



December 2009 Newsletter

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www.longfellowclubs.com

508-358-7355



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. Follow Teresa around for ten years and see how you feel. 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 programs every day.

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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

- **Longfellow Fitness Staff member Anne Bell Talks the Talk and Walks the Walk - in Brazil !!!**



If you're ever in Recife, Brazil, and see someone walking around in a Longfellow Club T-shirt, don't be surprised. No, Laury hasn't opened "Longfellow South" but he did open his heart and donate 10 Longfellow t-shirts to Habitat for Humanity

Brazil. Longfellow Personal Trainer **Anne Bell** and her husband Ted spent Thanksgiving week helping build two houses in Feira Nova, Brazil. The women there work 10 hour days, 6 days a week for \$10 a week peeling cassava roots to be made into flour.

The Habitat houses will cost less to buy than what these woman pay to rent company owned apartments. Anne and Ted were part of a volunteer group of 15 people working on the first two houses of the 100 that Habitat for Humanity is planning to build there.



- **Registration is now open in the December Vacation Camp for your kids over the holidays**

- The **Longfellow Children's Center** will be offering its December vacation camp over the holiday break, Monday, December 28th through Thursday, December 31st, for children ages 12 months to 12 years. Campers may come any number of days and discounts are offered to those attending all four days of the program. The week includes swim lessons, basketball, sports and games and the use of our indoor maze and treehouse for children in preschool and older. Toddlers will enjoy dance and music classes and baby gym time, and all campers are treated to our healthy, delicious lunch and snacks daily. Call **508-358-0710** for registration information.



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

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 final 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 final 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.



• **Autism and Special Needs Program**

Silly Brilliant Caring Mysterious
 Interesting Smart Funny Gifted
 Exceptional Zany Brave Happy
 Intriguing am Talented Clever
 Sensitive Keen Intelligent
 Curious more Gifted Goofy
 Unique than Charismatic
 Blessed Amusing
 Smart Wise
 Humorous Acute Bright Witty
 Inexplicable Strong Kind Lively
 Loving Creative Spirited Human

We have proudly been working with the kids in the Special Needs program at Lincoln Sudbury High School. **Teresa Newton-Moineau** has been doing a great job teaching fundamental exercises with these kids at Longfellow. We are now also working with the Sudbury elementary school kids with autism, getting them into a fitness routine including Karma Kids with **Marci**

Zieff, Fitness with **Kathy Ney**, and Zip Tennis over at the Zip Zone. Its been great, and all the kids are making great progress.

• Aquatics News

- The second session of the **Longfellow Swim School** starts the week of January 4th and there is still room available in many of the classes. Our teachers are Red Cross certified, and teach swimming in a fun and safe way. We have classes from Parent-Tot all the way through stroke and endurance for the teenagers. We also have private lessons to fit your schedule.
- We are offering a Water Safety Instructor course as well as Lifeguarding during the winter break - get ready for that summer job!
- You can also just come enjoy the 83 degree pool and hot tub during these cold winter days.



Contact Aquatics Director **Cordelia Lydon** at (508)358-7355 x238 or e-mail longfellowswim@gmail.com for more information on any of our programs.

• 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 years 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"

• Tennis News!

- **Winter Flex League**.....If you need some flexibility in your play time, our flex league is perfect for you. We are now taking sign ups for our winter flex league that starts in January. If you want to play new people and work on that singles game, the flex league is a must sign up. For more information and to sign up, please contact **Lorie Gochenour**, our Adult Program Director at the club.



