

# NORTH SHORE WINTER CLUB

## Winter 2022 Program Guide



### WINTER REGISTRATION

**Members** Nov 9th, 2021 10am

**Non Members** Nov 23rd, 2021 10am

Sign up at [www.nswc.ca](http://www.nswc.ca) or [nsw.gametime.net](http://nsw.gametime.net)





NORTH SHORE  
WINTER CLUB

# HOLIDAY HOURS

DECEMBER 24TH	6:00AM - 12:00PM
DECEMBER 25TH	CLOSED
DECEMBER 26TH	CLOSED
DECEMBER 31ST	6:00AM - 2:00PM
JANUARY 1ST	CLOSED

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## 2021 Board of Directors

### EXECUTIVE

**JAMES CRONK** - PRESIDENT

**GRAHAM WILSON** - VICE PRESIDENT

**JOEL MCLEAN** - TREASURER

**DOUG BELL** - SECRETARY

board@nswc.ca

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**KIM LYONS**

**LEANNE DENNIS**

**GEOFF BOWMAN**

**BRENDAN PAYNE**

# Senior Management Team



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**JULIE ROSCOE**  
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Coordinator  
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604.985.4135  
NORTH SHORE WINTER CLUB  
1325 E. KEITH RD. NORTH VANCOUVER, BC V7J 1J3

# Program Registration Information



**JULIE ROSCOE**  
Members Services  
Coordinator  
jroscoe@nswc.ca

NSWC follows all rules and regulations put forth by the Provincial Health Officer and Governing bodies. Registration information may change based on any updated and changes provided. Please visit [nswc.ca](http://nswc.ca) for the most updated information regarding registration or phone Member Services: 604-985-4135.

**Member Registration opens at**  
Tuesday November 9, 2021

**Non Member Registration opens at**  
10:00am on Tuesday November 23, 2021

**There are two ways to register for programs:**

1. Online registration at:  
[www.nswc.ca](http://www.nswc.ca)
  2. Phone registration:  
**604.985.4135 ext 0**
  3. In person registration at  
**Member Services.**
- All programs will have a minimum and maximum enrollment.
  - A waiting list will be formed after a particular program is filled.
  - No credits or pro - rating will be provided for missed sessions.

## PAYMENT

- Payment must be made **in full** at the time of registration.
- We will automatically charge member accounts.
- Public must pay at the time of registration by credit card; no other method of payment will be accepted.

## CANCELLATION POLICY

Cancellation requests need to be in writing. Please email [cancellations@nswc.ca](mailto:cancellations@nswc.ca) and include the following:

- The name of the participant
- The name of the program
- The start date & time of the program

## REFUNDS AS FOLLOWS:

- **100% Refund:** up to 120 hours (5 days) before program start time.
- **50% Refund:** less than 120 hours (5 days) before program start time UNTIL 48 hours after program start time.
- **No Refund:** more than 48 hours after program start time.
- NSWC reserves the right to adjust any incorrect program fees or program information due to printing errors and to cancel any classes due to low enrollment or unforeseen circumstances.
- Full refunds will be provided if a program is cancelled. Any decisions to cancel programs will be made a minimum of 3 days prior to the program start date. All participants will be informed via email or telephone.

## CANCELLATION POLICY FOR NSWC BANQUETS & SPECIAL EVENTS

Policies may be different dependent upon the banquet or event. Please visit [www.gametime.net](http://www.gametime.net) for details.

## FITNESS REGISTRATION AND CANCELLATION INFORMATION

1. Go to [mindbodyonline.com](http://mindbodyonline.com) to view Fitness Class schedule, pricing and register for classes up to 30 days in advance.
2. Fitness classes must be cancelled within 4 hours of class start time or full fee will be charged to account for session.

All program fees listed in program guides, brochures and publications do not include taxes. Additional GST will be charged upon payment.

## LOOK WHAT WE SELL AT MEMBER SERVICES:

- Tennis Balls
- Pickleballs
- Stick Tape (Black or White)
- Sock Tape
- Hockey Laces
- White Board Markers
- Winter Hawks Water Bottles
- NSWC Metal Drinking Bottles (For hot or cold beverages)
- NSWC Ties

## GIFT CERTIFICATES AVAILABLE

Whether or not your friends or family members belong to the NSWC, they can sign up for personal training, fitness classes, and tennis lessons. Stop by Member Services to purchase Personal Training (1 or 3 sessions), Fitness Class (10 pack), and/or Tennis Sessions (1 or 3 sessions) gift certificates.

**Follow us for info, updates and more!**



[facebook.com/myNSWC](https://facebook.com/myNSWC)



[Instagram.com/myNSWC](https://Instagram.com/myNSWC)



[twitter.com/myNSWC](https://twitter.com/myNSWC)



# General Club Information



## Communication Email Weekly Eblast

Are you getting our weekly Wednesday e-Newsletter "Let's Get Connected – The NSWC Connection"? If not, then you're not hearing about all the great new things that are upcoming. Contact [info@nswc.ca](mailto:info@nswc.ca) to have your name added to our list.

## Clubhouse Rules Junior Members – R16

1. The responsibility for supervision and safety of the Junior Members on Club property rests entirely with the parents or guardians. They are expected to behave in an appropriate manner at all times (i.e. no running and yelling) and comply with all House Rules and directions from Club Staff.

2. Pre-school (under six) children must be accompanied by an adult or a responsible Junior Member over the age of 16 while remaining on the premises, including if that child is participating in Child Minding or a registered Club program.

3. When a Junior Member between the ages of six through 10 is on Club premises, a supervising adult or a responsible Junior Member over the age of 16 must be on Club premises at the same time unless the child is in a registered Club program.

4. Junior Members age 11 and older may use the Club facilities without adult supervision unless otherwise noted in the House Rules (i.e. Adult only areas).

5. All unaccompanied Junior Members must leave the premises by 10:00 pm unless they are attending a special function or Club event sponsored for their benefit.

6. Under no circumstances will the Club's premises or any of the Club's Staff be permitted to be used as a substitute for a Child Minder.

## Guest Rules – R21

1. Adult Members (19 years old and over) may introduce, without fee and without limitation, on any number of occasions, Guests who do not intend to participate in any Club activity, but simply to attend or participate in a social occasion. A social occasion for this purpose is considered to be a visit to the Cafeteria, Main Lounge, HTC Lounge, Tiki Bar, a Club social function, or to participate in a game of bridge or billiards.

2. Adult Members may introduce Guests to participate in certain activities of the Club upon payment of a Guest charge. The activities for which a charge is levied are as follows:

- a. Swimming
- b. General Skating or Ice Hockey
- c. Tennis, Pickleball
- d. Sauna, Steam
- e. Fitness Centre

3. With the consent of the Primary Member, Junior Members, aged 18 and under, are permitted to introduce Junior Guests to participate in the activities outlined for Junior Guest Fees.

4. Junior Members are permitted a maximum of two social at a time. All junior Guests must be signed in and must be accompanied by the sponsoring Junior Member who is responsible for the behavior of their Guests in the Club.

5. All Rules applying to Members will apply to Guests.

6. Guest privileges are available on a daily basis for a Family (available through Member Services). Guest cards must be shown when using the Club.

7. Guest privileges are available on a weekly basis for out-of-town visitors (available through Member Services). There are per person or per Family rates per week up to a maximum period of eight weeks in any year. Guest cards must be shown when using the Club.

8. The names of all Guests must be entered in the Guest Register to provide a record of who is in the Club in case of phone calls, etc. Guests must be accompanied by their Member sponsor who is responsible for their departure while in the Club. Guests not signed in may lose Guest privileges indefinitely.

9. Each Member is allowed a maximum of four participating Guests per month, none of whom may be introduced more frequently than twice per month in total – to clarify, no Non-Member individual may be granted Guest Privileges more than two times in any given 30 day period, whether by a single Member or multiple Members. In cases where a Guest has not been registered or a Guest Fee paid, there will be an unregistered guest charge of \$50.00 (See Current Fees, Dues, Fines, and Assessments attachment) for first offence, \$100.00 (see current Fees, Dues, Fines, and Assessments attachment) plus a week's suspension for a second offence.



**10.** Guests of a Member will not be permitted to find another Member to sign for him/her to prolong the visit. The Guest has to leave at the same time as the Member who initially accompanied him/her.

**11.** Members who resign from the Club will not be permitted to register for Club Programming and/or Private Lessons for a period of six months after cancellation.

**12.** Members are responsible for the behaviour of their Guests in the Club. Every Member introducing a Guest to the Club will be responsible for any damage or loss caused by the Guest. It will be the responsibility of the Member to recover the cost of any damage to the Club by a sponsored Guest. The costs for any such damage or loss will be posted to the Member's account.

#### Payment of Members' Accounts – R24

**1.** Member's monthly invoices are sent out at the beginning of each month and are due for payment before the end of that month. A service charge of 2% per month will be added to all overdue balances. In addition, a late payment penalty of \$20 will be levied each month an account is overdue.

**2.** Members with Dues or Assessments in arrears over 40 days will have their charging privileges suspended and may be required to register for PAP at the determination of Management.

**3.** Members with Dues or Assessments in arrears over 60 days shall not be in good standing and are liable to suspension, at the discretion of the General Manager and/or Board, with no rights or privileges in the Club. Prior to reinstatement the Member must pay his or her account in full and agree to put and maintain his or her account on PAP.

**4.** Members who are in arrears with their membership dues or in default of payment of any other accounts owed to the Club are subject to sanctions at the discretion of the General Manager and/or Board.

**5.** Members with Dues or Assessments in arrears over 180 days may be referred to the Club's collection agency, at which time the Membership is cancelled. Should this become necessary, any charges incurred will be added to the Member's account. In the event of reinstatement of the Membership, an administration charge of \$100 will be made.

