



2010/2011

Dear Members,

Hello everyone, hope your summer has been good. 2010 has seen and will see some significant changes at Bayside. On the “Has Seen” side we now have a new roof on the “Clubhouse”, along with a few hundred hours of repairs, renovations, and upgrades, including the court floors, men’s room floor etc., all of which coupled with the recent new roof over the Courts, leave our building in great shape. We also have a new President of the Bayside Society, Tom Hasker, and a new Coed ladder, the result of Debbi’s spring and Coed box league results. All of which enables us to refocus on more Squash/Fitness activity.

On the “Will see” side Debbi is planning a Fall League. Ally Nicholson will be offering individual fitness sessions along with her “Boot Camps” to compliment Gord’s work in the fitness room, allowing us to offer both male and female training. Dylan Manners has taken over stringing rackets and will be at the club on a regular basis, allowing us to have regularly scheduled Pro Shop/Management hours 5-6 days a week. Our web site is going to be upgraded and will again be active and current. Effective October 1st it is going to cost a little more for non-members to use the club with Entrance fees and prime time guest fees increasing, bringing both back more in line with our current monthly dues. Finally our Friday Drop-in is going to become more of an event starting on the 17th with Cherie and I hosting Beer, Wine, and Appetizers.

Before I continue I have to acknowledge with great sadness the passing of one of our long time members Bill Clennan. Bill was a good man and will be sorely missed at Bayside.



SUMMER 2010 AT BAYSIDE

To close, I would like to thank all of our Societies Directors and our Management team for their hard work. For those of you unaware, the society is responsible for all of the activities, tournaments, and socials at the club. If you are interested in getting involved contact Society President Tom Hasker at 943-3039.

Please take the time to read the rest of this newsletter for full details of the above and of the events planned for the upcoming season, along with a quick recap of some of the activities at Bayside during the last season. We look forward to seeing you down over the 2010/11 season.

2010/11 SEASON

This season will include all of the successful events and activities of the last few years, designed to get everyone a little more involved. Most of the details on our upcoming events/activities etc are included in this letter. Also we do encourage you to watch for updated monthly calendars along with posters and sign-up sheets for complete and up to date info.

UPCOMING EVENTS

2010/11 SEASON OPENING EVENTS

FRIDAY SEPTEMBER 17TH

SEASON OPENING DROPIN 615-830

BEER/WINE & APPETIZERS PROVIDED by Tim & Cherie

SATURDAY SEPTEMBER 18th

OPEN HOUSE 12-5

FITNESS ORIENTATIONS 12-2

KAYAK ORIENTATIONS 3-5

Juniors (of all levels) Season Opening Tourney 12-2

Followed by BBQ and Prizes

Any questions please contact Tim at timsaunders@telus.net or 604-312-5744

OPEN HOUSE

September 18th 12-5pm I will be available to show the club to any interested new members, adult and/or juniors. I will also be available for any kayak orientations after 3 and/or any general questions/suggestions you may have. Also Gord will be available from 12-2 for Fitness orientations and/or any fitness questions.

CLUB CHAMPIONSHIPS—(to be played using the new PAR 11 scoring system)

This year's Club Championships will be held *March 25th thru April 1st*, Semi-Finals on the Thursday along with the Societies AGM, and the Finals and Windup Party on the Friday complete with "Bayside's Famous Chili", compliments of yours truly.

SQUASH COACHING

If you are looking for intermediate/beginner lessons watch for Debbi's Thursday evening clinics signups behind court 1 or call Debbi (certified level 2 coach) @ 604-948-2850 to arrange private lessons. If you are looking for advanced coaching Bayside does not have a "Professional" Squash Coach, but has a good working relationship with John Fleury at The River Club. John can be reached at 604-270-4400.

SQUASH BALL MACHINE

This is an excellent tool to fine tune your game. If you would like to get checked out give Tim a call. Once checked out you will get a key that gives you access to the machine. (there is a 2\$ fee for each use to cover the cost of the balls and maintenance).

