

# Carderock Springs Swim and Tennis Club

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



## JUNE 2017 NEWSLETTER

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### Quick Links

Swim and Tennis Club

[www.carderockclub.org](http://www.carderockclub.org)

Carderock Springs Citizens  
Association

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

### Club Contacts

Manager

Larry Ondrejko

301-365-2292

carderockclub@verizon.net

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

#### OPENING DAY Sat. May 27

10:30 am Pool Opens

3 - 5:30 Adult Tennis Round Robin

4 pm Kids Games

4 pm Little Skinny's Summer Kickoff BBQ:

[BBQ menu & prices](#)

6:30 - 9 pm Evening Social

#### June 6, 6:30 pm

Mandatory Dive Parent Meeting

#### June 7

Swim and Dive Team **registration closes**

#### June 10, 8:30 am

Mandatory Swim Parent Meeting

#### June 22, 5 pm

Swim/DiveTeam Photo on the pool deck

### Summer Tennis online registration

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 Swim/Dive Team 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
- Registration
- Swim/dive apparel

### SWIM/DIVE TEAMS

[www.CarderockSwimDive.org](http://www.CarderockSwimDive.org)



Swim Team! Dive Team!  
Pre-Team! Mini-Cudas!

Online registration for teams and group lessons now open and can be accessed through the registration tab on the [swim/dive team website](#) .

See our [Cudas 2017 Flyer](#) for more information about

### Summer Fun (ages 6-10) registration

## SUMMER FUN

On our website [CarderockClub.org](http://CarderockClub.org):

[Summer Fun Registration Form](#)

[SF Community Service/Volunteer Application](#)

Children ages 6 through 10 can attend our Summer Fun Program! Teens can earn Community Service hours by working at Summer Fun assisting the Program Directors, Mike Robison, an elementary school educator and Kristina Valencia, a Para-Educator at Carderock Elementary and founder/operator of The Kids Studio, an art education program for children.

Each week's session includes segments of team building activities, swimming and fun related skill-enhancing projects and games. The 5 hour program begins at 10 am and ends at 3 pm each day, Monday through Friday. The weekly fee is \$275.

There will be 6 weekly sessions, June 19 through July 28, 2017.

Volunteers: We are currently accepting applications for volunteers to assist the Summer Fun Program staff. Applicants must be at least 12 years old on or before the session starts June 20, 2017 and be willing to commit to a full week of service.

Due to the high number of volunteer requests, you may not be chosen for more than one (1) week of the six week program. **All positions are filled on a first-come basis with priority given to children of active membership**

Carderock's Swim and Dive Teams.

**households.** The number of program participants enrolled will determine the number of volunteers per week. When submitting your application, please indicate your first, second and third choices.

Thank you for your interest in volunteering in the Summer Fun Program at the club.

### TENNIS

SUMMER REGISTRATION NOW OPEN

ONLINE REGISTRATION

**BethesdaTennisAcademy.com**

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*

\*\*\*\*\*

#### 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 (some available at Club). Contact Terry Bowers [terry.bowers@gmail.com](mailto:terry.bowers@gmail.com) for any questions.



#### 5Rhythms Dance

1st, 3rd and 5th 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](mailto:SueGreen301@yahoo.com) [www.danceintheUSA.com](http://www.danceintheUSA.com)

### 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

## 2017 BOARD OF DIRECTORS

President	Mike McLaughlin	<a href="mailto:Spike.McLaughlin@gmail.com">Spike.McLaughlin@gmail.com</a>
Vice President	Jen DeMarinis	<a href="mailto:jendrennan@msn.com">jendrennan@msn.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	Bei Wu	<a href="mailto:wubei1229@yahoo.com">wubei1229@yahoo.com</a>
Bldg/Long Range Plng	Flavio Rasetto	<a href="mailto:drrasetto@ccid.net">drrasetto@ccid.net</a>
Membership	Alison Ewing	<a href="mailto:alisonewing@verizon.net">alisonewing@verizon.net</a>

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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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