**6.** New Members are required to register for pre-authorized payment (PAP). With PAP, members have up to three weeks to review their statements, after which, the balance payable will be debited to the Member's bank account within the last three business days of the month.

## Facility Rentals – R59

**1.** Members may rent facilities at the Club for personal use; inquire at the Member Services Desk.

**2.** Subject to approval by the General Manager, Members may not rent facilities at Member rates under any condition where a profit is made through the use of those facilities. Non-Member rental rates would prevail.

**3.** Outside personal trainers, coaches or instructors are not permitted to provide their services in Club facilities unless approved by the Sports Director and General Manager. Club trainers, coaching Staff and instructors are available through the Athletics Departments and must be on the Club's approved coaching list which is reviewed annually.

**For facility rentals, room bookings and catering inquiries, please contact [bookings@nswc.ca](mailto:bookings@nswc.ca) .**



## D E C E M B E R

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3 Friday Fun Night	4
5	6	7	8	9	10 Friday Fun Night	11 Santa's Breakfast Tennis Mixer
12	13	14	15	16	17 TNT Hockey Tournament Friday Fun Night	18 TNT Hockey Tournament
19 TNT Hockey Tournament	20 TNT Hockey Tournament	21 TNT Hockey Tournament	22 TNT Hockey Tournament	23	24	25 Merry Christmas Club Closed
26 Club Closed	27	28	29	30	31	

## J A N U A R Y

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Club Closed
2	3	4	5	6	7 Friday Fun Night	8
9	10	11	12 Grand Slam Australian Open Tennis Women	13 Grand Slam Australian Open Tennis Men	14 Friday Fun Night	15
16	17	18	19	20	21 Friday Fun Night	22
23	24 Club Championship Singles Tennis	25 Club Championship Singles Tennis	26 Club Championship Singles Tennis	27 Club Championship Singles Tennis	28 All Star Hockey Games Friday Fun Night	29
30	31					



## F E B R U A R Y

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 Friday Fun Night	5
6 Superbowl Party	7 Club Championship Mixed Doubles	8 Club Championship Mixed Doubles	9 Club Championship Mixed Doubles	10 Club Championship Mixed Doubles	11 Friday Fun Night Club Championship Mixed Doubles	12
13	14	15	16	17	18 Friday Fun Night	19
20	21 Club Championship Doubles Tennis	22 Club Championship Doubles Tennis	23 Club Championship Doubles Tennis	24 Club Championship Doubles Tennis	25 Friday Fun Night Club Championship Doubles Tennis	26 Winter Bash Tennis
27	28					

## M A R C H

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4 Friday Fun Night	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
	Spring Break					
20	21	22	23	24	25	26
	Spring Break					
27	28	29	30	31		

# SANTA'S BREAKFAST

SATURDAY, DECEMBER 11TH

REGISTER ON GAMETIME



**M E M B E R M O M E N T S**

**National Day For Truth and Reconciliation** Sept 30, 2021



Staff wore orange shirts in recognition of the first National Day for Truth and Reconciliation. The day honours the lost children and Survivors of residential schools, their families and communities.

Orange Shirt Day is an Indigenous-led grassroots commemorative day that honours the children who survived residential schools and remembers those who

did not. This day relates to the experience of Phyllis Webstad, a Northern Secwepemc (Shuswap) from the Stswecem'c Xgat'tem First Nation, on her first day of school, where she arrived dressed in a new orange shirt, which was taken from her. It is now a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations.



**Triple Threat Tennis Tournament**

**Sept 24th – Sept 26th**

One of the Tennis communities favourites, the Triple Threat Tennis Tournament did not disappoint this year. Congratulations to the WINNERS of the tournament Left to Right: Dave Tafel, Cathie Connell, Neil Sharpham, Julie Devlin, Sarah Mullen, Rob Radloff



**Monday Night Pickleball Socials**

Pickleball becomes increasingly more complicated the more you learn! Take part in Monday night pickleball socials with coaches Barry and Irene.

Left to Right (sitting): Kerry Strongman, Jody Edman, Coach Irene Mah, Christine MacLean, Victoria Steeves Back Row (standing): Cathy and Neil Sharpham, Jack Hardy



**Pickleball Power!**

Meet Jack Hardy! He is 93 years old and active. Watch out for his forehand pickleball Power Shot.

FEATURED ATHLETE

# Grayson Twinney



**Age:** 10

**How many years have you been playing hockey?**

2. I'm starting my 3rd year.

**Who is your favorite hockey player?** Auston Mathews

**Who do you feel you play most like?**

I play most like myself. I'm learning from the development coaches, team coaches, my Dad and lots of YouTube replays so I'm a mix of all of that.

**What is your biggest accomplishment in hockey?** After making the Atom A4 team after 1 year of playing hockey, I worked really hard to improve last year. I was given the Most Improved Player

award by my A4 coaches and this year made the Atom A2 team. I plan to have a lot of accomplishments in hockey so I'm just starting.

**Who is your biggest role model in the sport of hockey and why?**

Tyson Mulock because he's a really good hockey player and he's a really nice guy. He's helped me get a lot better. He always pushes me to work really hard but it's always fun.

**Do you have any good luck rituals or superstitions before games?** We listen to good music on the way to the game and I always like to show up early.

**What is your favorite pre-game meal?** My Mom makes me eat a healthy meal but my Dad gives me Gatorade and peanuts. I like the Gatorade and peanuts.

**Besides hockey, what other activities do you enjoy?**

Taekwondo, mountain biking, ski racing and riding ATVs.

**What do you enjoy most about playing at the NSWC?** Every kid I play with is nice to me and the great coaching is helping me get better all the time.



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## Food & Beverage

The North Shore Winter Club offers several dining options to please those that need quick nutrition after their practice or workout, or those that want to enjoy some time socializing with snacks and beverages.

### Café

The North Shore Winter Club Café fits delicious and nutritious meals into your busy schedule. Stop by for a variety of snacks, healthy salads and sandwiches, or rice and noodle bowls.

### Lounge

The Lounge is a perfect location to meet friends for dinner, catch up with a colleague over a drink, or watch the game on our large screen TVs. Whatever the reason, treat yourself to great food and beverage selections.

### Tiki Deck

In the summer months, the Tiki Deck is located on our patio overlooking the pool and is a great place to relax after a busy day as the sun sets over the North Shore Mountains. Full seasonal menus are available with BBQ's and theme nights occurring over the summer months.



### Catering

The North Shore Winter Club is the perfect setting for meetings, awards dinners, anniversary parties, weddings, rehearsal dinners, milestone birthdays, memorials, banquets, or fundraising galas. Accommodating groups of five to 220 people, the NSWC offers meeting rooms, dining areas for smaller events, a large ballroom, and an outdoor venue. Whether it's a meeting of the minds over dinner, a corporate retreat, or entertainment and accommodations for professional guests, we've got the facilities and a high level of personalized service to help you.

The Jim Graham room holds up to 200 people and includes a built-in digital projector and screen, a sound system, wireless microphones, and much more. The Senior Lounge, which holds up to 40 people, has a beautiful view of our famous outdoor pool and is perfect for breaks, lunch, or pre-dinner receptions. The hockey viewing lounge is ideal for birthday parties, social gatherings, or meetings while the children play below on the ice or the in the open training centre. The Bar/Lounge or outdoor patio is a more casual dining experience for a small group or up to 80 people. The Board Room can accommodate up to 16 people and is equipped with convenient meeting resource tools.

- Celebrate occasions in a private setting
- Locally inspired menus with fresh ingredients by the Chef
- Complimentary fresh floral arrangements and votive candles
- Attentive, experienced dedicated staff
- Ample underground parking
- Complimentary coat check services
- Conveniently located just over the Second Narrows Bridge

Please note that provincial health guidelines may alter rentals and food & beverage rules and allowance. NSWC follows all guidelines, rules and regulations sent out through Health Agencies and the BC government.



FEATURED RECIPES



## Old-Fashioned Eggnog

Because it's not Christmas without a little eggnog.

By Taylor Murray

No winter wonderland is complete without a cup of eggnog! Here, we've taken the classic recipe and upgraded it—without losing the taste you've grown to love and expect.

**YIELDS:**16 servings  
**TOTAL TIME:**1 hour 15 mins

### INGREDIENTS

- 1 c. heavy cream
- 2 tsp. pure vanilla extract
- 2 cinnamon sticks, broken
- 1/4 tsp. freshly grated nutmeg, plus more for serving
- 4 c. whole milk, divided
- 8 large eggs, separated
- 3/4 c. granulated sugar
- Pinch of kosher salt
- 3/4 c. to 1 cup dark rum, bourbon, or cognac

This ingredient shopping module is created and maintained by a third party, and imported onto this page. You may be able to find more information about this and similar content on their web site.

### DIRECTIONS

1. Combine heavy cream, vanilla, cinnamon, nutmeg, and 2 cups milk in a medium saucepan. Bring to a simmer over medium heat until tiny bubbles begin to appear around the edge of the pot (do not let it boil), 2 to 3 minutes. Remove from heat and let steep 30 minutes.

2. Meanwhile, beat egg yolks with an electric mixer on medium speed until combined. Gradually beat in sugar and salt. Increase speed to high and beat until thick and very pale in color, 2 to 3 minutes.

3. Strain spiced cream mixture, discarding solids; return liquid to pot. Slowly beat 1 cup warm cream mixture into yolk mixture on low speed. Return to pot with cream mixture. Cook over medium heat, stirring constantly with a rubber spatula, until mixture coats the back of the spatula, 9 to 10 minutes.