VANCOUVER CITY LEAGUE TEAMS

This year we will be fielding 6 league teams. Women's Divisions 2, 4, 6, & 7—Men's 5 & 7, and at this point no Juniors teams as the Junior league is not being run this year. If you are interested in playing league contact Melanie Williams @ 948-0261 for the women, Hugh Andrews @ 943-4680 for the Men. Or for the women attend the Ladies League meeting September 14th @ 1830 followed by drop-in Squash @ 1900. Note the new Scoring systems below.

New Scoring Systems

The scoring systems for the 2010/2011 season were discussed and voted on at the most recent VSL AGM. The choices were "Hand in/Hand Out to 9" or "PAR - Point A Rally". These are the results:

OPEN DIVISIONS

All Open Divisions (1-8) will score using PAR 11. This system allows either player to score points regardless of whether they are serving or receiving. The server, on winning a stroke, scores a point and retains the service; the receiver, on winning a stroke, scores a point and becomes the server.

In the event of a 10-10 tie the winner is the first player to score two points clear of their opponent (ie: 12-10 or 13-11). The matches will remain a best of five.

WOMEN'S DIVISIONS

All Women's Divisions (1-7) will score using PAR 15. This system allows either player to score points regardless of whether they are serving or receiving as in PAR 11. The server, on winning a stroke, scores a point and retains the service; the receiver, on winning a stroke, scores a point and becomes the server.

In the event of a 14-14 tie the receiver (not the server) will choose to continue that game to fifteen ("Set 1") or to seventeen points ("Set 3"). With "Set 1" the player to score the NEXT point wins. With "Set 3" it is the first player to get to 17 points that wins. The matches will remain a best of five.

COED LEAGUE/LADDER

Debbi has set up a Coed ladder based on results from last Springs in-house League and is hoping to set up a weekly league based on the spring league format if she gets enough interest. Please refer to her signup sheet behind court 1 for full details and to signup.

THURSDAY DRILLS SESSIONS

Debbi will be running her Thursday night ladies Clinics starting September 9th, 6-7PM. Again see signup sheets behind court 1. Also for Sept there will be an extra session on Tuesday nights starting Sept 7th.

SCHOOLS SQUASH

Debbi will continue to host school classes for group Squash clinics. The sessions will typically be held 1-3 mid-week afternoons at cost of 3 \$ per student. If you know a teacher that might like to introduce our sport to their class call Debbie @ 948-2850

OPEN SQUASH DROP IN'S

This is a great opportunity for all level of players to play a variety of people without having to book games. **This year we will be kicking off the Drop-ins Friday the 17th where Cherie and I will be providing Beer/Wine & Appetizers. Subsequent weeks will be BYOB and an "Individual" sized appetizer to share. **Fitness members and guests are invited to come down to workout/spectate, and join the after party!!

2010/11 Drop in times are as follows:

*Monday 615-830 PM Open –Year Round [**only one court during league season]*
Thursday 615-700 PM Drills Sessions with Debbi- During Squash Season
Friday 615-830 PM Open-- Year Round (BYOB plus an individual sized appetizer)
Sunday 800-1000 AM Open—Year Round
Sunday 615-745 Family –During Squash Season

JUNIOR PROGRAM

Our Junior Program will operate the same as last year's format, with full details sent directly to parents involved. The kids will range in age from 7 to 18 and in level of play from absolute beginner to Men's Open level. The Program consists of Beginner, Novice, Intermediate, and Advanced groups, with the time commitment starting at as little as 1 hour a week.

My thanks to Mike Manners, Debbie Hlady, Mark Robinson, and to all the other parents and members who have helped out with coaching, supervising.

Saturday September the 18th will kick off the 2010/11 Junior Program from 12-2 followed by Prizes and a BBQ.

If you are interested in the program please call Tim at 604-312-5744

WEST COAST B & NOVICE JUNIOR CHAMPIONSHIPS—FEB 5 & 6th

Mark Robinson and Mike Manners will again be Co-chairing the organizing committee. Mark and Mike are looking for volunteers to help organize what should be a great event. If you would like to help, call Mark at 943-8658

DARTS

Due to recent unsupervised use of our darts, resulting in holes in the doors, ceiling, and lights, the darts are now in the office and can be borrowed or we suggest you simply bring your own--same policy as the ping pong and squash balls.

