



MAY 2009

LSTC NEWSLETTER

502 E. Lochmere Dr. Cary, NC 27511 www.lochmere.org ph 919/233 7640 fx 919/858 8969

A NOTE FROM THE BOARD PRESIDENT

Sunday is Opening Day and we are hoping for beautiful weather! Stefan and Gail have worked hard to get the Club ready for you! In addition to their daily tasks they have hired and trained all staff and prepared the facility for the season. Keith and his team have been running various junior clinics, private lessons and skill development sessions so all is moving along well!

Some of you have asked about our overall financial health and what services will be made available during the upcoming season. While we don't have as many members as we would like, I am happy to say we will be able to deliver many of the services you have come to enjoy. Watch for email updates on Swim and Tennis Camps, Raft Night, Grill Night, Parents Night Out and some new programs that will be offered.

The LSTC BOD is actively working with the Lochmere HOA on a number of initiatives to reduce our operational costs and continue to look for opportunities to stabilize our membership. In an effort to increase membership, we have invited Lochmere residents to visit LSTC over the Memorial Day weekend so we can market the facility to those that may not know what we have to offer. We will be extending our Friends of Lochmere Program to other local communities in an effort to introduce LSTC to another group of potential members.

It will continue to be a challenging year from a financial perspective so would welcome your thoughts on increasing membership. I would urge you to review the list of LSTC committees and contact the appropriate BOD member to get involved. LSTC could benefit from the ideas and energy of our members.

Make plans to join us on Opening Day!!

Jeff Madia

boardpresident@lochmere.org

2009 Pool Staff

As the 2009 season is about begin, we wanted you to know who will be working to make LSTC a fun, safe and enjoyable experience for you and your family. Take the opportunity to meet the staff and don't hesitate to call on them if you have a question or concern.

- Stefan Nickodem - Club Manager
- Gail Lewis - Aquatics Coordinator
- Heather Ahmed - Head Swim Team Coach
6 & unders and 13+
- Zach Summers - 7/8 Swim Team Coach
- Meghan Gast - 9/10 Swim Team Coach
- John French - 11-12 Swim Team Coach
- Shona Poryanda - Pool Manager

Assistant Pool Managers

- Chris Blake Brad D'Alessio
- David Enichen Stephanie Radman

Lifeguards

- Sarah Blake Kimmy Krohn
- Patrick Boyle Laura Medlin
- Caroline Campbell Rachel Medlin
- Zoe Castellino Elizabeth Prosser
- Savannah Currens Meghan Radman
- Patrick D'Alessio Paige Randall
- Nicole Davis Meredith Richards
- Michael Dickey Benoit Sabourin
- Jeff Dion Kevin Shaw
- Molly Fike Rob Somerville
- Tommy Higgins Ryan Spalding
- Ethan Johnson Natalie Thomas
- Hannah Johnson Katie Zajovits
- Sarah Jones

MEMBERSHIP INFORMATION

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New Member Referral Program

YOU will receive **\$300** for **EVERY** new member who joins and identifies **YOU** as the referral on their application form.

To qualify for the \$300, you must be a current paid member for 2009.

There is no limit on referrals.

We want new members!

2009 Board of Directors and Liaisons

OFFICERS

President	–	Jeff Madia
Vice President	–	Brett Belote
Treasurer	–	Sharon Lee
Secretary	–	Barb Lang

BOARD LIAISONS

Lochmere HOA	–	Jeff Madia
Maintenance	–	Jeff Madia
Marketing	–	David Swan
Planning	–	Brett Belote
Pool	–	Cheryl Davis
Social	–	Mark Kuttrus
Tennis	–	Barb Lang

The Board Liaisons will work with members and the Club Manager to assist in planning events, manage projects and address operational issues that may arise related to their area of responsibility.

We are looking for members that would like to participate on any of these committees. If you are interested please send an email to Gail and she can pass along you information to the appropriate Board Liaison. She can be reached at gail@lochmere.org.

2009 Social Events and Programs

Opening Day/Mother's Day

Memorial Day Open House

Father's Day

Fourth of July

Grill Nights & Cookouts

Parents' Night Out

Raft Nights

Lochmere Monsters
Swim Team

Group & Private
Swim Lessons

Water Aerobics

Men's and Women's
League Tennis

Swim and Tennis Camps

Junior Tennis Programs

**MORE IS BEING PLANNED
SO DON'T MISS OUT ON
THE FUN @ LSTC!!!!**



TENNIS NEWS & UPDATES

502 E. Lochmere Dr. Cary, NC 27511 www.lochmere.org ph 919/233 7640 fx 919/858 8969

LSTC offers private and group tennis lessons by our qualified tennis staff.

FEE SCHEDULE

Private Lesson,
\$45/hr; \$25/half hour

Semi-private Lesson
& Lessons w/ 2 or
more people: **\$15
per person/hour**

Please take advantage
of our Drop-In Clinics
on Saturday Mornings
Starting May 16th

No reservations are
required!!

This is a great way to
further develop your
game and meet other
LSTC tennis players...

Men 9 AM – 10 AM
Ladies 10 AM – 11 AM

Cost is \$10 per session



SUMMER TENNIS CAMPS AT LSTC!!