4. Place the pot over a large bowl filled with ice water and let cool, stirring occasionally, until chilled, 20 to 30 minutes. Stir in rum, bourbon, or cognac and remaining 2 cups milk.

5. Just before serving, beat egg whites with an electric mixer until soft peaks form, 1 to 2 minutes; fold into eggnog. Serve topped with grated nutmeg.

## Sloe Sazerac Cocktail

A seriously punchy whisky cocktail perfect for slow sipping during the winter months

By Hannah Guinness



### INGREDIENTS

- rye whisky 50ml
- simple syrup 10ml
- Peychaud bitters 4 dashes
- sloe gin 2½ tbsp
- absinthe 10ml
- lemon peel to garnish
- sloe berries to garnish (optional)

### METHOD

In a cocktail shaker or mixing glass filled with ice, combine everything except the absinthe and lemon peel and berries, if using. Stir well until diluted to taste. Pour the absinthe into an old fashioned glass and swirl to coat the interior. Discard the excess. Strain the mixture from the shaker into the glass and garnish with lemon peel and berries, if you like.

# Strength Training: OK for Kids?

Strength training offers kids many benefits, but there are important caveats to keep in mind. Here's what you need to know about youth strength training.

By Mayo Clinic Staff

Strength training for kids? You bet! Done properly, it offers many benefits to young athletes. Strength training is even a good idea for kids who simply want to look and feel better. In fact, this form of exercise might put your child on a lifetime path to better health and fitness.

## Strength training, not weightlifting

Don't confuse strength training with weightlifting, bodybuilding or powerlifting. Trying to build big muscles can put too much strain on young muscles, tendons and areas of cartilage that haven't yet turned to bone (growth plates) — especially when proper technique is sacrificed in favor of lifting larger amounts of weight.

For kids, light resistance and controlled movements are best — with a special emphasis on proper technique and safety. Your child can do many strength training exercises with his or her own body weight or inexpensive resistance tubing. Free weights and machine weights are other options.

## For kids, what are the benefits of strength training?

Done properly, strength training can:

- Increase your child's muscle strength and endurance
- Help protect your child's muscles and joints from sports-related injuries
- Help improve your child's performance in nearly any sport, from dancing and figure skating to football and soccer
- Develop proper techniques that your child can continue to use as he or she grows older

Keep in mind that strength training isn't only for athletes. Even if your child isn't interested in sports, strength training can:

- Strengthen your child's bones
- Help promote healthy blood pressure and cholesterol levels
- Help your child maintain a healthy weight
- Improve your child's confidence and self-esteem

## When can a child begin strength training?

During childhood, kids improve their body awareness, control and balance through active play. As early as age 7 or 8, however, strength training can become a valuable part of an overall fitness plan — as long as the child is mature enough to follow directions and able to practice proper technique and form.

The Department of Health and Human Services recommends that school-age children get 60 minutes or more of daily activity. As part of this activity, muscle- and bone-strengthening exercises are recommended at least three days a week. If your child expresses an interest in strength training, remind him or her that strength training is meant to increase muscle strength and endurance. Bulking up is something else entirely — and most safely done after adolescence, when your child's bones have finished growing.

You might also check with your child's doctor for the OK to begin a strength training program, especially if your child has a known or suspected health problem — such as a heart condition, high blood pressure or a seizure disorder.

## What's the best way to start a strength training program for kids?

A child's strength training program isn't necessarily a scaled-down version of what an adult would do. Keep these general principles in mind:

- Consult a professional. Start with a coach or personal trainer who has experience with youth strength training. The coach or trainer can create a safe, effective strength training program based on your child's age, size, skills and sports interests. Or enroll your child in a strength training class designed for kids.
- Warm up and cool down. Encourage your child to begin each strength training session with five to 10 minutes of light aerobic activity, such as walking, jogging in place or jumping rope. This warms the muscles and prepares them for more-vigorous activity. Gentle stretching after each session is a good idea, too.
- Keep it light. Kids can safely lift adult-size weights, as long as the weight is light enough. In most cases, one or two sets of 12 to 15 repetitions are enough. Resistance doesn't have to come from weights. Resistance tubing and body-weight exercises, such as pushups, are other effective options.

Emphasize proper technique. Form and technique are more important than the amount of weight your child lifts. Your child can gradually increase the resistance or number of repetitions as he or she gets older.

Supervise. Don't let your child go it alone. Adult supervision by someone who knows proper strength training technique is important.

Rest between workouts. Make sure your child rests at least one full day between exercising each specific muscle group. Keep it fun. Help your child vary the routine to prevent boredom.

Results won't come overnight. Eventually, however, your child will notice a difference in muscle strength and endurance.





# NESPRESSO®

## PROFESSIONAL

Nespresso Professional is now available at the North Shore Winter Club, we hope you enjoy many [#nespressomoments](#) to come.

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Help us preserve the earth.





## Allan McGavin Sports Medicine Clinic Physiotherapy

AT THE NORTH SHORE WINTER CLUB

The Allan McGavin Sports Medicine Clinic (AMSMC) is now open at the North Shore Winter Club. The clinic is conveniently located at the end of the Tiki Deck in Building B, close to the Fitness Centre. The innovative clinic provides Physiotherapy, Massage Therapy, Clinical Kinesiology, Dry Needling/IMS and specialized services such as Concussion Management and Running Assessments. They are focused on helping patients feel and move better, so they can perform better.

The original AMSMC clinic was founded at the University of British Columbia in 1981. Forty years and multiple clinics later, they continue to be a leader in the treatment of sports injuries and rehabilitation throughout the Lower Mainland. Having this established sport focused clinic onsite at the NSWC is a win-win for all athletes and members of the Club.



### Meet the Team: Physiotherapists



#### RYAN HILL

Born and raised in North Vancouver, Ryan is the director of the clinic and his passion for Physiotherapy began at the age of 15 years old when he ruptured his ACL playing bantam football. Since then, he has graduated from UBC's Bachelor of Human Kinetics in 2008 & UBC's Master of

Physical Therapy in 2010. He is also certified by the Acupuncture Foundation of Canada Institute & UBC Gunn Intramuscular Stimulation Dry Needling for trigger point therapy. Ryan is a member of Sport Physiotherapy Canada and has volunteered at numerous local sporting events providing on-site care. He holds the Advanced Diploma of Manual & Manipulative Physiotherapy and has a keen interest in post-concussion, dizziness, & chronic pain. Ryan is a recreational triathlete (2x Ironman Canada) who loves all outdoor sports.



#### SHELDON CROUSE

Sheldon is an east coast native, graduating with a Bachelor of Science in Neuroscience (2012) and a Master of Science in Physiotherapy (2014) from Dalhousie University. Since graduating, Sheldon has focused on developing his manual therapy skills, completing the Orthopaedic Division

Diploma of Advanced Orthopaedic Manual and Manipulative Physiotherapy Level I and Level II courses. Sheldon has also completed his Acupuncture AA1 and advanced practice IMS/dry needling. He is actively working towards achieving his Diploma in Sport Physiotherapy, by acting as team physiotherapist for elite hockey teams. He is passionate about helping people return to active living, maximizing function and performance. Sheldon continues to be very involved in sport, training for triathlons and playing hockey, golf, and tennis recreationally.



**ALEXANDRA HARRISS**

We are very happy to announce that Alexandra Harriss has joined our clinic at the North Shore Winter Club. Before joining us, Alex was working as a Physiotherapist and the Lead Clinical Researcher in a private practice in Vancouver. Alex has both her Masters of Physiotherapy and PhD (Doctoral) in Health and Rehabilitation

Sciences. She has an extensive sporting background both professionally and personally which includes expertise in sport-related concussion. Alex's treatment approach combines a comprehensive approach to recovery through manual therapy, education and specific exercises, to provide both a safe and healthy return-to-sport. Alex is committed to her clients as well as understanding the underpinnings of their injury to help them regain function, and reduce chance of reinjury. When she is not in the clinic, you can often find Alex exploring the back country, running, mountain biking or rock climbing.

## Massage Therapists



**JARED BIR**

Jared was born and raised in Squamish, B.C and always had an interest in sports science due to his active lifestyle. Jared received a soccer scholarship to play for Quest University Canada in 2012 where he played for two seasons before transferring to the University of British

Columbia to complete his Bachelor's Degree in Kinesiology in 2015. Following this, Jared was accepted to the Massage Therapy program at the Vancouver College of Massage Therapy, which he graduated from in 2017. He has learned a variety of modalities including relaxation, deep tissue, sports massage, and rehabilitation. Outside of work, Jared continues to live a very active lifestyle playing soccer and practicing various forms of mixed martial arts.



**TABITHA MEIER**

Tabitha is a graduate from the accelerated program at West Coast College of Massage Therapy in New Westminster. She has spent the last 15+ years participating in sports, where she grew her interest in the human body after suffering from a few injuries herself. Realizing how important it was to keep herself

educated on her symptoms in order to prevent further injury, Tabitha became an RMT with a goal to help her patients return to a pain-free and functional life. Among many techniques, trigger point release and soft-tissue mobilizations are a few ways she helps to achieve this goal. On her days off, Tabitha enjoys being active; whether it's playing recreational basketball, soccer, or rollerblading the seawall.

## Kinesiologist



**NATALIE MARSHALL**

Born and raised in North Vancouver, Natalie graduated from the University of Western Ontario in 2020 with a Bachelor of Arts in Kinesiology Honours Degree, and a minor in Rehabilitation Sciences. She has several work and volunteer experiences with varied patient populations including ICBC Active

Rehab patients recovering from an MVA, geriatric patients and patients with neurological conditions. Natalie is keenly interested in helping clients use exercise to recover from injury or improve their general health and fitness. Natalie grew up playing competitive soccer and volleyball, and now enjoys staying active by working out and exploring the North Shore trails.