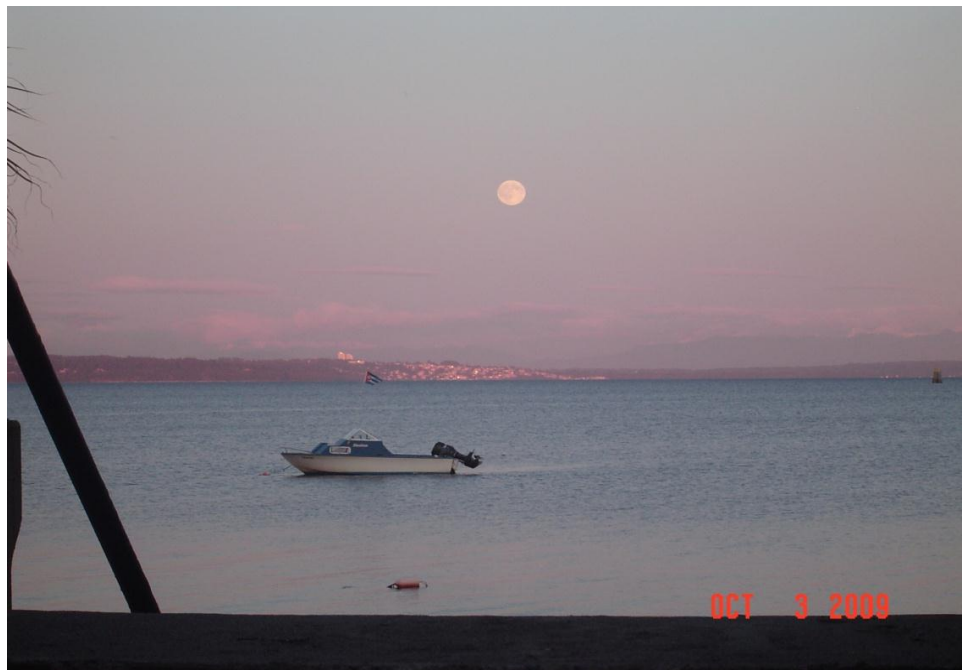
SOCIETY NEWS

The society almost has a full slate of Directors for the 2010/11 Season but are still looking for a;

*** "**Vice President Ladies Squash**"---this position coordinates any and all activities that pertain solely to Ladies Squash, such as Ladies League, Ladies Loonie Night, Ladies Christmas Party etc

***"**Fitness Activities**" **Director**---this position would organize events such as a climb up the Grouse Grind, coordinate a group to run in the Jog for a Jug, etc along with some sort of group training in preparation for such events.

If you are interested in any of these positions please call Tom Hasker @ 604-943-3039



FALL AT BAYSIDE

FITNESS at BAYSIDE

Our fitness director, Gord Hyland would like to thank you for replacing the fitness equipment back in its proper place, cleaning the machines after usage, and picking up any items you may notice lying around, and has asked me to include the following

FALL 2010 Squash Fitness Package for all Bayside

Members

Increase your Strength, Endurance and Quickness on the Squash Court and decrease your chances for injury.

The Squash Fit Package focuses on Increasing your Core Strength, Flexibility and Cardio Training.

This would be great for anyone wanting to improve their squash game, first-time squash players or those wanting to be physically fit.

Program includes

5 X 1 Hour sessions – Only 225\$

OR

10 X 1 Hour sessions –Only 400\$

PLEASE CALL GORD

BAYSIDE'S FITNESS DIRECTOR

@ (604) 943-3254

ghyland@dccnet.com

Gord is a BCRPA Certified Fitness Trainer, Registered Personal Trainer, and Strength Trainer, 3RD AGE

*Gord is available for Individual fitness sessions @ \$45.00/hour

**Gord has "Fitness balls (55-65-& 75 cm) available for sale for 45\$ + hst

BAYSIDE'S BOOTCAMPS by Ally Nicholson—BCRPA PT & Fitness instructor

Yes we are still bootcamping!! We have continued through the summer and are gearing up for fall. If you haven't heard of our bootcamp, it is a full body workout which is geared for all levels of fitness. We do interval style cardio and strength work combined using our body weight, tubing and weights. It is a great way to prepare you for your squash year or get back into fitness.

