

# Carderock Springs Swim and Tennis Club

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



## OCTOBER 2016 NEWSLETTER

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### Quick Links

Swim and Tennis Club  
[www.carderockclub.org](http://www.carderockclub.org)

### CALENDAR - What's Happening at the Club?

Sunday Oct 16, 3-5 pm

**Annual Fall Festival**

Monday Oct 31

**Halloween Parade & Trick-or-Treating**

## SWIM and DIVE

Carderock Springs Citizens  
Association

[www.carderocksprings.org](http://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

## CUDAS

**WOW! Congratulations on a very successful swim and dive season:**

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

## ANNUAL FALL FESTIVAL

**Sunday, Oct 16**

**3-5 pm**

The Club's parking lot will be transformed once again into Carderock's Annual Fall Festival with multiple fun activities for all ages.

**Rock Wall**  
**Pony Rides**  
**Face Painting**  
**Coloring**  
**UNICEF Games**  
**UNICEF Raffle**

**Chilli Cook Off**  
and more!

If you'd like to help with the Fall Festival please contact [jendrennan@msn.com](mailto:jendrennan@msn.com)

- Registration
- Swim/dive apparel

## FALL FESTIVAL

A favorite and creative UNICEF fundraiser at a previous Fall Festival!



## 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](mailto: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)**  
**October 14: Serve**  
**October 21: Backhand Volley**  
**October 28: Overhead**  
**November 4: Specialty Shots (lob, dropshot)**

*Please register directly with Bruce at [bgold1@comcast.net](mailto: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](mailto: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	<a href="mailto:darrell82666@yahoo.com">darrell82666@yahoo.com</a>	202-640-3932	Eves & wkends. OK to ask on short notice.
Larry	Groner	M	3.3	<a href="mailto:lgronerlaw@gmail.com">lgronerlaw@gmail.com</a>	202-744-8379	
Paul	Tysvaer	M	3.5	<a href="mailto:paultys@outlook.com">paultys@outlook.com</a>	202-450-8275	Mornings, lunch, evenings
Al	Zeitoun	M	3.5	<a href="mailto:alzeitoun@aol.com">alzeitoun@aol.com</a>	202-215-9809	Early mornings, lunch, evenings, weekends
Deniz	Cirivello	F	3.0	<a href="mailto:dcirivello@gmail.com">dcirivello@gmail.com</a>	240-750-4167	Eves & wkends. OK to ask on short notice.
Eliana	Vera	F	2.0	<a href="mailto:eliana.vera@verizon.net">eliana.vera@verizon.net</a>		Weekdays, anytime
Caroline	Walsh	F	3.0	<a href="mailto:cr.walsh@hotmail.com">cr.walsh@hotmail.com</a>	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](mailto: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

### 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

(some available at Club). Contact Terry Bowers [terry.bowers@gmail.com](mailto: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](mailto:Maggie@yogaplus.com)  
[www.yogaplus.com](http://www.yogaplus.com)



movement is unique in this fun and freeing experience. Questions? Email [SueGreen301@yahoo.com](mailto:SueGreen301@yahoo.com)  
[www.danceintheUSA.com](http://www.danceintheUSA.com)

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

Sunday Oct 30 and Saturday Nov 19  
1 pm - 5:30 pm

Donna Blank will lead 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](mailto: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](mailto:carderockclub@verizon.net) or telephone 301-365-2292

## 2016 BOARD OF DIRECTORS

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

Carderock Springs Swim and Tennis Club || [carderockclubnewsletter@verizon.net](mailto:carderockclubnewsletter@verizon.net)  
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The Carderock Springs Swim and Tennis Club newsletter is available online at [www.carderockclub.org](http://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](mailto:carderockclubnewsletter@verizon.net)

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