### PATIENT COORDINATOR TEAM

The AMSMC Patient Coordinator Team is happy to help you schedule an appointment and visit the clinic safely. For more information about AMSMC or to book an appointment, feel free to drop by, call 604-980-0222, or visit their website at [www.allanmcgavinphysio.com](http://www.allanmcgavinphysio.com).

Move Well. Perform Better!

# Dance

## WINTER 2022 PROGRAMS

### *January Dance is Back!*

Christie is happy to announce that she will be adding a couple of her classes back to the club this January.

Classes will either be on Thursday evenings. If you have any requests for classes for your dancer, please email her at [dancewithchristie@gmail.com](mailto:dancewithchristie@gmail.com) and she will do her best to get one on the schedule for you. Classes will be confirmed in the coming weeks and will be announced in the NSWC newsletter and on the Dance with Christie social media pages. Christie looks forward to dancing with you again!





# Youth Camps & Child Minding

## WINTER 2022 PROGRAMS

### Child Minding Kids Corner

**Ages: 1 yr – 7 yrs**

Drop your children at the NSWC Kids Corner for a couple of hours, so you can attend a fitness or tennis session, visit the gym or relax and watch your other child play a sport. Kids Corner is a warm and inviting environment with experienced staff that provides a fun program of learning through play. The program provides a variety of activities, including games, art and crafts, music and movement, science exploration and reading.

#### HOURS OF OPERATION

**Mon—Fri: 3:30pm—8pm**

#### MEMBER PACKAGE

**\$72 mos per child**

*(\$28 for each additional child)*

#### MEMBER DROP IN

**\$12 hr (\$8 hr for additional child)**

#### RESTRICTIONS

1. 2 hrs maximum per child per day.
2. Parents required to stay on site.

### Professional Day Camps

**Ages: 6 yrs – 11 yrs**

Schools out, no problem we have you covered and you don't even have to pack a lunch! Drop your children at the club for a fun filled day of activities.

Dates to be determined.

**9am - 4:30pm**

**Member: \$65**

### Friday Fun Nights

*(excluding long weekends)*

**5pm – 9pm**

It's a family affair. The Kids can enjoy bouncy castles and games in the HTC finishing off with a movie while the parents can enjoy some food and beverage in our Lounge area.

### Birthday Party Packages

#### Sportball Package

Includes: One hour of our popular Sportball program including a registered Sportball Instructor and one hour room rental for food. (16 meal plans included, additional rates apply if over 16 in attendance)

#### Dance Party Package

Includes: One hour of dance and one hour room rental for food. (16 meal plans included, additional rates apply if over 16 in attendance)

#### Bouncy Castle Package

Includes: One hour rental of bouncy castle with one party host and one hour room rental for food and cake. (16 meal plans included, additional rates apply if over 16 in attendance)

#### HTC Package

Includes: One hour private rental of HTC ice and one hour room rental for food and cake. (16 meal plans included, additional rates apply if over 16 in attendance)  
NSWC does not supply skates or gear.  
Full gear and helmets are required.

Activity Plans can have additional items added for a rental cost. In some circumstances, a host charge may be added based on activities and number of kids in attendance.

#### MEAL PLANS, choose one:

- **Pizza and Veggies:** includes 2 slices of pizza and veggies with dip, 3 pitchers of pop/juice.
- **Chicken Strips with Fries:** includes 3 strips and fries, 3 pitchers of pop/juice.

#### ADDITIONAL ADDS (up to 16 guests)

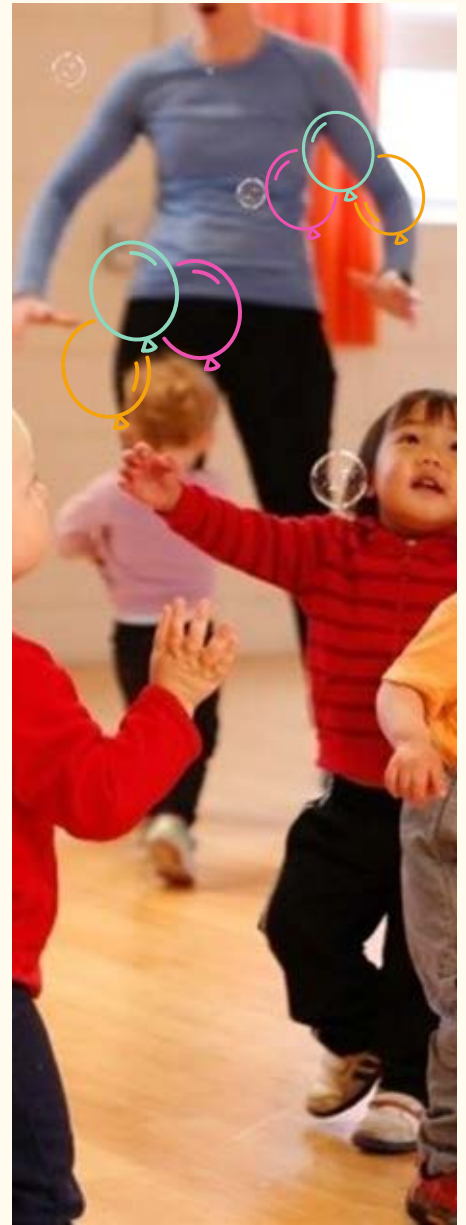
1. Pizza (16 slices)
2. Nachos
3. Chicken Strips (16)
4. Fries
5. Veggies & Dip Platter
6. Fruit Platter
7. Dessert Platter (assortment of squares, cookies)

All Birthday Party Activity and Meal plans include up to 16 guests, additional for above 16 guests. Maximum of 25 children. Parent involvement is required. Price includes table, chairs, utensils, plates. No outside food is permitted in the Club with the exception of Birthday Cake.

Birthday Parties must be booked 2 weeks in advance of the date and final numbers are due one week in advance of the booking.

**Please note that due to Covid safety protocols, fall party packages may change or not be offered. Please reach out to [info@nswc.ca](mailto:info@nswc.ca) with any questions.**





EVERY FRIDAY 5:00PM • ALL AGES • HTC

# FRIDAY FUN NIGHTS

FUN GAMES • THEME NIGHTS  
BOUNCY CASTLE • MOVIE NIGHT

## PERSONAL TRAINERS



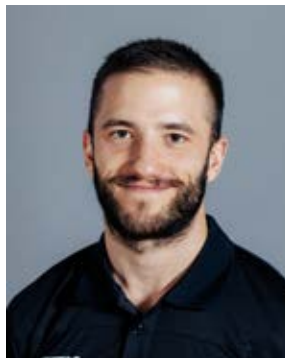
### GARTH PROUSE

Garth is an industry veteran with extensive expertise training private clients, coaching teams, and teaching a variety of fitness classes. With over twenty years of experience in the fitness industry, he has helped clients of all ages attain their maximum physical potential and overall health goals. Garth's approach to strength and conditioning has helped enhance the performance of his varied clientele, not limited to but including professional and junior athletes, children, teenagers, expectant mothers, business professionals, and seniors.

Garth is a former member of Canada's National Rugby Team, as well as a BC Junior A Hockey alumni. His time in the BCHL with the New West Outlaws, Surrey Eagles, and Trail Smoke Eaters taught him resilience, discipline, and patience, as did competing amongst some of the fittest in the world as one of the first Canadians to attend the CrossFit Games. Now retired from competitive sport, Garth carves out time to serve as the head coach of the Capilano Rugby Club. His experience with high-level athletics lead him to develop a unique training method, focused on proper mechanics, balanced programming, and encouraging clients to reach their desired levels of physical performance through safe and consistent progress.

As the Director of Fitness at the NSWC, Garth oversees all fitness operations, providing leadership for team and group classes as well as personal training. Garth manages the strength and conditioning for hockey, tennis, and swimming, whilst creating and coaching new class formats and generating a fantastic culture and environment for all fitness users.

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### NICK RICCARDI

Nick has been working at the NSWC since 2013, training a variety of clients including those returning from injuries to various groups of dry land hockey players. He has spent many years rehabbing his own serious injuries and has always come back stronger and smarter. Because of this, Nick focuses on

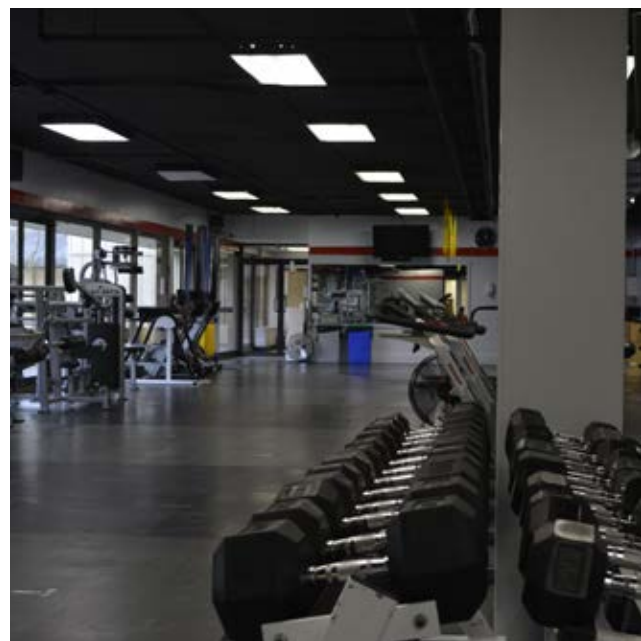
prevention and maintaining a balanced, focused program tailored specifically to each of his clients. Nick has played hockey since he was a child, spent many years training in martial arts, teaches self defense, and coaches soccer professionally. Whatever sport, Nick can help!



