



**Longfellow
Sports Club**

Healthy Mind Body Planet

November 2009 Newsletter

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www.longfellowclubs.com

508-
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Dear Members,

The Longfellow Clubs wishes you and your family a wonderful Thanksgiving. We are fortunate to live in a nation that is filled

with so many opportunities and to have a place like Longfellow to nurture and strengthen our mind, body, and spirit. We have much to be thankful for. The Longfellow owners and staff are very appreciative of you, our members, because without you we wouldn't be in business. Our thanks to you for all you are and all you do to make Longfellow the great place it is!

As a member, you can't miss seeing the many fundraising events that Longfellow members and staff are involved in promoting. For Longfellow, this is a natural part of being part of a community that cares. During this season of gratitude, we offer a special

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season of gratitude, we offer a special thanks to everyone who has participated in one of our events that help support people who are in need of help. This newsletter reports on fundraising events that have happened recently and will be happening. We're proud to say that this is the 29th year of holding a tennis round robin to help end world hunger by raising money for Oxfam--we've raised over \$50,000 for this worthy cause.

Longfellow has always been the leading club in New England for training young tennis players. We are proud of the success of all the juniors who play at Longfellow, and every month there are many juniors who have made major improvement in their games that is worthy of celebrating. This week we are thrilled to offer a special congratulations to **Al Steinroeder**, the son of one of our tennis professionals, **Bill Steinroeder**. Please read the article below describing Al's most recent extraordinary accomplishment. And we invite you to attend the USTA Boys 16s National Open Championships to be held at Longfellow in Wayland and Natick beginning on Thanksgiving Day and running through Sunday November 29th. Longfellow juniors **Will Spector and Aaron Revzin** will join Al in representing Longfellow in this very exciting national competition.

With gratitude,

Laury Hammel
President

• Aquatics News



- Swimming lessons are an essential part of a child's education. Whether they learn to swim in a group class or in private lessons, being able to swim increases confidence and is an enjoyable healthy activity.
- For those adults who have never learned to swim, or those who haven't been swimming for a long time, why not learn to swim today? Our swim lessons aren't just for children.
- Registration for Longfellow Aquatics Academy's Winter Session is well under way! Session 2, which is 12 weeks long, runs January 4th- March 29th, and classes are filling up. A copy of the registration is available at the front desk as well as on our website. You can also pre-register for Session 3 (April 5th-May 17th). As always, we have private and semi private lessons available to fit into your schedule.

- **Youth Fitness Programs**



'Super Soccer Stars' at Longfellow!

The world's most popular sport, made fun and simple, is now at Longfellow! This program offers non-

competitive soccer skills to children ages 3 and 4 years of age. The class combines fun, engaging learning with how to develop teamwork and build self-confidence. Call 781-777-7171 to sign up, or go online to www.supersoccerstars.com.

Slam Dunk on Saturdays - New!

Coach **Ron Johnson** is offering a Winter Slam Dunk Basketball clinic for boys and girls ages 7 and 8 years old. Classes run Saturdays for 10



weeks and begin January 9th. There will be four teams and spaces are limited so sign up early! Plan on drills, skills and teamwork as well as games!

For all questions regarding Children's Programs, please call **Caroline Donahue at (508) 653 4633**.

- **Longfellow Tennis Juniors Rock! Al Steinroeder is Ranked #1 in New England Boy's 16's and Boy's 18's Simultaneously!**



Past newsletters have celebrated the many accomplishments of **Al Steinroeder's** 2009 tennis season. Now he added another important accomplishment to his New England USTA Sectional Championship, the Massachusetts school boy individual and team championships, and the June National Open

Championship. Last weekend Al, won the highly competitive Boy's 18 Level 5 tournament defeating Nolan Paige who is currently ranked number seven in the nation in the Boy's 16's.

This victory moves Al into the number one ranking in the New England Boy's 18's division. He already owned the number one ranking in the New England Boy's 16 division, and this new ranking made Al Steinroeder the first junior in New England to own the number one New England ranking in the Boy's 16's and 18's simultaneously. A very impressive accomplishment.

