



December 2009 Newsletter

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www.longfellowclubs.com

508-653-4633



Dear Members,

Happy New Decade!

Big news - we're approaching a new decade. We're leaving the `0's' and moving into what will probably be called the `Teen's' (even though 10, 11, and 12 are not technically a teen year, we'll go with this term for now). We love new beginnings at Longfellow. New days, new months, new years, and new decades all provide an opportunity to take a fresh and exhilarating look at our lives and how we'd like to live. How do we want to remember the Teen's? As human beings we're fortunate because we can shape our future and create magic in our lives.

Longfellow specializes in magic creation. For example, if you work out at Longfellow three times or more a week for most weeks of the Teen's, chances are you'll remember the Teen's as a time of health, vibrancy, and maybe even some joy! And if you make one or more Longfellow programs a part of your life you'll have an even better chance of building the life you'd like to lead. Meet with Jane in her Living in Balance Program for ten years and you'll see fantastic results. Take lessons from one of our tennis professionals or do personal training from one of our trainers for a decade and see the magic you can bring to your life. The list goes on and on as Longfellow develops and offers new health and fitness

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programs every day.

We encourage everyone to take stock of your life in the 0's and set up a new and challenging vision for yourself in the Teen's. Whether this vision includes goals as simple and meaningful as maintaining your weight and your exercise routine, or something a bit more audacious like doing a triathlon or playing on a tennis team for the first time, we're here to support you with professional guidance and inspiration.

This Longfellow Newsletter offers some excellent ways for you, your family, and friends to get fit and have fun. Our staff is dedicated to finding ways to make it easier for you to be more fit and healthy. Read on!

Yours in health!

Laury Hammel
President

• Aquatics News

- The **Stingrays Swim Team** is off to a great start and are now 3-0, after a very close meet against Flaherty on Saturday December 5 when they won by only 11 points! A



- big congratulations to **Erika Kjersgard** (age 10) who not only won the 25 freestyle race at that meet, but set a **new Metrowest Swim League Record** with a time of 13.63 seconds. This is the **first individual league record** that a member of the Stingrays has held in at least the last 10 years!
- Registration for Longfellow Aquatics Academy's Winter Session 2010 is well underway! Some classes have filled up so don't miss out. Session 2, which is 12 weeks long, runs Jan. 4th - March 29th.

- **Longfellow Juniors Bring Home the Hardware at the Boys 16 National Open Tennis Tournament held at Longfellow in Natick and Wayland!**

Over Thanksgiving, Longfellow hosted our national junior tennis tournament for the 29th consecutive year. This year we're proud to say that Longfellow boys did better than ever before. There were three finals - Main Draw singles, Feed-in consolation singles, and Doubles. Of those eight finalist positions, Longfellow boys filled six of them. It would not be a stretch to say that Longfellow boys dominated this National Open for the first time.

In the main draw, Longfellow's **Alex Steinroeder** (now ranked #17 in the nation) lost a close finals to another New England boy, **Nolan Paige** (now ranked #6 in the nation) in a very close and well-played three set match.



Earlier, in the quarter finals Nolan won another close three set match over Longfellow's **Will Spector**.



In the Singles Feed-in Consolation finals it was all Longfellow all the time. Will Spector and another Longfellow junior, **Aaron Revzin**,

faced off in a hotly contested match in which Will prevailed. The quality of tennis in both of these matches was impressive, as those club members fortunate enough to see them can attest.

In the doubles finals, it was Aaron and Nolan playing Will and Al in a match of buddies. The level of doubles play was astonishing as all four players in point after point demonstrated their racquet skills and doubles savvy.

The crowd was on the edge of their seats, and so many times a point would appear to be over, when somehow a seeming winner was returned and play continued. Even though Will hit the shot of the tournament with a between the legs winner (a tweener like Roger Federer hit in the US Open), Nolan and Aaron pulled out this match with superb play and concentration.



Congratulations to Aaron, Al, and Will for representing Longfellow so well both in terms of tennis skills and in sportsmanship. This outstanding group of young men are not only fine players, they are great kids, and they are also good friends on and off the court - a wonderful thing to behold. As this is being written, Laury Hammel is coaching them in Arizona where they are competing in another national tournament. In the Boy's 16's Nolan is seeded #2 and Al is seeded #8.