Programs are designed for the beginning and intermediate player. In addition to strokes, game rules and tennis etiquette, we will also focus on match play and basic strategy in a fun and comfortable environment. **This program is designed for ages 8-12.**

Camp Schedule

9:00am - 12:00pm
Monday - Thursday

Week 1: June 15-18
Week 2: June 22-25
Week 3: July 6-9
Week 4: August 3-6
Week 5: August 10-13

Fees: **\$120/per week (members)**
\$145/per week (non-members)

Program Highlights

- FUN Introductory Courses
- End of Week Pizza Parties
- Different Lessons Every Day
- Program will be held rain or shine

SWIM & TENNIS CAMPS

LTSC will once again offer a number of Swim & Tennis Camps during the 2009 season. The camp will bring kids a fun and safe way to enjoy both our tennis and swim programs. We take pride in providing such a camp experience and will focus on basic skills both in swimming and tennis.

Each session will be held Tuesday, Wednesday and Thursday. Camps are for youngsters ages 4 to 11 and the maximum number of participants is 30 per session.

Session 1	May 26, 27, 28	(1PM -3PM)
Session 2	June 16, 17, 18	(10AM-12 Noon)
Session 3	July 7, 8, 9	(10AM-12 Noon)
Session 4	July 28, 29, 30	(10AM-12 Noon)



AQUATIC NEWS & UPDATES

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Group Swim Lessons

Group swim lessons are offered by the Club during the months of June, and July. Each session includes four 30-minute classes.

All classes are held at the Lochwood Lap Pool. We will be offering classes at the Beginner, Advanced Beginner, and Pre-Swim Team levels. The following is our schedule of classes:

Pre-Season: June 1-4
Session 1: June 15-18
Session 2: June 22-25
Session 3: July 6-9
Session 4: July 13-16

All classes are \$30 per child for each session. Checks must accompany the registration and liability waiver form.

Mark your calendars for June 13 at 11AM in the Lap Pool area. Diane Laws will be hosting a complimentary Mom/Dad/Infant-Toddler class. This is a great way to introduce your little ones to the water!!!

Registration forms are available for all programs on the web site, www.lochmere.org

See you at the pool!!



SWIM TEAM

If you would like to be a member of the 2009 Monsters Swim Team, **registration will be held on Friday, May 8th, from 5-7 PM and Saturday, May 9th, from 11AM-2PM.** The cost for registration is \$70 per swimmer. 2009 is our year for new suits. They are very striking and are a close match to last years. Suits have been delivered and are available for sale. Females are \$55 and males are \$30. Fees must accompany the registration and liability waiver form.

New swimmer evaluations are scheduled for Tuesday, May 12th, and Wednesday, May 13th, from 5:00-6:00 PM at the Lochwood Pool. Only those swimmers who are pre-registered will be allowed to be evaluated. Guidelines are available on the website for your review.

We will once again be offering our in-house clinics the week of May 18th. All 6 & Unders who have not been on swim team are required to participate. The clinics will focus on (1) stroke technique, (2) diving from the starting blocks – very often times can drastically improve with the proper start, and (3) flip turns for our 11 & Up swimmers.

WATER FITNESS

Diane Laws returns this year as our popular water fitness instructor. Our water fitness classes kick off on Thursday, June 11, at 9:30AM at the Lochwood Lap Pool. Morning classes are held Monday through Friday. We're happy to announce that we will also be offering a Thursday evening class as well. Classes are complimentary for Club members.

HIGHLANDS CLUBHOUSE/POOL RENTAL

It's time to start planning your graduation or end-of-year school parties. The Highlands Clubhouse is available for rental. **This year we are also offering rentals of the upper deck and Main Pool (after regular operating hours).** Bookings are already being taken so don't delay – call Gail at 233-7640 for details and to reserve your date.

BIRTHDAY PARTIES

The Lochwood facility is available for poolside parties. This year the Game Room at Lochwood can be rented for parties also. Watch for emails and upcoming newsletters for more information.

SPECIAL EVENTS & POOL HOURS

502 E. Lochmere Dr. Cary, NC 27511 www.lochmere.org ph 919/233 7640 fx 919/858 8969



KIT Youth/Family Triathlon at Lochmere

When: Saturday, August 1, 2009

Where: Lochmere Swim & Tennis Club

Time: 8:30 am - Packet pickup and bike setup starts at 7:00 am and ends at 8:00 am. Early packet pick up available at the last training session.

Cost: \$35 - \$10 Late fee begins after July 1
 \$45 - 2 man relay
 \$55 - 3 man relay
 \$45 - Adults
 (Beginners only - we must have at least 10 adults registered by May 27 for an adult category to be added to this race)

A limited amount of financial assistance and family discounts are available - please contact us before July 1 at info@kidsintraining.com for details.

*Each family that provides a volunteer will receive a \$10 discount on registration

Registration fee includes Training Sessions, a KIT Race Souvenir and all Finishers receive an Award!

Race Details:

Age Category	Distances* - Swim/Bike/Run
5-7	50 yds/1.7 mi/.45 mi
8-10	100 yds/3.4 mi/.9 mi
11-17	150 yds/5.1 mi/1.35 mi

**Approximate Distances*

For more information and to register or to be added to our email list for updates, please visit their website at www.kidsintraining.com

MAY POOL HOURS

Sun.	May 10	12-6P
M-Th	May 10-14	4-7P
Fri.	May 15	4-8P
Sat.	May 16	10A-8P Lap 11A-8P Main
Sun.	May 17	12-6P
M-Th	May 18-21	2-7P Lap 4-7P Main
Fri.	May 22	2-8P Lap 4-9P Main
Sat.	May 23	10A-8P Lap 11A-9P Main
Sun.	May 24	12-8P
Mon.	May 25	10A-7P Lap 11A-7P Main
Tu-Th	May 26-28	2-7P Lap 4-7P Main
Fri.	May 29	2-8P Lap 4-9P Main
Sat.	May 30	10A-8P Lap 11A-9P Main
Sun.	May 31	12-6P