### SAM HUSTON

The primary focus of Sam's training is assessing and addressing his clients' strengths and weaknesses in order to find ways to challenge them to get stronger each and every day. Their goals are his goals, plain and simple! Sam creates a demanding and engaging

training environment and concentrates on areas pertaining to the specific requirements of an athlete and how they relates to sport and life. This includes balance, foundational strength, functional and dynamic movements, core activation, s.a.q (speed agility quickness), power, flexibility, and body maintenance.







**KIANA WATSON**

Kiana started hockey at the age of 4, playing minor hockey at various levels until Midget which she spent 3 years playing Major Midget with the West Coast Avalanche. Kiana played Junior in the JWHL for Northwood school in Lake Placid, New York where she received various NCAA offers for the

following season. Kiana ended up committing to Boston University but was not able to follow through because of multiple concussions, subsequently ending her hockey career. Growing up, Kiana participated in many sports including soccer, inline hockey, gymnastics and field hockey but hockey was her true passion. She is currently working towards her Human Kinetics Degree at Capilano University.



**JARED ENG**

Jared grew up on the North Shore playing for the North West Giants (BCMML). He recently finished playing professional ice hockey with the Kunlun Red Star Organization (KHL/VHL). Jared spent time in the BCHL, NCAA DIV 1 and in Sweden before finishing his career in Russia. He also plays for the Team Canada National Roller hockey team.

As a skills coach, Jared works with forwards and defensemen on being innovative and detailed, developing skills that work in games. He is excited to be the U13 – A1 Assistant coach this year and to be able to give back to players at North Shore Winter Club. This will be Jared's second year coaching and being part of the development team.



**FRANCINE RATTRAY**

Francine is an ACE Certified Personal Trainer, world-class powerlifter, CrossFit athlete, mother of three and lover of all sports. Snowboarding, paddling, running, volleyball, obstacle course racing, diving, tennis, hockey, waterskiing, karate, ultimate, swimming, soccer - you name it, she's done it. When injuries from

ultramarathon trail racing forced her to hang up her running shoes, she found her passion in powerlifting. She holds provincial and national titles, and has competed on the world stage.

Prioritizing our fitness is not always easy – injuries, age, chronic pain, lack of motivation, career, kids, weight struggles and fear are common hurdles. Having overcome many of these challenges herself, including severe back problems, Francine helps her clients break down these barriers with realistic, sustainable strategies. For her, the key to keeping motivated is to constantly evolve, by trying new things and challenging yourself.

Francine's focus is on strength training, movement coaching and lifting mechanics. She believes that resistance training is a powerful tool for injury prevention and recovery, with proper technique and a well-designed progressive training program. She will boost your confidence inside the gym and out!



# Fitness

## WINTER 2022 PROGRAMS



**GARTH PROUSE**  
Director of Fitness  
gprouse@nswc.ca

The North Shore Winter Club Fitness Centre is an impressive arsenal of machines, equipment, fitness consultants and personal trainers. NSWC fitness staff provide the finest level of instruction to help Members get the most enjoyment out of the facilities, reach personal goals and develop a fit and healthy lifestyle. Provided on site are private and group training and fitness classes. Classes and programs for beginners to elite athletes, the Fitness Centre facilitates the ultimate personalized training program.

### Personal Training Services

#### Personal Training: 1 on 1

Personal training sessions are structured to maximize your personal fitness needs and goals. A friendly relationship with one of our trainers ensures you get on track and stay motivated. Your trainer will design each workout considering the frequency of your training, fitness level, athletic ability as well as fitness goals, both short and long term.

**Member: \$80 | Non Member: \$90**

#### Group Training: 2 - 5

Group training sessions have become very popular as working out with others is motivating, fun and cost effective. The experience is similar to that of a one on one session as our trainers have the ability to coordinate multiple clients while still giving personal attention. The trainer designs each workout considering the frequency of your training, fitness level, athletic ability as well as fitness goals, both short and long term.

- 2 – Member: \$50 / Non-member: \$60**
- 3 – Member: \$40 / Non-member: \$50**
- 4 – Member: \$35 / Non-member: \$45**
- 5 – Member: \$30 / Non-member: \$40**

#### Team Training

We work with teams of varying ages, sports and levels. Our open concept Gym design + Athletes area allows us to train Teams efficiently and effectively. Each session is designed around the demands of your sport and the general athletic ability and age of your team.

**Member Team: \$200 | Non Member Team: \$300**

### Program Design

We offer individualized programs for those who prefer training on their own. The program is designed with consideration to the frequency of your training, fitness level, athletic ability as well as fitness goals, both short and long term.

**One session & program**

**Member: \$125 | Non Member: \$150**

### Fitness Centre Hours

**Monday - Sunday: 6am - 10pm**

Members must be 13 years of age to access the Fitness Centre, unless attending a Club program designed for under-age users or under parental supervision. Members under the age of 8 are not permitted to use the Fitness Centre.

### Fitness Classes

Fitness enthusiasts have the flexibility of attending fitness classes throughout the week. Drop-in or 10-20 class passes may be purchased at any time prior to class. Reservations for classes should be made in advance online through MINDBODY. You may remove yourself from a reservation up to 4 hours before class without penalty.

### Prices

**Drop-in: Member \$20 / \$25 Non-Member**

**10 Pass: Member \$180 / \$220 Non-Member**

**20 Pass: Member \$320 / \$360 Non-Member**

*\*All participants must show proof of vaccination.*

### CLASS DESCRIPTIONS

#### Strength and Circuit

Fitness is coming!! This is your ultimate one hour strength & conditioning workout. Suitable for all fitness levels, each class focuses on the whole body incorporating strength and power training, aerobic and anaerobic conditioning, agility, core strengthening and mobility. Every session is different from the one before but programmed with intent on overall improvement.

Different class options may be added and updated throughout the season. Please check MINDBODY for all class offerings.



# SKATE SHARPENING

BY TIME OUT SPORTS



TURNAROUND TIME IF  
DROPPED OFF BETWEEN

6AM

&

3PM

PASSES ARE  
AVAILABLE TO  
PURCHASE:

1

SHARPEN

5

SHARPENS

10

SHARPENS

SKATES DROPPED OFF AFTER 3PM WILL BE AVAILABLE  
FOR PICK UP BY **NOON** THE FOLLOWING DAY 

DROP-OFF AT MEMBER SERVICES



TIME OUT  
**Source**  
for sports

# Minor Hockey

## WINTER 2022 PROGRAMS



**BOB MCCUAIG**  
Director of  
Hockey Operations  
bmccuaig@nswc.ca



**TYSON MULOCK**  
Technical Director  
tmulock@nswc.ca



**JARED ENG**  
Technical Director  
jeng@nswc.ca

### Learn To Skate (For Hockey)

**Ages: 3 yrs – 5 yrs**

This class will focus on hockey player's foundations, set up, stance, edge control and balance. Learn to Skate is perfect for children who wish to gain confidence and the necessary skills before entering Cookie Monsters or H1. Equipment needed: Helmet with cage, hockey gloves & skates.

#### LEARN TO SKATE 1

**Jan 8 – Mar 12** (No session Feb 19)

**Sat: 9 sessions | 8:00am – 8:45am**

**Members: \$135 | Non Member: \$405**

#### LEARN TO SKATE 2

**Jan 8 – Mar 12** (No session Feb 19)

**Sat: 9 sessions | 11:15am – 12pm**

**Member: \$135 | Non Member: \$405**

### Cookie Monsters

**Ages: 5 yrs – 7 yrs**

The NSWOC Cookie Monster Program will help introduce young players to the game of hockey. We will host multiple skill levels over the Winter sessions to best suit your child's development. We will teach the fundamentals utilizing drills as well as games in a fun learning environment. Players will be separated on skill level and maturity to place them in a successful atmosphere. Full hockey equipment is required.

#### BEGINNER

**Jan 4 – Mar 12** (No session Feb 19)

**Tue & Sat: 19 sessions**

**Tue: 4:00pm – 4:45pm**

**Sat: 8:45am – 9:30am**

**Member: \$285 | Non Member: \$570**

#### BEGINNER 2

**Jan 4 – Mar 12** (No session Feb 19)

**Tue & Sat: 19 sessions**

**Tue: 4:45pm – 5:30pm**

**Sat: 9:30am – 10:15am**

**Member: \$285 | Non Member: \$570**

#### INTERMEDIATE/ADVANCED

**Jan 4 – Mar 12** (No session Feb 19)

**Tue & Sat: 19 sessions**

**Tue: 5:30pm – 6:15pm**

**Sat: 10:15am – 11am**

**Member: \$285 | Non Member: \$570**

### Power Skating

High performance explosive speed and power training, power skating with NSWOC's Karen Kos. Quick feet, dynamic agility and stride perfection in and up-tempo, educational environment. Full hockey equipment required.

**Coach: Karen Kos**

**Jan 8 – Mar 12** (No session Feb 19)

**Sat: 9 sessions**

**3:45pm – 4:30pm U7/U8**

**4:30pm – 5:15pm U9**

**5:30pm – 6:15pm U13**

**6:15pm – 7:00pm U11**

**7:15pm – 8:00pm**

**Bantam/Midget**

**Member: \$270**

### Puck Skills

The puck skills program is meant to develop multiple aspects related to the handling and movement of the puck. This class will provide sequential advancement of ability from the very basics to elite dependant on the players' current state. With the correct drills the player develops new dexterity in their hands as they are asked to put the puck in new positions of reach, with

different areas of the blade, and with new levels of speed. This also increases overall stamina in the muscles used in these hand skills. As the player advances in ability they will be introduced to different situational moves such as 1 on 1 plays off the rush, out of corner, opening up shot lanes etc. Overall the player develops a completely improved feel for the puck as the connection between their hands, stick and puck is dramatically increased.