Beside Al's parents, congratulations should also be given to Al's longtime coach **Jason Hammel**, the New England Academy of Tennis, the Longfellow High Performance Tennis Program, the Longfellow Sports Club fitness trainers, and the Hammel Tennis Camp staff who have trained Al over the years. And it's

important to acknowledge the role of his Longfellow buddies, sparring partners, and rivals who continue to push each other to higher levels of excellence--**Mesa Mei** (#3 in 18's), **Will Spector** (#5 in 16's), and **Aaron Revzin** (#3 in 16's). Don't miss seeing Al, Will, and Aaron who are all seeded in the **USTA Boys 16 National Open Tournament** being held at Longfellow at both Natick and Wayland over Thanksgiving!

Besides Longfellow dominating New England Boy's 18's and 16's, we're doing pretty well in the other boys and girls divisions too with many highly ranked juniors. In particular, in New England, **Ben Tso** is ranked #1 in the Boys 14's, and **Weston Brach** is ranked #4 in the Boy's 12's, and **Nikit Reddy** is ranked #1 in the Boys 10's.

Congratulations to all of our Longfellow juniors who compete hard, are good sports, and have fun!

- **New Group Exercise Class!!**

CARDIO FUSION

This class is a total mind and body workout. The first half of class you'll break a sweat with traditional low impact and dance moves. The second half is gentle stretching leaving you feeling totally relaxed and refreshed!



****Join Galit on Wednesdays at 10:30am****

- **Later @ Longfellow After School Community Service Project In Full Swing!**



Later @ Longfellow Students are going full speed ahead in their **COMMUNITY**

SERVICE TRIPLE DRIVE

this year! Items for the Food Pantry (Food and Personal Care Items) and winter coats are being collected through December 23rd. Boxes are in place outside the Kids Room for donations. **Caroline Donahue** has already made two trips to Anton's Cleaners with over 40 coats, and 10 bags of food and personal care items have been delivered to "A Place To Turn". Please bring in cans and packets

of food, shampoos, soap, etc.. and your old winter coats, adults and kids sizes. Please come join us and help those less fortunate than ourselves.

- **Kettlebells, Superman, and Skiing!**



- What is this guy doing? Flailing around that cannon ball looking thing with a handle attached...He is doing some **kettlebell training!** Kettlebell training is new to Longfellow over the last 6 months but has been practiced for hundreds of years in Russia and India. When you train with kettlebells, you challenge the muscular stabilizers of your joints, integrate your whole body into movements, and burn BIG calories! The movements take some practice and are not for everyone, especially if there is a history of low back, neck, or wrist or shoulder issues. **Dan Salerno and Ross Behymer** are running **Kettlebell Bootcamps** to introduce some of the staple kettlebell moves and give you a workout you will not forget. Contact Dan today at **508.653.4633 x 353** if you have questions or to sign up.

Space is limited and now is the time to earn your holiday pie!



For The Birds???

This core exercise to the right (the **Kneeling Superman**) is one of the best for protecting your low

back and developing a strong and stable core.

- Get on your hands and knees (hands directly below your shoulders, knees directly below your hips).
- Keep your back straight (flat) throughout the exercise.(this is the most important part!)
- Slowly lift up one arm out diagonally with your thumb up towards the ceiling and Hold for 5 seconds, switch arms and repeat.
- If you want more of a challenge, lift a leg till your foot is hip height, squeeze your glutes and quads while holding for 5 seconds, slowly lower and switch legs. Make sure the low back stays neutral (straight). The biggest mistake that people make is they lift their leg to high and arch their low back.
- Or you can combine the two, slowly lift up your right leg backwards, and your left arm forwards (so they are parallel to the floor).
- Repeat with the opposite arm and leg.
- Do 5-10 reps with each arm or 5-10 reps with each leg of 5-10 reps of alternating arm and leg for 2-3 sets after you foam roll and stretch.

