



# WAYSIDE TIMES

Winter 2010

## Coming Up...

**SOCIAL TENNIS**  
6:00 p.m. – 8:30 p.m.  
Saturday, February 13  
Sunday, February 28

**SWIM MEETS**  
Suburban at Wayside  
Championships

Saturday, February 20  
Saturday, March 6

**SPIN FOR HOPE**  
9:00 a.m. - noon  
Sunday, March 7

**RED SOX OPENING  
NIGHT**  
Sunday, April 4

**USTA JUNIOR TENNIS**  
Tournament  
Friday, May 7

**MEN AND WOMEN  
3.5 AND 4.5 TENNIS**  
Tournament  
Friday, May 14

**WAYSIDE 5K FUN  
RUN/WALK**  
Wednesday, June 23

**114th BOSTON  
MARATHON**  
Monday, April 19

## Plan to be fit

How many of us start the week with good intentions to eat healthy and exercise -- only to be distracted from our goal by Tuesday? It often takes only the smallest of changes in our plans to get off track.

Proper planning can make all the difference when managing health and wellness. Can you imagine going to work each day and not having any idea how the day may play out? Our schedules are made in advance, so we know what to expect, when to expect it, and where we are expected to be at certain times throughout the day. Healthy eating and exercise also needs to be scheduled, or else we risk reacting to our hunger, ignoring our need for exercise, and making all the other demands on our time more important than fitness.

Here are some tips that work.

**Plan ahead.** Each week at the same time, set aside time to plan meals and exercise. You will need to view your work and home schedule so you can see when you can prepare meals and set aside enough time for exercise. You will also need a pad of paper and a pen to write down what you need when you shop.

**Create a menu.** Based on your week's scheduled activities (retirement luncheon on Friday? Son's soccer pizza party on Saturday?), prepare a weekly menu that will balance the special occasions, then hang it on the refrigerator. Stock up on healthy nutritious foods that you can use in meals and snacks from the menu.

Some excellent food choices (based on their nutritional value) include: low-fat cheeses, lean meats, whole-grain pasta and bread, crunchy vegetables that can

be prepared for quick snacks, berries, nuts and low-fat milk.

**Include family and friends.** Be sure to include family members in planning and preparation of meals and activities. Invite them to choose a healthy meal per week to be responsible for preparing and serving.

Help children prepare their lunches the night before school, and consider bringing your lunch to work at least three times per week. Recruit a coworker to walk with you at lunch, or join you for a tennis or racquetball match before or after work. Plan family time that includes a visit to Wayside, such as family swim, tennis, racquetball, etc.

**Skip it once a week.** Do you need to stop by the coffee shop every day for that double grande latte? Or hit the doughnut box that shows up in the lunchroom every Monday? Begin to substitute your routine snacks and beverages with more healthy choices, and you'll start to see changes in your weight, energy and wallet.

**Celebrate your success.** Based on how well you followed your weekly plan, reward yourself with a movie, shopping trip, family outing or something else that celebrates your new commitment to health and wellness. Didn't do well this week? Don't beat yourself up, or give up the plan! Look at where you may have slipped in the plan, and adjust accordingly for next week.

Remember, every week is a new beginning, and your improved well being is worth the effort it takes to make fitness an essential part of your every day plans!

# Racquetball news

## February vacation activities

Monday, February 15 to Thursday, February 18  
2:00 p.m. to 3:30 p.m.

Join us for some racquetball fun! Learn to play or brush up on your game with professional instruction and time for play!

- One hour of group lessons with the pro
- One hour of round robin play
- Free use of demo racquets and eye protection
- Ideal for ages 7 to 15

Members: \$48 (4 days)                      \$15 daily  
Public: \$60 (4 days)                         \$20 daily

## League Results

### Mixed Doubles, fall 2009

#### Division 1

1. Sarkis Kojabashian – Peg Milani
2. Ed Pereira – Terri Pereira
3. Phil Holman – Debra Murphy
4. Frank Leard – Kim Majors

#### Division 2

1. Ron White – Meg Leach
2. Ron Kelly – Paula Borghi-Ridge
3. Joe McNealy – Linda Ossing
4. Ron Kelly – Paula Borghi-Ridge

Please join us for Mixed Doubles Drop-In every Saturday afternoon from 2:00 p.m. to 4:00 p.m., and Sunday, 4:00 p.m. to 6:00 p.m. It's a fun way to relax and play with friends and meet new players!