Full hockey equipment required.

**Coach:**

**Jan 7 – Mar 11** (No session Feb 18)

**Fri: 9 sessions**

**6:15pm – 7:15pm U9/U11**

**7:30pm – 8:30pm U13/U15**

**Member: \$270**



## Power Edge Pro

Power Edge Pro is an on-ice player development system utilizing proprietary equipment and training patterns. The system focuses on Reactive Countering Training™, engaging multiple motor skills simultaneously to develop a player's small area game performance. All patterns are completed while maintaining puck control and are designed to provide 5x as many repetitions as standard drill-based practices, leading to faster development of elite skills. Full hockey equipment is required.

**Coach:**

**Jan 9 – Mar 13** (No session Feb 20)

**Sun: 9 sessions**

**4:14pm- 5:15pm U11**

**5:30pm – 6:30pm U13/U15**

**Members: \$360**

## Offensive Zone Play

*(Forwards & Defense)  
+ Passing and Positional Play*

The fastest object on the ice and the most prized possession is the puck. Goals are rarely scored on an individual effort; goals are almost always a product of some form of a pass. Hockey is the fastest game on earth and the ability to make split second decisions is crucial. This program will focus on: Passing (Variety of drills and passing techniques both stationary and with movement, discussing lanes and other technical thought processes), zone entries (Catch and carry, chip off wall, area passes, delays, cross and drops, net drives, etc.), wall work – (Opening-up for plays, receiving rimmed pucks and making plays, puck protection and battling), low attacks – (Plays off cycles, low plays, net drives, evasive techniques), net front – (Goal scoring specific drills emphasizing elevation of pucks in tight, hand-eye drills from point shots and mid-air pucks, creating space and goal scoring tips), Full hockey equipment is required.

Coach: Jared Eng/Tyson Mulock

**Jan 8 – Mar 12** (No session Feb 19)

**Sat: 9 sessions**

**12:30pm – 1:30pm U9**

**1:45pm – 2:45pm U13-U18**

**3:00pm – 4:00pm U11**

**Member: \$270**



## FEMALE ADULT SKILLS & 3on3

Looking to improve your hockey skills in a fun, friendly environment? Well come join our Female Adult Skills & 3on3 program! Half the class will be focused on skating, shooting and puck skills, while the last approx. 30 minutes will be a fun 3on3 game where you can put your new skills to the test! Full hockey equipment is required.

**Jan 6 – Mar 10**

**Thu: 10 sessions**

**8:30pm – 9:30pm**

**Member: \$250 | Non Member: \$400**



*\*Non Members must show proof of vaccination.*



FABIO WALKER  
Director of Tennis



NICOLE MCLENNAN  
Head Of Junior Development



AMY WALKER



CHRIS STEAD



TIM PORTNOV



MAX KORKH



ADRIAN OZEWICZ



BEN DUNBAR



JASON TORPEY

# Tennis Level of Play/Self-Rating Guide

Before registering for any of our programs or joining our leagues, take a look at the rating guide below to help you find the program that's right for you. Find the level that best describes your general level of play during a match.

LEVEL	GROUNDSTROKES	RETURN OF SERVE	NET PLAY	SERVE
1.0	I'm just starting to play tennis			
1.5	I've been introduced to the game, but have difficulty playing due to my lack of consistent rallying and serving.			
2.0	I can get to the ball, but lack control so my rallying is inconsistent. I often choose forehand instead of backhand.	I have inconsistent returns and tend to position myself to protect my weaknesses	In singles, I'm reluctant to come to the net. In doubles, I understand the basic positions and I am comfortable with forehand volleys (but avoid backhand volleys & overhead shots).	My toss is inconsistent and my service motion incomplete. Double faults common.
2.5	I can consistently rally 10 balls in a row over the net at moderate speed with an arced trajectory (especially forehand shots).	In singles, I can consistently return shots to the middle of the court. In doubles, I have difficulty returning cross-court to start the point.	I'm at ease at the net during practice, but still uncomfortable during a game.	I try a full service motion on my first serve, but it is still inconsistent (< 50%). I use an incomplete motion to ensure a steady second serve.
3.0	I can consistently rally 10 balls in a row using forehands and backhands. I'm able to maintain a moderately paced rally when receiving high, wide or short balls.	I can control the direction of the ball when receiving moderately paced serves.	I'm very consistent on moderately paced balls to my forehand, but still inconsistent on my backhand. I have overall difficulty with low and wide balls.	I have full motion on both serves and can achieve more than 50% success on my first serve; however, my second serve is much slower than the first.
3.5	I can make my opponent move around the court, hit harder when I receive easier balls, and perform approach shots with more than 50% consistency.	I can return fast or well-placed serves defensively, return an easier serve with pace or placement, and approach the net in doubles.	I'm becoming consistent on volleys & overheads requiring moderate movement. I can direct forehand volleys and control backhand volleys with little offense, but have general difficulty putting volleys away.	I can vary the speed or direction of a first serve and can direct the second serve to my opponent's weakness without double-faulting on a regular basis.
4.0	I'm able to develop points consistently by using a combination of shots; however, I'm erratic when attempting a passing shot or a quality shot from a fast or well-placed ball.	I have difficulty returning very fast or spin serves, but I can hit a good shot or exploit my opponent's weakness on moderately paced serves. In doubles, I can vary returns effectively on moderately paced serves.	I can follow an approach shot to net, poach on weak returns and put away easy overheads. In doubles, I can receive a variety of balls and volley offensively.	I can vary the speed and direction of the first serve and I can use spin.
4.5	I can use a variety of spins and am beginning to develop a dominant shot or good steadiness. I'm still erratic when attempting a quality shot in two of the following: when receiving fast balls, wide balls or in passing shot situations.	I can defend consistently off first serves, but am still inconsistent when trying an aggressive return (< 30%). In doubles, I have difficulty returning a first serve to the feet of the incoming serve and volleyer.	When coming to the net after serving, I'm consistently able to put the first volley in play but without pace or depth. Close to the net, I can finish a point using various options including drop, angle and punch volleys. I'm still inconsistent when trying to volley powerful or angled returns.	I have an aggressive first serve with power and spin. On second serves, I frequently hit with good depth and placement (without double faults). In doubles, I can serve and volley off first serves but still experience some inconsistency.
5.0	I am able to maintain a consistent rally, 10 balls in a row on faster balls. I have very steady strokes or a dominant shot. I periodically succeed (50%) when attempting a quality shot when receiving fast or wide balls, and in passing shot situations.	I periodically succeed (50%) at aggressive return off fast first serves using dominant shot (forehand or backhand). In doubles I can return at the feet of serve and volleyer.	In doubles, after the serve, I have a good, deep crosscourt volley. Overhead I can hit from almost any position.	My first serve can win points outright, or force a weak return. My second serve can prevent the opponent from attacking. I can serve and volleys on first serves in doubles with consistency.

# Junior Tennis

## WINTER 2022 PROGRAMS



**FABIO WALKER**  
Director of Tennis  
fwalker@nswc.ca

### Red Ball Tennis

**Ages: 5 yrs – 7 yrs**

Red Ball Tennis is designed to develop the ABC's (Agility, Balance, and Coordination) of fundamental movement skills and basic tennis skills (technical/ tactical) through cooperative activities. Also this course will include teaching players the rules of the game and scoring for ½ court (RED COURT).

**Jan 8 – Mar 5** (No session Feb 19)

**Sat: 8 sessions | 12:00pm – 1:00pm**  
**Member: \$184 | Non Member: \$240**

**Jan 4 – Mar 8**

**Tue: 10 sessions | 3:30pm – 4:30pm**  
**Member: \$230 | Non Member: \$300**

**Jan 7 – Mar 11**

**Fri: 10 sessions | 3:30pm – 4:30pm**  
**Member: \$230 | Non Member: \$300**

### Orange Ball Tennis

**Ages: 7 yrs – 9 yrs**

Orange Ball Tennis is designed to develop the fundamental tennis skills (technical/ tactical) required in game situations using a modified ¾ court. This includes basic rallying skills, basic tactical skills, and how to initiate a point effectively. This course will also teach scoring for the modified ¾ court (ORANGE COURT).

**Jan 10 – Mar 7** (No session Feb 19)

**Sat: 8 sessions | 1:00pm – 2:00pm**  
**Member: \$184 | Non Member: \$240**

**Jan 4 – Mar 8**

**Tue: 10 sessions | 3:30pm – 4:30pm**  
**Member: \$230 | Non Member: \$300**

**Jan 4 – Mar 8 | Jan 7 – Mar 11**

**Fri: 10 sessions | 3:30pm – 4:30pm**  
**Member: \$230 | Non Member: \$300**

### Green Ball Tennis

**Ages: 9 yrs – 11 yrs**

Green Ball Tennis is designed to develop the fundamental tennis skills (technical/ tactical) required in game situations using a full court.

**Jan 8 – Mar 5** (No session Feb 19)

**Sat: 8 sessions | 2:00pm – 3:00pm**  
**Member: \$184 | Non Member: \$240**

**Jan 4 – Mar 8 | Tue: 10 sessions**

**3:30pm – 4:30pm**  
**Member: \$230 | Non Member: \$300**

**Jan 7 – Mar 11**

**Fri: 10 sessions | 3:30pm – 4:30pm**  
**Member: \$230 | Non Member: \$300**

### Teen Tennis

**Ages: 12 yrs +**

Teen Tennis is for the beginning/novice teen who would like to learn to play tennis. This program is designed to develop the fundamental tennis skills.