Currently, depending on the tide, we do our workout on the beach behind Bayside, we also go to the Dyke at the end of 12th and have done the Gingell stairs. It's fun to try different locations in our beautiful community. We will be outside as long as the weather permits, however if it is truly nasty we will move indoors to the courts at Bayside. My plan is to run 1 class per week, at the various locations noted above:

Times Wednesday 530-630

Please let me know at your earliest convenience if you're interested in joining us. The cost will depend on the number of participants, the smaller the group the greater the cost. If you are interested please feel free to contact me either by phone or by email.

Ally is also available for Individual fitness sessions @ 45\$ per hour or less depending # of sessions pre-purchased.

Ally can be reached at 943-6678 or on her cell 862-1237 or email---allyball@telus.net

SCHEDULED DUES/FEE INCREASES

(Effective October 1 2010)

Bayside's Entrance fees will be increased from 300\$ to 500\$*

*These increases are designed to bring these fees back in line with current monthly dues

Prior to October 1st any past members who may wish to rejoin can save the new 500\$ fee by paying past retainer fees

*(this is a one time offer and expires Oct 1st)

Prime time Guest fees will be increased from 10\$ to 15\$**

**The increase in the guest fees is designed to allow you to bring your guests anytime but encourage you to bring them during our off peak periods leaving "prime-time" for our members.

** ("prime/non-prime time's" are posted at the bottom of the stairs)

** (unpaid guest fees will be added to the following month's dues & will be subject to HST)

Scheduled monthly dues increase 1-4\$ depending on membership type.***

***This is the scheduled dues increases announced in 2008 and running to 2013, designed to allow Bayside to continue to run as a Squash and Fitness Club on Boundary Bay.

MEMBERSHIP DUES POLICY

Recently there has been some confusion about the different membership types and it was suggested I clarify them.

Firstly the intent is that everyone using Bayside's facilities pay their fair share, and the cost of the different membership types reflects this. For the most part I feel that the differences are fairly transparent and understood by most but to be sure.

FULL—full squash booking privileges, and use of all club facilities, including league, drop-in, & tournaments.

NON-PRIME--non-prime squash booking privileges and use of all club facilities, except events in prime-time.

FITNESS—no squash booking privileges, but use of all club facilities including unbooked courts.

*league, drop-in, and tournaments are "Booked" courts and not designed for this level of membership.

RETAINER—this is the one that seems to have created the most confusion/creative use. The intent of the retainer membership is to allow members to "Retain" their membership and use the club occasionally during periods where they are too busy/injured etc. to use the club regularly-- not to skirt the higher costs of the regular memberships. Retainer members are allowed to use the club once a month to keep their hand in, it allows them to use any of the facilities i.e. courts, fitness, kayaks, social, even as an occasional (not a regular) league spare. The retainer is also for a minimum of 10 months so we don't have all of our squash members going on retainer in May only to come back in Sept. The only exception to this is for significant injuries that last less than 10 months.

Hopefully this covers any confusion and keeps everyone using the club fairly.

HOUSEKEEPING ITEMS

While we encourage more social use of the club and welcome you to bring your family and friends down to use the Clubs amenities, we do ask that you follow the following 'Guardian Rules' to ensure fair use and a clean & tidy facility for all members.

1. Please ensure that children do not play in the fitness room and that they are actively supervised in the change rooms and the upstairs lounge.

2. Please clean up after yourselves and your guests and children.

3. Once you have finished cleaning up in the kitchen please ensure that the garbage is taken out [garbage cans by kayaks] and dishes have been put away—Beer glasses in the freezer please...

4. Please make every effort to keep sand out of the Club, particularly the fitness room and the courts. Note: Outside shoes should not be worn on the courts.