### Early Bird, fall 2009

#### A-Division

1. Mike Morrow
2. Jim Leavitt
3. Gary Kraft
4. Al Cote (absent)

#### B-Division

1. Julie Schwingbeck
2. Bob Serio
3. Nancy Lord
4. George Clattenburg (absent)

#### A-2 Division

1. Tim Black
2. Moises Kaplan
3. Peter Gonze (absent)

Join us for Early Bird Drop In play every Friday morning from 6:00 a.m. to 8:00 a.m.

### Evening League, Fall 2009

#### Open-A

1. Scott Carey
2. Ed Pereira
3. Sarkis Kojabashian
4. John Guca

#### A-Division

1. Peter Sliwkowski
2. Ron Kelly
3. Hal Greenlaw
4. Ajou Basu

#### B2-Division

1. Robert Blank
2. Heinz Reiske
3. Jim O'Brien
4. Ed Cronin

#### B-Division

1. Daryn Bower
2. Renzo Bardetti
3. Jack Mahoney
4. Mark Helfant

#### Womens's B

Lorna Melo  
Jenn Sperdelozzi  
Sue LeRoy  
Katie Bills (absent)

Evening League Drop In play every Monday – Wednesday evening from 6:00 p.m. to 8:00 p.m.

### Happy Hour League, Fall 2009

#### Open Division

1. Bob Kays
2. Hal Greenlaw
3. Joe McNealy
4. Peg Milani

#### A-Division

1. Joe Delfino
2. Marty Smith
3. Nick Nasuti
4. Allen Rosenberg

Happy Hour Drop-In play every Friday from 4:00 p.m. to 6:00 p.m.

#### A - High school

1. Kyle Kojabashian
2. John Demos
3. Greg Konar
4. Justin Turnbow (absent)

#### A - Killshots

1. Daniel Adams
2. Jeff Driscoll
3. Jacob Frank
4. Michael Piekarz

#### B - Tweens

1. Kyle Bills
2. Ben Von Stetton
3. Jessie Thomas
4. Joey Hutchinson (absent)

#### B - Killshots

1. Ava Rule
2. Ryan Jackson

### High school and Junior League, fall, 2009

#### A - Splats

1. Hollis Wyman
2. Kevin Lynch
3. Desiree Adams
4. Andrew Broder

#### B - Splats

Charlotte DiGiovanni  
Sam Asuque  
Steven Horn  
Alex LeRoy



## Tennis news

Come play! Wayside offers tennis programs for every age and every ability!

**Adult Group Instruction.** We offer a program called "Skill Builder" that provides hitting twice a week: one day is an instructional clinic (90 minutes hours with 1:4 ratio of pro to players) and the second day is match play with the clinic participants.

We also offer **Instant Tennis** for people who've never played tennis before, and give them a fast track clinic that gets them hitting the ball and playing games in four short weeks.

### Adult and Junior Personal Instruction.

We offer private and semi-private lessons for either 30 minutes or an hour, based on a schedule set up with the player and the pro.

### Adult In-house Leagues.

We have a Sunday Mixed Doubles League that plays weekly for an eight-to-10 week period. The new league season is starting mid-January. We also run a mid-winter Singles League that will start next month.

**Adult Recreational Match play.** Once a month on Saturday evenings we offer members a free evening of mixed doubles play for three hours.

**Adult USTA Leagues.** We participate in the USTA mixed doubles league which is starting up in January. Teams are forming now. We also participate in the summer USTA season.

**Junior Elite Tennis.** Provides those most aspiring and skills juniors with intense weekly instruction and a drop-in day of match play each Friday. Instruction is 90 minutes each week in groups organized by skill level.

**Junior Group Instruction.** We offer weekly group clinics for all levels of players: beginners thru to advanced

high school tennis players. Players are grouped by skill level and are provided either an hour or 90 minutes of instruction with a 1:4 ratio of pro to players.

**Youth Group Instruction.** Offers two levels of instruction for our youngest stars: Little Grippers and Big Grippers. Programs are tailored specifically for 4-to-7 year-olds, providing weekly tennis lessons of one hour focusing on movement, basic technique and fun game play as well as building social skills and confidence.

**Junior USTA Leagues.** We participate year-round in the USTA Junior Team Tennis program, fielding under-18 and under-14 level teams that compete against area clubs in singles, mixed doubles and doubles play.