- **Ski Conditioning Program -**

Are you looking to prepare for the upcoming ski season? It is just around the corner, believe it or not. Prepare for the bumps, jumps, twists and turn with this high intensity program focusing on agility, core, balance and interval training. Sessions running in November and December.

For more tips or to make sure that you are getting the most out of your efforts with your core training program, see one of our experts on core training or contact **Fitness Director Eric Beard at 508.653.4633 x 215 or sportscluberic@gmail.com today!**

- **Natick Racquet Club News**



- The first Saturday of every month there is a "**Zip Tennis and a Movie**" night from 5:45 - 8 p.m. This is open to children ages 4 - 9 yrs. There are 45 minutes of zip tennis on-court, followed by pizza, drinks, and a movie. Anyone interested should call the club and sign up. Cost: \$35.00 for the first child and half price for the second child in a family. Next scheduled movie night is Dec. 5th.
- The Racquet Club along with the Longfellow Club in Wayland will be hosting the **USTA Boys 16 National Open Tournament**. This is one of only four national boys' 16 and under tournament held around the country over Thanksgiving. Matches will be played at the Racquet Club Thursday and Friday, Nov. 26 and 27. Everyone is invited to come watch some of the best junior players in the country.

Our **Winter Session** of junior tennis clinics will start the week of December 14th. If interested please call the club for more information, or check out our website for all the days and times for the clinics, as well as the information for registration. Our clinics are open for children ages 4 - 16 years old. There's a clinic for every age and level of play.

- **Nutrition and Fall Vegetables**



Fall is the time to explore seasonal vegetables. They are loaded with

nutrients and delicious too. Even though they are botanically considered vegetables, it's confusing to know if they are starchy enough to count as grains or light enough to be considered "free" vegetables. Below is a list of some favorites with their amount, calorie content and serving size:

- "Regular" Potato - ½ medium sized (3oz. = 80 calories) 80-90 calories 1 grain
- Sweet Potato ½ medium sized (3 oz. = 86 calories) 60-90 1 grain
- Parsnip ½ cup 63 ¾ grain
- Acorn Squash ½ cup 57 ¾ grain
- Butternut Squash ½ cup 41 ½ grain
- Canned Pumpkin ½ cup (3 oz. = 26 calories) 40 ½ grain
- Beet ½ cup (3 oz. = 37 calories) 37 1 & ½ vegetable
- Rutabaga ½ cup (3 oz. = 31 calories) 31 1 vegetable
- Pumpkin boiled, mashed ½ cup (3 oz. = 26 calories) 24 1 vegetable
- Turnip Frozen, boiled ½ cup (3 oz. = 19.6 cal.) 23 1 vegetable

- Spaghetti Squash ½ cup
(3 oz.=23 calories) 21 1
vegetable
- Turnip, fresh ½ cup
(3 oz. =17.5 cal.) 14 1
vegetable

Roasting vegetables with olive oil and fresh herbs is one easy way to make a large volume to enjoy for the week. Pureeing them in soups makes a creamy, healthy and satisfying meal or snack.

Below is a quick and easy pumpkin-angel food cake recipe:

1 package angel food cake mix
15 oz. canned pumpkin
1 cup water
1 tsp pumpkin pie spice
cooking spray

1. Set oven at 350 degrees. Coat the baking pan with cooking spray. Mix ingredients by folding. Bake in a 9"x13" cake pan for 30 minutes. Let cool for 30 minutes. Alternatively, you can make 12 muffins by baking in muffin pans for 20 minutes.

Nutrient Information for 16 servings:

105 calories
2.8 grams protein
24 grams carbohydrate
.2 grams fat
.9 grams fiber

Contact **Jane Polley MS, RD, LDN** at **JPolley@Longfellowsportsclub.com** to schedule a nutrition appointment with any one of our fabulous dietitians - **Janna Yamron MSRD, LDN; Andrea Stein MSRD LDN; or Stacey Koekkoek MS RD, LDN**. Most nutritional counseling is covered by health insurance.

- **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

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.