**Jan 8 – Mar 5** (No session Feb 19)

**Sat: 8 sessions | 12:00pm – 1:00pm**  
**Member: \$184 | Non Member: \$240**

*\*Non Members must show proof of vaccination.*





# Adult Tennis

## WINTER 2022 PROGRAMS



**FABIO WALKER**  
Director of Tennis  
fwalker@nswc.ca

### Adult Drills

#### Division 2 & 3

This program is designed for the higher level league, tournament or club player. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Get ready to sweat and train hard!

**Jan 10 – Mar 7** (No session Feb 21)

**Mon: 8 sessions | 11:00am – 12:00pm**

**Member: \$200**

### Adult Drills

#### Division 3 & 4

This program is designed for the higher level league, tournament or club player. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Get ready to sweat and train hard!

**Jan 4 – Mar 8**

**Tue: 10 sessions | 8:00pm – 9:00pm**

**Member: \$250**

**Jan 6 – Mar 10**

**Thu: 10 sessions | 11:00am – 12:00pm**

**Member: \$250**

**Jan 6 – Mar 10**

**Thu: 10 sessions | 7:00pm – 8:00pm**

**Member: \$250**

**Jan 7 – Mar 11**

**Fri: 10 sessions | 9:00am – 10:00am**

**Member: \$250**



### Adult Drills

#### Division 4 & 5

This program is designed for the higher level league, tournament or club player. The drill sessions will cover the physical, technical, mental and tactical aspects of the game. Get ready to sweat and train hard!

**Jan 4 – Mar 8**

**Tue: 10 sessions | 7:00pm – 8:00pm**

**Member: \$250**

**Jan 6 – Mar 10**

**Tue: 10 sessions | 8:00pm – 9:00pm**

**Member: \$250**

**Jan 7 – Mar 11**

**Tue: 10 sessions | 10:00am – 11:00am**

**Member: \$250**

### Adult Drills

#### Beginner (Level 1.0 – 1.5)

For students with limited or no experience playing tennis. This program includes on court technical instruction on proper grips, footwork, and conventional techniques for groundstrokes, net play and serves. You will learn basic court positioning and how to play points and keep score in a tennis match.

**Jan 10 – Mar 7** (No session Feb 21)

**Mon: 8 sessions | 10:00am – 11:00am**

**Member: \$200**

**Jan 4 – Mar 8**

**Tue: 10 sessions | 6:00pm – 7:00pm**

**Member: \$250**

**Jan 5 – Mar 9**

**Wed: 10 sessions | 9:00am – 10:00am**

**Member: \$250**

**Jan 6 – Mar 10**

**Thu: 10 sessions | 10:00am – 11:00am**

**Member: \$250**

## Adult Drills

### *Intermediate (Level 2.0 – 2.5)*

For students who have had formal tennis training in the past. Less time will be spent introducing basic stroke mechanics than in the Beginner tennis lesson course. Instead your core technique flaws will be detected and corrected while drilling from all positions on the court. This course will emphasize consistency, movement, and shot combinations.

**Jan 10 – Mar 7** (No session Feb 21)

**Mon: 8 sessions | 9:00am – 10:00am**  
**Member: \$200**

**Jan 4 – Mar 8**

**Tue: 10 sessions | 9:00am – 10:00am**  
**Member: \$250**

**Jan 5 – Mar 9**

**Tue: 10 sessions | 10:00am – 11:00am**  
**Member: \$250**

**Jan 6 – Mar 10**

**Thu: 10 sessions | 9:00am – 10:00am**  
**Member: \$250**

**Jan 6 – Mar 10**

**Thu: 10 sessions | 6:00pm – 7:00pm**  
**Member: \$250**

**Jan 7 – Mar 11**

**Fri: 10 sessions | 11:00am – 12:00pm**  
**Member: \$250**

## Men's Tennis Training

### *(Level 3.0 - 3.5)*

COME ON OUT GUYS! This class offers the perfect combination of physical and technical aspects of the game. A great workout is guaranteed!

**Jan 4 – Mar 8**

**Tue: 10 sessions | 9:00am – 10:00am**  
**Member: \$250**

**Jan 5 – Mar 9**

**Wed: 10 sessions | 9:00am – 10:00am**  
**Member: \$250**

**Jan 7 – Mar 11**

**Fri: 10 sessions | 10:00am – 11:00am**  
**Member: \$250**

## Men's Tennis Training

### *(Level 4.0+)*

COME ON OUT GUYS! This class offers the perfect combination of physical and technical aspects of the game. A great workout is guaranteed!

**Jan 10 – Mar 7s** (No session Feb 21)

**Mon: 8 session | 9:00am – 10:00am**  
**Member: \$200**

**Jan 6 – Mar 10**

**Thu: 10 sessions | 9:00am – 10:00am**  
**Member: \$250**

**Jan 6 – Mar 10**

**Fri: 10 sessions | 9:00am – 10:00am**  
**Member: \$250**

## Ladies Doubles Day League

### *Advanced (Level 3.5 +)*

This league is a competitive format. YOU MUST BE PART OF AN NSWC LADIES LEAGUE TEAM IN ORDER TO PARTICIPATE IN THIS LEAGUE.

Players will be keeping track of their points over the session and each week the courts are re-set. 3 sets will be played each week and the top player on each court will move up and the bottom player will move down. Results will be posted and kept up to date and run by one of the Pro's.

**Jan 10 – Mar 7** (No session Feb 21)

**Mon: 8 sessions | 10:30am – 12:00pm**  
**Member: \$160**



# Pickleball

## WINTER 2022 PROGRAMS

### Pickleball

#### *Beginner/Intermediate Socials*

##### Adults Only

Sign up for easy play doubles! Receive strategy and instruction in a competitive, fun, play-based environment. Coaches will mix and match players on a set time schedule. Meet new friends to play with!

**Jan 10 – ongoing every Monday**

**6:00pm – 7:15pm**

**\$10 per session**

### Pickleball

#### *Advanced Socials*

##### Adults Only

Sign up for advanced doubles match-play! Please note: you must know how to keep score and rotate between points to sign up for this group. Receive strategy and instruction in a competitive, fun, play-based environment. Coaches will mix and match players on a set time table.

**Jan 10 – ongoing every Monday**

**6:00pm – 7:15pm**

**\$10 per session**

### Pickleball

#### *Skills, Drills & Play - Beginner*

##### Adults Only

Excited to try a new sport? Pickleball is great for increasing reflexes and hand-eye coordination. In this class you will learn technique: forehand, backhand, serve, return, as well as, how to score and basic strategy.

#### SESSION 1

**Jan 12 – Feb 2**

**Wed: 4 sessions**

**6:00pm – 7:15pm**

**Member: \$60**

#### SESSION 2

**Feb 9 – Mar 9**

**Wed: 5 sessions**

**6:00pm – 7:15pm**

**Member: \$75**

### Pickleball

#### *Skills, Drills & Play*

##### *– Intermediate*

##### Adults Only

Have you completed the beginner class and know the rules, how to keep score and technique? If so, its time to sign up for intermediate skills and drills. In this class you will learn advanced technique and strategy. Get ready to play points and sets with in-game coaching. Take your game to the next level!

#### SESSION 1

**Jan 12 – Feb 2**

**Wed: 4 sessions**

**7:15pm – 8:30pm**

**Member: \$60**

#### Session 2

**Feb 9 – Mar 9**

**Wed: 5 sessions**

**7:15pm – 8:30pm**

**Member: \$75**



# Tennis Policies and Procedures

## Tennis Committee

The Tennis Committee consists of members of the Club who are active in all levels of tennis and work closely with Club staff to ensure that policies, procedures, tournaments and events meet the needs of the tennis players at the Club. The Committee spends a great deal of time analyzing and developing fair and balanced court usage policies. The percentage of court time provided for events, leagues and instruction is highly considered and in line with other private clubs similar to the NSWC.

## Court Allocation

There are several different court user groups: those who would like available courts for normal bookings, those who want courts available for instructional and development opportunities, those who want to participate with their peers in leagues or regular weekly bookings, and those who participate in our social events and tournaments. We strive to balance and meet the needs of all playing members.

The following court usage and reservations policies have been adopted by the North Shore Winter Club Tennis Committee, approved by the Board of Directors, and are intended to support all tennis players. We want all players to enjoy their playing time with equal respect and fairness for junior, adult, recreational and competitive participants and balance the demand for open play, lessons, clinics, teams, and tournament usage.

## General Policies

- Please do not walk onto your designated court prior to the start time if the court is in use.
- Please do not walk across courts when proceeding to your allocated court of play, walk behind the curtains to your court.
- Cell phones should be on silent while on the court.
- Only water or sports drinks are permitted on the court. No other beverages are allowed.
- Upon arrival at the Club, members and guests must confirm their court allocation and all playing partners at the Front Desk.
- Please avoid the use of profanities.
- Clothing must be appropriate for tennis play. Shirts must be worn at all times; no cutoffs or jeans are permitted; only non-marking tennis shoes may be worn.

## Tennis Court Schedules

The Club has seven (7) indoor courts (4 downstairs, 3 upstairs on level 2) and four (4) floodlit roof top outdoor hard courts (April 1 – September 30). Tennis Court operating hours are 6:00am – 10:00pm, Monday through Sunday.

### DAY TIME HOURS

**6:00am - 6:00pm**                      **Monday - Sunday**

### EVENING HOURS

**6:00pm - 10:00pm**                      **Monday – Sunday**

### JUNIOR COURT TIMES

**3:00pm, 4:00pm, & 5:00pm**   **Monday – Friday**  
**3:30pm - 6:00pm**                      **Saturday**  
**11:45am - 2:15pm**                      **Sunday**

## Reservations & Court Booking Procedures

Tennis court bookings are open to all NSWC registered tennis members in good standing, and who have paid their annual activity fee. Court reservations may be done online through GameTime: (nsw.gametime.net) or at www.nswc.ca, made in person at the Front Desk Reception or by calling the Front Desk Reception: 604-985-4135. Tennis membership application forms are available from the Front Desk Reception. A tennis trial of four (4) court bookings is available for non-tennis Club members, please inquire at the Front Desk Reception.