Visit the front desk for more information or e-mail tennis pro Steve Winer at [stevewiner@hotmail.com](mailto:stevewiner@hotmail.com).

## USTA Tournament tennis

As many of you know, Wayside hosts several USTA tournaments throughout the year. Coming soon in May, we have 2 tournaments. The first tournament on the weekend of May 7 is a junior tournament. Events include singles and doubles for boys and girls. For the 14s and 18s, it is level 7; for the 16s, it is level 6. Sign up online at the USTA/New England Web site and reference tournament ID# 450521510.

The following weekend is an adult tournament for men and women 3.5, 4.5. Tournament ID# 450521710. For all other tournaments, visit the USTA Web site (keyword: *Wayside*) and month that you are considering playing. Or contact Steve Winer, tournament director, for more information.

## Tennis tip: restringing

When was the last time you had your racquet restrung? You should string your racquet at least twice per year, or more often, depending upon how much you play. Furthermore, you should have your racquet/grip work done **only** at Wayside! We guarantee prompt and professional service.

Our certified racquet stringers are the best and most experienced in the business. Do not be coaxed into having your racquet strung by someone who is not a professional. If you want your racquet strung correctly and professionally, the Wayside pro shop is the only place to go!

## Tennis Trivia

Our last trivia question was, *Once a player masters the strokes and conditioning of tennis, what does a coach stress?* The answer is the mental aspects of the game. Our current trivia question: **Which tennis player invented the Wilson T-2000?**

*Answer in our next issue*

## Member profile



### Rachel Wagner

**Residence:** Framingham  
**Birthplace:** Framingham  
**Occupation:** Seventh-grade student

#### FAVORITES

**Actor:** Taylor Lautner  
**Actress:** Amanda Bynes  
**Movie:** How to Lose a Guy in 10 Days  
**TV show:** Vampire Diaries  
**Author:** E.B. White  
**Music:** Pop  
**Cartoon characters:** The Simpsons  
**Pro athlete:** Melanie Oudin  
**Vacation location:** Hawaii  
**Historical figure:** Abraham Lincoln  
**Libation:** Water  
**Electronic gadget:** Cell phone

**People would be surprised to know that**  
I like to draw.

**Biggest pet peeve**  
Asking me questions over and over again.

**Hobbies:** Tennis, writing

**Wayside activities:** Tennis

**Member since**  
I was born

## Spin for Hope

Save the date and join us on Sunday, March 7, 2010 for the sixth annual Spin for Hope event to benefit the work of the American Cancer Society.

Highlights from 2009:

- Thirty-five spinners helped raise \$19,000 during the three-hour event.
- Participants rode along to great music.
- Many Wayside spin instructors donated their time and talent for the event.
- Local businesses donated breakfast and lunch, along with great raffle prizes.
- Cancer survivors were given yellow roses to honor their fight, and many participants recognized loved ones on the Honor Wall and Memory Wall.

This year, Wayside is hoping to raise \$25,000 for the American Cancer Society, and we're counting on our generous members to help us reach our goal. Visit the front desk or contact spinning instructor Nia Benoit. Look for the brochures in the lobby.

## Tennis racquet sale!

We're still carrying the new EXO3 Prince racquets. All in-stock racquets are on sale at under-Internet prices!

We have just taken on the new line of Babolat racquets. Babolat is currently the number selling racquet in the country.

All new Babolat frames will include free stringing with synthetic gut! Test play a new Babolat racquet today and see what the buzz is all about!

### We guarantee the lowest price anywhere!

The new Head Youtek frames are also in. See why the pros at all the major tournaments are winning with these frames. If you currently use a Head racquet, test the Youtek technology and see the difference.

See Steve Winer for details about all tennis racquets, grips, and strings.



## Aquatics news

### Spring youth swim lessons

Our spring youth swim lessons will start the week of March 1. Classes meet one day a week for 10 weeks and include:

Parent Child Level 1 and Level 2 (water babies and parent toddlers). These classes are for children between the ages of 6 months and 4 years accompanied in the water with a parent

Pre-school levels beginner, advanced beginner and intermediate classes are for children 3 – 5 years old.

School-age levels 1 – 6 are for children ages 5 – 12.

Parent-child and Preschool classes are \$110 for members and \$160 for non-members.

School-age classes are \$140 for members and \$200 for non-members.

### Lifeguard training

Participants must be 15 years old and be able to demonstrate strong swimming skills. You will learn about job responsibilities, patron surveillance, rescue skill and first aid and CPR

There are three courses offered this winter/spring

Course #1 – February school vacation week Monday through Friday, 2/15 – 2/19 9 a.m.-3 p.m. each day.