In other age groups, Longfellow juniors also experienced great success in Thanksgiving national tournaments. **Mesa Mei** won the doubles with his partner Cameron Ghorbani at the National Boys 18's in Albany. In the National Boys 14's, **Ben Tso** also won the doubles and placed 3rd in the singles.

Special thanks to the **Longfellow tennis pros, the staff at the New England Academy of Tennis, and the Longfellow Sports Club fitness staff** for all that they did to train and support these juniors to reach their goals.

• Kids Programs

- **Longfellow's 'Munchkins Class' is back!**

Longfellow's Munchkins Class for 3 and 4 year olds start January 5th 2010! This enrichment class will have your child painting, singing and moving, all while following a theme with stories and crafts! The session runs Tuesdays,



Wednesdays and Thursdays for 20 weeks from 9 am - 11 am. For more information please call **Children's Programs Director Caroline Donahue** 508 653 4633.

- **Camp Longfellow 2010** - Theonline brochure is coming out January 2010. Watch out for 'Members' Only Registration Week'!

- **Justin Kutticherry - Longfellow Member Racing to Save Lives**

Letter from Longfellow Club member Justin Kutticherry:

"Every four minutes, someone in the United States learns that they have leukemia, lymphoma, or myeloma, and every ten minutes, a child or adult dies from one of these diseases. While more and more people are becoming survivors of these deadly diseases, there is still no cure. Having seen family friends battle with cancer, I decided that it was time to become involved in the search for a cure.



Last month, I decided to train for the **2010 Boston Marathon** with **Team In Training** (TNT). Not only does TNT exist to find a cure for leukemia, lymphoma, and myeloma, but it also looks to improve the quality of life of patients and their families. TNT is The Leukemia & Lymphoma Society (LLS) largest fundraising program, bringing in 98 million dollars this past year alone.

I would be honored if you would help me achieve my fundraising goal of \$3,250 - no donation is too small. The money that I will raise for research is fulfilling, but the most important and inspirational part of my training is knowing that my hard work could make a difference in the lives of patients like the two Honored Heroes this year's team is training for. Both our heroes, Lindsey and Deana, are survivors of Leukemia, and are living normal, active lives because of organizations like LLS. With inspiration like this, how can I not fight my way to the finish line in April?

Here is a link to my fundraising page where you can learn more about the cause and also donate securely online:

<http://pages.teamintraining.org/ma/boston10/jkutticher>

If you have any questions, please feel free to contact me at justin.kutticherry@gmail.com.

Thank you in advance for all your support.

Justin"

- **Give Yourself a Generous Holiday Gift!**

The average American gains weight every holiday season. According to the National Institute of Health, "A new study suggests that Americans probably gain about a pound during the winter holiday season-but this extra weight accumulates through the years and may be a major contributor to obesity later in life. "

A pound may not seem like much, but it compounds (like interest) year after year, and all too often people find themselves 15 pounds overweight and wonder how they got there.



"Because losing weight is so difficult, it is important to learn when and why people gain weight so that effective strategies to prevent obesity can be developed, " said study co-author Susan Z. Yanovski, M.D., Executive Director of NIDDK's National Task Force on the Treatment and Prevention of Obesity.

We know why people gain weight during the holidays:

- more parties and less working out
- more parties and more calorie laden foods
- more shopping and less working out, and
- more stress and more eating instead of more working out.

So give yourself the gift of health, confidence and sense of accomplishment by committing to an exercise program this holiday season and be ahead of your new year's resolution. The key is you must commit and follow through. **We can help!** Group exercise classes, nutrition counseling, small group personal training, Kinesis, and

one-on-one personal training are powerful ways to help you commit to your plan and feel great this winter. Contact **Fitness Director Eric Beard** to help you commit to the best program for you today! You can reach Eric at sportscluberic@gmail.com or **508.653.4633 x 215**.

Holiday Personal Training Packages -

The gift that says "I love you" all year round is great to give to a spouse or family member. If you have someone who is close to you and they are working with a personal trainer, then invest in some more sessions for them. If you or someone else is interested in making changes in your health and fitness, and have not worked with our personal trainers more than 3 times, then the **Introduction to Personal Training** is the perfect gift pack! Contact **Fitness Director Eric Beard** at sportscluberic@gmail.com or **508.653.4633 x 215** today!