RECENT EVENTS/RESULTS

2010 Bayside Club Championships

2010 saw Morgan Latremouille and Dian Soparlo defend their titles, Morgan beating Bruce Mathews while Dian bested both Barb Wormald and Marg Colbourne. The B divisions saw Hugh Andrews over Simon Wroe, and Janice St Claire over Caroline Leete. While Colleen Henderson and Colin Jones finished ahead of Jen Hogan and Benno Bucher in the C division. Rounding out the results was Kelly Latremouille edged out Simon Wroe for top honors in the 50+ Division.

2010 Junior Club Championships

Bayside's Junior Club Championships again saw Morgan Latremouille, and Kathryn Milligan take top honors.

2010 Spring League Results

Congratulations to team Two, finishing first overall. Also congratulations to Godfrey Nash and Jen Hogan voted most improved players, and Benno Bucher and Martha Leigh most valuable players.

2010 Sun & Surf Results

Bayside's top juniors continued their progress up the squash ladder with Morgan advancing to the semi-finals of the Open division and Kathryn to the finals in the Ladies A division. Congratulations to both.

MISCELLANEOUS

****NO SMOKING****

Please remember that smoking is **not permitted in the Club or on the outside decks**. We thank you for your cooperation and remind you to inform your guests.

****NO DOGS****

Please refrain from bringing **dogs into the Club or on the outside decks**.

****PLEASE RESPECT 30KM SPEED LIMIT IN THE BAY****

****Please take extra care in keeping your speed below the 30 Km limit, remember we are in a residential area with lots of kids running around. Thanks Tim****

PRESSURE WASHER

Bayside's pressure washer is available to Club members at 25\$ a day on a first come first served basis. Contact Tim at 943-0151 if you would like to use it.

PRO SHOP

We have a full stock of racquets, balls, eyewear, grips etc and can get in anything we don't carry. Remember our prices include taxes, and are very competitive.

INTERMEDIATE MEMBERS (19-24)

Please remember you are only permitted one guest at a time. Please respect this rule especially at night.

GUEST FEES

Please remember that guest fees are applicable for all guests using the Courts, Fitness Facility and/or Kayaks. Guest fees are 10\$ non-prime & 15\$ primetime. (Please place envelopes under office door) **** Guest fees not paid will be added to the following months dues and HST will have to be charged.****Please ensure your guest signs in for liability reasons and to help us track guest usage.

PRE-APPROVED PAYMENT CHANGES

Changes must reach me by the 20th to be processed on the 1st of the next month; changes received after will be processed on the first of the following month.

Thanks for taking the time to read this. If you have any questions, or suggestions, please do not hesitate to give me a call at 604-943-0151(Club), 604-312-5744 (Cell)email—timsaunders@telus.net or just slip a note under the office door.

We look forward to seeing you down at the Club and hope you have a great 2010/11 season.



09/10 SOCIETY DIRECTORS & MANAGEMENT

2009/10 SOCIETY DIRECTORS

President	Tom Hasker	943-3039
Vice President Men's Squash	Hugh Andrews	943-4680
Vice President Ladies Squash	Melanie Williams	948-0261
Treasurer/Secretary	Doug Arnett	536-8236
Membership Director	Debbi Hlady	948-2850
Club Tournament Director	Kelly Latremouille	943-3701
Junior Director	Tim Saunders	943-0151
Fitness Director/Instructor	Gord Hyland	943-3254
Fitness Instructor	Ally Nicholson	943-6678
Fitness Activities	TBA	
Past President	Melanie Williams	948-0261
Pro Shop	Dylan Manners	928-8249
Manager	Tim Saunders Club	943-0151--Cell-312-5744
Backup Management	Debbie Hlady & John Milligan	948-2850

Thanks,

Tim & Cherie Saunders
[on behalf of management & your directors]

REGULAR OFFICE HOURS

(SOMEONE WILL BE AT THE CLUB THE FOLLOWING TIMES)

****they may not be in the office but will have access if you need a ball etc.****

Sept 17th thru Mid April

****EXCEPT HOLIDAYS****

Mon—300-500

Tues--TBA

Wed--TBA

Thurs—600-700

Friday—700-900

Saturday—1200-300

Sunday—no regular presence

The Bayside Club 6788 Corbould Road, Delta B.C. V4L 1A1
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