Course #2 – Monday nights from 6 p.m. – 9 p.m. starting February 22

Course #3 – April school vacation week. Monday through Friday, 4/19 – 4/23. 9 a.m. – 3 p.m. each day.

Course #4 – Monday nights from 6 p.m. – 9 p.m. starting April 26.

Cost is \$200 for members and \$220 for non-members.

### Spring swim team

A great way to stay in shape or try out a swim team. Practices days are Monday, Wednesday and Friday 3:45 p.m. - 4:45 p.m. for swimmers 11 and older 4:45 p.m. - 5:30 p.m. for swimmers 10 and younger

The spring team starts Monday, March 15

Cost is \$150 for members, \$200 for non-members.

### WSI (water safety instructor)

Participants must be at least 16 years old and pass a swim test. This class will cover information needed to teach a variety of swimming skills to all age groups. Class will meet on Tuesday and Thursdays nights from 6:30 p.m. - 9:30 p.m. beginning March 16. Cost is \$225 for members, \$275 for non-members.

## Water fitness news

***Don't forget your shoes, sweaters, and gloves!***

**By Ellen Demers  
Certified Instructor**

With winter weather here, we hear or say these things a lot. Although none of these items is required to participate in water fitness classes, they can stir things up.

**Wearing shoes in the water?** Yup! Goes against what we are told, but we use sneakers for everything...aerobics, walking, biking...so shoes for the pool can and will help with endurance. The added traction gives you better body alignment, increases resistance and helps reduce slipping while moving around in the shallow end .

**Getting sweaters wet?** Yup! The weather is very cold right now and it can be an effort for even the diehard water fitness faithful to leave warm houses, get in a cold car, change, get wet, and get in the pool to workout. Just like wearing layers for outside, a layer for inside and used in the pool helps you start your workout warmer, which allows your muscles respond better and faster. You maintain body heat throughout your workout. When you finish, you will not shiver as you cool down and head for the hot tub.

**Gloves in the water?** Yup! Gloves can add that extra something to your water workout too. For an extra challenge, even if dumbbells make you too bouncy or the added weight bothers your neck, joints and shoulders, webbed gloves give you a bit of resistance, that can make you work a little harder, burn a few more calories, or just spruce up a routine that you already know.

Come join us for a class and see how water fitness can work for you and your fitness routine!

### Have we got your number?

There is a randomly chosen membership number hidden in the text of this and every issue of Wayside Times. If you locate the number and it's your membership number, you're the lucky winner of a complimentary month's membership dues! Contact club manager Darren McLaughlin before the end of the month to claim your prize.



## Group exercise news

### Beginner salsa dancing -- a fun way to get fit!

Want to dance to the Latin beat and move to the music? Join us for salsa dancing!

You'll learn basic salsa footwork, partnering positions, and turning patterns. No need for a partner; just come and move to the beat of this social dance!

**Tuesday, February 9, 16, 23, 30 at 6:30 p.m.**  
**Members, \$28; non-members, \$40**

### Nike trip showcases training strengths and skills

Wayside fitness director Tim Crowley visited Nike's world headquarters in Beaverton, Oregon as part of the USA Triathlon National Team coaching staff.

From January 4-6, Tim and the group met at the 180-acre Nike campus to meet with running great Alberto Salazar and the coaching staff of the Oregon Project.

The Oregon Project is a training group of the best US distance runners whose mission is to take on the Kenyans at 5K, 10K, and marathon distance.

"This was a great learning experience as we were able to watch these athletes train, do their strength and conditioning work, and sit down and talk to them about their training," explained Tim.

"One of the most exciting things I saw, was that the athletes were doing the same dynamic warm ups and strength training exercise that we do here at wayside. It was another confirmation that we are at the forefront of training techniques and methods."

To learn more, call Tim at (508) 481-1797 extension 31 or e-mail [TC2coaching@comcast.net](mailto:TC2coaching@comcast.net)



**Personal trainer Diane Mitchell is always happy to demonstrate the proper form.**

## Employee Spotlight

### Michael Belanger



#### Hometown

Born in Worcester, but currently live in Berlin.

#### Background

In school, I played school baseball and football. I received my undergraduate degree from Worcester State College and my MBA from Nichols College. For about a year and a half I worked as a financial analyst for Staples.