### RESERVATIONS: ADULT TENNIS MEMBERS

- Booking for courts 1 – 4, 9 – 11, can be made 6 days in advance (starting at 8pm)
- Bookings for courts 5 and 6 can be made 5 days in advance, (starting at 12pm)
- A player may have a maximum of four (4) court bookings within a 7-day period. Two (2) bookings before 6pm (day) and two (2) bookings after 6pm (evening).
- A player may also book available courts within a 24-hour period, with the exception of Junior Court Time Hours.
- To reserve a tennis court for doubles play, four (4) players' names must be given. To reserve a tennis court for singles play, two (2) players' names must be given.
- On arrival at the Club, all players must confirm their court allocation and playing partners at the Front Desk Reception.

### RESERVATIONS: JUNIOR TENNIS MEMBERS

- Junior tennis members may book courts during Junior Court Time or Non-Prime time, a maximum of six (6) days in advance. Junior members may play during Prime Time if the court is accompanied by a Full Adult Tennis member (who may book six (6) days in advance or with 24-hour advance booking).
- Junior Members may also book available courts within a 24-hour period.
- Sat/Sun Junior times are reserved on court 1.

## Waitlist

Tennis members may ask to be put on a waitlist should their requested booking not be available. On the tennis booking page, click "waitlist" and then click "join the waitlist" and select your desired court requests. If a court is cancelled, GameTime will automatically reserve the court, and an email will be sent to you. All players must be booked, and will be subjected to a rules check when a court is cancelled and the waitlist is triggered. If any player is breaking a rule, the booking will be bypassed and the booking will be given to the next group.

## Cancellations

Court bookings must be cancelled no less than twenty four (24) hours before the booked time or a late cancel/no-show fee of \$25.00 + GST per court will be charged.

## Walk-On For Vacant Courts

If a court is available for walk-on, players must check in with the Front Desk Reception and book the court for immediate play. Failure to do so may result in the players being bumped by subsequent players who do check in and book with the Front Desk Reception.

## No Shows

A court that is not claimed within ten (10) minutes of start time will be released. Open Courts are available on a first come, first serve basis, and must be reserved at the Front Desk Reception. If you know you will be late, please call the Front Desk Reception to avoid your court being released.

## Guests Privileges

- The Tennis Member must meet their guest in the front lobby and check in at the Front Desk Reception.
- If a Tennis Member's name is substituted for the guest name, this change must be recorded by the Front Desk staff.
- As per the Club Rules R20 – each Member is allowed a maximum of four (4) participating guests per month, none of whom may be introduced more frequently than twice in a given month. This may change based on covid protocols and regulations.
- A Guest fee of \$10 + GST for juniors and \$15 + GST for adults must be paid before the guest is permitted to enter the Club to play.

## Ball Machine

- The rental rate for the tennis ball machine is \$10 + GST per 90 minute booking.
- The ball machine may be used ONLY between 7:00am – 9:00pm.
- Ball machines cannot be used during Prime Time.
- It is the user's responsibility to leave the courts in the same condition as prior to the use of the ball machine. Courts must be swept to remove the ball fluff after each use.
- Use of the Club's (or privately owned) ball machine, is restricted to the upstairs Courts 5, 6 and 7. If Court 7 is not being used by a pro for coaching, that is the preferred court to use.
- Tennis members must check in with the Front Desk Reception to receive keys for the Ball Machine. Tennis members will be required to leave their keys or other personal belonging with the Front Desk Reception until the Ball Machine keys have been returned.

## Playsight

NSWC offers a state-of-the-art tennis analytics technology system equipped with six fully automated cameras and an interactive touch-screen kiosk.

The system uses advanced image processing and analytical algorithms to capture and log stroke type, ball trajectory, speed and spin, in-depth shot data, player movement and more! Every time you use the PlaySight system, your activity is recorded, analyzed and saved to the PlaySight cloud where you can access it any time through the on-court kiosk or at PlaySight.com. Train smarter.

Perform better.

- PlaySight is only available on Court 5.
- PlaySight is free of charge to Members, but a private information session is recommended by a Tennis Pro prior to use.

## Pre-Booked Court Limitations

### Tournaments

During scheduled tournament and events, the policies and procedures DO NOT CHANGE. Booking times will remain the same to allow non-participating members access to the available courts as normal. All organizing committees will release courts not being used.

### Block Bookings

Block bookings may occur at the discretion of the Tennis Director. To avoid any conflict on court allocation, please forward this information to the Tennis Director thirty (30) days prior to the dates required. Committee representatives must complete a block booking form listing all players and court time required. Only after receipt of this information will courts be reserved on the court booking system.

### Court Rental

Requests for court rental must be approved by the Tennis Director, fwalker@nswc.ca

### Tennis Private Lessons

<b>Adult Private</b>	<b>\$80</b>
<b>Jr. Private</b>	<b>\$70</b>
<b>Adult Semi Private</b>	<b>\$47.50 each</b>
<b>Jr. Semi Private</b>	<b>\$42.50 each</b>
<b>Adult Group of 3</b>	<b>\$37.50 each</b>
<b>Jr. Group of 3</b>	<b>\$32.50 each</b>
<b>Adult Group of 4</b>	<b>\$32.50 each</b>
<b>Jr. Group of 4</b>	<b>\$27.50 each</b>
<b>Adult &amp; Junior Hitting</b>	<b>\$50</b>

## The Many Benefits of Children Playing a Team Sport

Outside of the classroom, one of the best ways to teach a child the value of collaboration and how to get along well with others is through team sports. Along with the sheer joy of hitting that first home run or making that first goal, playing a team sport is a wonderful way to help a child enjoy being physically fit. But how does a parent or caregiver choose the right sport for their child? And at what age should a child begin to play on a team?

First, let's look at the many positive aspects of a child playing team sports:

### Self-Esteem

Team sports not only help children feel better physically, they can help a child with emotional and mental development. In turn, these benefits help a child build self-esteem, feel pride in learning new skills and find fun in competitive play. Kids can also learn the value of practice and how working hard to master a task can work in other areas of their life.

### Teamwork and Leadership Development

One of the best ways to get along with others is to work together as a team and team sports is one of the most natural ways to work together toward a common goal. In every team, there's also the opportunity for leadership skills to develop, skills that can help a child do well in school and in all areas of life.

### Healthy Habits

The physical benefits of team sports are obvious and can help a child see and feel the value of being physically fit. Also, active play can be a stress reliever and helps kid deal with the normal challenges of childhood. And don't forget that team sports should be about having fun—one of the best parts of being a child.

### At what age should a child start playing sports?

Although sports can be enjoyed by children of all ages, toddlers and pre-school aged children are a little too young to begin team sports. For younger children, sports should not be so much about competition but ideally concentrate on being an opportunity for physical activity and fun.



Most experts agree that, ideally, kids should first begin team sports around age 6 or 7. This is the time when most children have the physical and developmental skills as well as the attention span that team sports demand. Parents and caregivers should remember that kids will need to understand the rules of the game to play. And when choosing what type of sports league for a child to play on, make sure it's a league that emphasizes a fun, positive experience that emphasizes safety at all levels.

One last thing to keep in mind is that, despite adult encouragement, some kids simply may not be interested in playing team sports. Some may prefer individual sports like tennis, karate, dancing or swimming—while others may not be interested in traditional sports at all. Sports or no sports, the important thing is to encourage a child to get at least 60 minutes of physical activity every day, even if it's simply walking, dancing or doing chores around the house.

By ABC Quality Team on February 18, 2020



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**McLean Bartok Edwards**

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Vancouver BC, V6B 4M9  
Phone: 604.683.4533 | Fax: 604.683.2585  
caulinda@mcleanbartok.ca  
www.mcleanbartok.ca

*Chartered Professional Accountants*

**NEIL & ROXANA COLQUHOUN**

**HNW Services Inc.**

701-1155 Robson Street,  
Vancouver BC, V6E 1B5  
604.343.7280  
roxanac@hnwservices.ca  
& neilc@hnwservices.ca  
www.hnwservices.ca

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**WADE BARTOK, PRESIDENT**

**CSN Elite Body Shop Ltd.**

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200-1290 Homer Street, Vancouver BC  
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mhall@purelycrm.com  
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**PRESIDENT-FINANCE & OPERATIONS**

**JASON KEAN,**

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North Vancouver BC, V7L 1A4  
Location 2: 1C-30321 Fraser Highway,  
Abbotsford BC, V4X 1T3  
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& jason@leshallfilter.com  
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**big think communications inc.**

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604.215.7882  
marilyn@bigthink.ca  
www.bigthink.ca

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### **SHELDON GRAY, PORTFOLIO MANAGER** **HollisWealth,**

A division of Industrial Alliance Securities Inc.  
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sheldon.gray@holliswealth.com  
www.lionsgateprivatewealth.com

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### **NIKKI CHARLTON, STEPHANIE DANIELS, AND MICHAEL KORBIN, PARTNERS** **SHARAN SANGHA, DIRECTOR OF PROFESSIONAL DEVELOPMENT & MARKETING** **Farris LLP**

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### **JANET S. DE VITA, PARTNER** **Watson Geopel LLP**

1700 – 1075 West Georgia Street,  
Vancouver BC, V6E 3C9  
Phone: 604-642-5676 | Fax: 604-688-8196  
jdevita@watsongoepel.com  
www.watsongoepel.com

### **STEPHANIE FABBRO** **Hamilton Fabbro Lawyers**

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