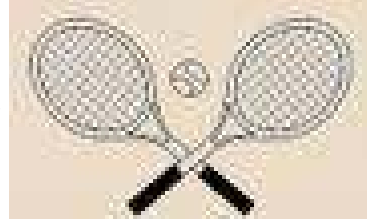
• **Later @ Longfellow Helps Out Over The Holidays!**

Later @ Longfellow successfully collected for '**Coats for Kids**' and '**A Place To Turn**' in Natick. Members and after school students collected over **80 coats** for 'Coats for Kids' and **60 bags of food** for 'A Place to Turn'! We also collected **10 bags of Personal Care items** to help those in need over the Holiday Season! Thank you to all those that donated and watch out for our popular **Bake Sale** coming soon!



• Natick Racquet Club News

The Natick Racquet Club is offering the following **Junior Vacation Programs** on Monday, Tuesday, Wednesday & Thursday - December 28th, 29th, 30th & 31st:



- **Junior Drills** 10:30 - 12 ages 8 - 13;
- **Zip Tennis** 12-1 ages 4-7;
- **Match Play** 12:30 - 2:00, all ages

Zip Tennis & a Movie Night - Coming Saturday, January 9th, 4:45 - 8 pm.

For more information on any of the above programs, please call the Racquet Club at 508-653-4606 to sign up.

Happy Holidays!

• Nutrition at Longfellow

• The **Longfellow Nutrition Department** proudly presents a variety of options to better meet your needs, now including more weekend nutrition appointments.



• The newest addition to our staff is the amazing **Brandon Krebs BS, RD, LDN**. Brandon is a registered dietitian, with a special passion and expertise for preparing healthy, gourmet food. He is a competitive mountain bike rider and is excited to introduce mountain biking to our members this spring. If your schedule is too full to come during the week, come meet with Brandon on the weekend. He will also be starting a weekend Living In Balance group too so let us know if you are interested.

• **The Living In Balance Weight Loss Group Program** starts again on **January 4th**. We have coached approximately two thousand participants to lose

weight, develop a relaxed relationship with food and to manage medical conditions including diabetes, high blood pressure and high cholesterol. Sign up SOON, so you can meet with **Jane Polley MS RD, LDN or Janna Yamron MS, RD, LDN** to start your high-energy eating plan for life!

- Keep in mind the option of private nutrition sessions with any of our dietitians, **Andrea Stein MS RD, LDN; Stacey Koekkeok MS RD, LDN; Jane, Janna and Brandon** are available to you during the days, evenings and now weekends. Most of these appointments and group sessions are covered under BCBS, Tufts, HPHC, Fallon, Aetna, Cigna, UHC, Great-West and MA Laborer's. Contact Jane at JPolley@Longfellowsportsclub.com for more information.

- **HOLIDAY TIP: SIT TO EAT** your meals, hors d'oeuvres and desserts. This allows for a more enjoyable experience and will save calories from mindless grazing. If you sample something and it doesn't taste delicious, leave it behind and save room for more satisfying food. Selective eating can help to avoid over-eating.

ENJOY!!!

• The Longfellow Purpose and Mission Statement

The Longfellow Purpose

- To build a world where everyone's basic needs are met, and people experience love, happiness, and satisfaction.
- To create a model organization, through the development of successful health and recreation businesses, that works toward the fulfillment of our global vision.



The Longfellow Mission Statement

The Longfellow Clubs is a locally owned and independent business committed to the health and well being of our community, and provides extraordinary fitness, recreational, and educational programs for people of all ages, backgrounds, and abilities.

We honor all Longfellow stakeholders and appreciate all

they do to make us the vibrant community we are. All management decisions consider the needs of Longfellow stakeholders and it is our intention to:

- Love and care for our customer and to create a caring and compassionate culture that is committed to providing the highest level of customer service by exceeding expectations and saying yes if we can.
- Support every staff member in reaching their full potential as human beings - physically, mentally, and spiritually. We engage them in the management process and make every effort to pay a living wage with fair benefits to all staff members.
- Preserve our environment, minimize our carbon footprint, and join with others in our community to build a sustainable and just world.
- Work closely with individuals and nonprofit organizations to promote healthy, sustainable, and inclusive communities.
- Support the locally owned and independent business partners in our community and in our industry so that they can be financially successful and outstanding community citizens.
- Manage a profitable business that is a leader in our industry and provides a fair return to the owners and investors.