- **USTA Mixed Doubles League....**Join Longfellow's USTA Mixed Doubles League that starts in January. A combined 7.0 and 8.0 teams play on Friday night and the 9.0 plays on Sunday night. For more information, please contact **Phil Parrish**, our Tennis Director.
- **USTA Junior Team Tennis.....**Longfellow's entries into Junior Team Tennis are doing great. We are competing against some of Boston's best clubs and holding our own. Longfellow has kids who play in 12 and under, 14 and under and 18 and under. If your child is interested in playing team tennis for Longfellow, please contact **Jamey Finchum**, our Junior Tennis Director.
- **Special Adult Programs for the Holidays.....**We will be running special adult programs from December 21 until January 3rd. Come join us for some fun and exercise as we have a program for you. For a schedule of events, please contact Lorie Gochenour, our Adult Program Director at the club.
- **2nd Session Junior Clinics....**The second session of clinics begin December 14th. We would love to have your child join us. Come experience the Longfellow difference when you child learns tennis.
- **Pro Shop Special.....**Buy any racquet over the holidays and receive free stringing (Natural Gut is not included). **The Parrish Six Love Pro Shop** has all the items or can get them for your tennis fan.
- **Handi Racket Tennis** - Ten Handi-Racket athletes, two coaches, **Sylvia Swartz & Suzi Barnes**, & four chaperones attended the **4th National Special Populations Fall Classic Tournament** near Atlanta,GA, November 6-9th, 2009. The weather was 70 degrees and all matches were played outdoors! The tournament was held at the Racket Club of the South, in Norcross, GA, the home club of **Melanie Oudin!** Winning gold medals in their respective divisions were **Richie Miller**, Singles, & **Matthew Miller**, Doubles. **Mike Chau & Bruce Paru** won gold in both Singles & Unified Doubles! Everyone played well & had a GREAT time!

• Lumina News

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LUMINA will be CLOSED January 1st.

Members may come to Longfellow on that day.



- There will be a Special Two Week Holiday Group Exercise Schedule from **December 21 through January 3rd** for both Lumina and The Longfellow Club. You can pick up a copy of this schedule at either Lumina or The Longfellow Club's front desk. Happy Holidays, everyone!
- **Kids Yoga** is happening at Lumina on Wednesdays & Thursdays for ages 6-9 and 10-14. Class time is 4-4:45pm. The new session is just starting so call Lumina for more info at 508-358-6022.

• Fitness Classes for Kids of All Ages

- **MIDDLE SCHOOL PROGRAM -** Looking for middle school kids to workout and learn about cardiovascular exercise and strength training for their age? Keep your kids active! Days are Tuesday and/or Friday at 3:30-4:30pm. Call **Teresa at 508-358-7355 x317** for more info.
- **KIDS BASKETBALL**-Next session for kids basketball starts Nov. 4. Ages 5 & 6 are Wednesdays from 4-5 pm, and ages 7 & 8 are Thursdays from 4-5 pm. Wednesdays signups are going quick so call to sign up or come in that day of class.
- **FITNESS FUN for AGES 9 & 10** - Need some activity for your kids that are 9 & 10? Have them join our fitness fun class on Thursdays at 5-6pm. We're looking for additional kids to learn more exercises, improve their agility, and play fitness games & sports! Call Teresa at x317 for more info.



- **HS BOYS WINTER CONDITIONING** - Next session for HS Boys Conditioning will begin Monday Jan. 4, 2010.

- Mondays are 5:30-6:30pm (Footwork, speed, agility)

- Tuesdays 4:30 - 6 pm (Strength Training & Core conditioning)

- Thursdays 5-6:30pm (Strength Training & Cardio Endurance)

- Fridays 4:30 - 5:30 pm (Game day...Basketball, Floor Hockey & Dodgeball)

It is a 6 week session & you can pay either by the day or the session.

- **SPORTS PERFORMANCE CENTER** - In January we will be offering adult group classes in the SPC such as **Kettlebell Training, Strength & Cycle, Ski & Tennis conditioning** classes. Anyone wishing to set up a group for training, just contact Teresa at X317.

To register for these programs, you can sign up and pay at the front desk. For more info on any of these programs, please contact Teresa Newton-Moineau at 508-358-7355, x317.

• 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.