Here's the current list of **hitting partners**:

Carderock Tennis Hitting Partner List (send your info to Darrell Tanno)						
First Name	Last Name	M/F	USTA Level	Email	Phone (optional)	Comment (17Sep16)
Darrell	Tanno	M	3.8	darrell82666@yahoo.com	202-640-3932	Eves & wkends. OK to ask on short notice.
Larry	Groner	M	3.3	lgronerlaw@gmail.com	202-744-8379	
Paul	Tysvaer	M	3.5	paultys@outlook.com	202-450-8275	Mornings, lunch, evenings
Al	Zeitoun	M	3.5	alzeitoun@aol.com	202-215-9809	Early mornings, lunch, evenings, weekends
Deniz	Cirivello	F	3.0	dcirivello@gmail.com	240-750-4167	Eves & wkends. OK to ask on short notice.
Eliana	Vera	F	2.0	eliana.vera@verizon.net		Weekdays, anytime
Caroline	Walsh	F	3.0	cr.walsh@hotmail.com	301-767-9824	Morn & wkends. Ok to ask on short notice.

Men's Tennis Team Seeks Additional Players

The Carderock Men's Team plays in a 4.0-level league (USTA NTRP) between May and July and is seeking to expand the player pool. If you're interested, please contact Darrell Tanno (darrell82666@yahoo.com) for more details.

CLASSES AT THE CLUB

Terry Bower's Strength & Stretch Exercise Classes

Mondays and Wednesdays, 9 - 10 am

Fee is \$15/class. Improve body strength, flexibility and balance while firming all major muscle groups using free weights and exercise. Includes body warm-up, strength training, abdominal work, and cool down stretch. Bring a mat/towel and light hand weights (some available at Club). Contact Terry Bowers terry.bowers@gmail.com for any questions.

Maggie Wong's Yoga - Join any time
Tuesday and Thursdays from 9-10:30
am

Yoga and light hand weights for flexibility, strength and peace of mind. Questions? Email Maggie@yogaplus.com
www.yogaplus.com

5Rhythms Dance

1st and 3rd Fridays, 8 pm.

"EveryBody needs a moving experience!" Come join in 5Rhythms®, a form of "conscious dance" -- a moving meditation to a wide array of music, from tranquil to energetic. No experience is necessary. It is freestyle movement motivated by the music and your own heart, with gentle guidance by the certified teacher. Every dancer's movement is unique in this fun and freeing experience. Questions? Email SueGreen301@yahoo.com
www.danceintheUSA.com

FEELING SAFER IN YOUR OWN SKIN and in Connecting with Others: Continued

2nd workshop Saturday Nov 19
1 pm - 5:30 pm

Donna Blank will lead the 2nd of 2 workshops of experiences based on Feldenkrais® Awareness Through Movement® and Wholebody Focusing to invite your discovery of a deeper



sense of embodied safety and support that translates into your life and your relationships.

Explore your connection to the ground, breathing and your voice, and find doorways into re-regulating our own state of being as well as our organization towards more ease and openness.

For registration and much more information on content ad fees please email donnahblank@gmail.com or call Donna at: 301-469-8665.

CLUB RENTALS

Looking for a great setting to hold your next special occasion, day long retreat, seminar/training session or business luncheon? Consider our Clubhouse.



A spacious room within a tranquil wooded setting with large flat screen TV, audio equipment and high speed wireless internet service is available.

The outdoor pavilion is also available to rent.

Please contact the manager Larry E. Ondrejko at carderockclub@verizon.net or telephone 301-365-2292

2016 BOARD OF DIRECTORS

President	Paul Kisslinger	pkisslinger@msn.com
Vice President	Mike McLaughlin	Spike.McLaughlin@gmail.com
Secretary	Amy O'Donoghue	amieo1620@gmail.com
Treasurer	Mike Lindstrom	malindstrom@yahoo.com
Tennis Committee	Colette Worley	interiorsbycolette@comcast.net
Swim/Dive Teams	Steve Goldstein	steven.goldstein@indigoarc.com
Social/Childrens Prgrms	Jen DeMarinis	jendrennan@msn.com
Bldg/Long Range Plng	Patrick Rose	pprose@hotmail.com
Membership	Alison Ewing	alisonewing@verizon.net

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The Carderock Springs Swim and Tennis Club newsletter is available online at www.carderockclub.org. Prior months are also available online.

Newsletter deadline for submissions is the 20th of the month. Address newsletter items to Margie Orrick and drop them through the mail slot at the club or deliver them to 8212 Fenway Road, or email to carderockclubnewsletter@verizon.net

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