**What do you do at Wayside?** I am a member of the personal training staff. I'm a certified strength and conditioning specialist (CSCS), and also have a certification in Functional Movement Screening (FMS).

**What does a personal trainer do?** We help people effectively and efficiently train the body to achieve their goal. We incorporate information about proper nutrition and fitness into their individualized program. Most importantly, we teach our clients how to exercise safely with maximum results.

**Is it expensive?** Well, there comes a time in the majority of people's lives when money will be spent on either injury prevention or injury rehabilitation. I'd rather spend money on living a healthy, injury-free life, instead of to pay hospital bills, rehab facilities fees, and equipment, etc.

At Wayside, there are affordable and effective personal training choices for everyone. I offer one-on-one training, personalized group training, Boot Camps, and Program Design. Using a holistic approach to personal training, I can help someone boost their health by teaching them a program that incorporates metabolic training designed to burn fat 48 hours after the exercise.

So many people have a "workout routine" that they have followed for years on end. It usually includes a "steady-state cardio" component, such as the treadmill or elliptical machine, and then the stationary, sit-down weight machines. Breaking from this kind of routine can mean the difference between reaching your fitness goal, or just continuing to run in place.

**How does someone hire a personal trainer?** I invite Wayside members to contact me at [mbelangerjr@gmail.com](mailto:mbelangerjr@gmail.com) and visit my blog at [mikebelangerjr.blogspot.com](http://mikebelangerjr.blogspot.com).

## Member of the Month: Meg Leach



A high school foreign exchange program immerses students in a new country, so they can discover first hand about the culture, language and people.

When Meg was a high school student in Japan, she traveled to Ohio as an exchange student. She liked it so much that when she graduated, she stayed in the US to study at LaSalle Col-

lege in Newton -- where she met her future husband.

Meg now lives with her husband and nine-year old son, Justin (pictured with Meg), in Hudson. Her parents, eight seven two nine seven two brother, and sister reside in Tokyo, and she visits as much as she can.

When Justin began preschool, Meg joined Wayside for the fitness program. She loves the club's step, aerobics and yoga classes offered throughout the week. "I'm here a lot during the school year," says Meg. "It's a great club with a lot of programs for everyone. Justin enjoys the swim lessons offered, too."

In addition to fitness, Meg took a Racquetball 101 class with a few other mothers and met racquetball pro Marsha Hayward. "After Marsha's initial racquetball class, I became a regular player. I love the women I play racquetball with; we are all hooked on the sport!"

Last summer, Meg started to play tennis at Wayside. Once again, she tried something new at the club, and became an instant fan of the sport. She met other tennis enthusiasts, and made some wonderful friendships with club members and Wayside staff.

For example, massage therapist Steve Cannon was walking by during this interview and addressed her by her given name, "Megumi." He couldn't remember what her name meant, and she wasn't telling him. When Steve left, Meg confessed that her name means *blessings* in Japanese.

When Meg was informed that she had been chosen as Wayside's Member of the Month, she said, "Oh, Darren is so sweet to think of me. He probably chose me to cheer me up." Meg had recently lost a dear friend who played tennis with her and a few other club members. "He was just a wonderful person, and will be missed and remembered."

For leisure time, Meg and her family enjoy miniature golf and traveling to the beaches in Ogunquit, Maine.



**Something fun is always happening at the Kids' Corner. Call Alycia LeDuc at (508) 481-1797 to learn more about this convenient amenity.**

## Benefits of massage therapy

Many view massage as a perk of a pampered lifestyle, but it can actually be an important tool for maintaining your overall health and fitness.

The benefits of a massage therapy routine include increased circulation, relief from muscular tension, elimination of pain, improved flexibility, strengthened immune system, heightened body awareness, more balanced nervous system, improved posture, and a "feel good" positive attitude.

February is the perfect month to start your massage therapy routine. Certified massage therapist Steve Cannon is offering two massage sessions for the price of one, a special offer for all new clients.

Call Steve at (508) 326-4951 for details and schedule information.



**Congratulations to our Junior Tournament (Splits) racquetball winners.**

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**THE WAYSIDE**

**ENQUIRER**

**What do you like to do for fun during winter vacations?**



*Play outside, go to Laser Zone, and play with friends.*

**-- Dean, 9**



*Figure skate, play in the snow, and hula hoop!*

**-- Kaelyn, 7**



*Play racquetball and swim at Wayside!*

**– Alex, 14**