

FALL 2009

Sharks in the Pool - SAC Attack Strikes Again!

Team Photo by Jennifer



For the fifth year in a row, Sunset Athletic Club swimmers hung on to their first place winning streak at the championship meet. Winning this year by an extremely close margin of 22 points, SAC swimmers were able to demonstrate their swimming skills practiced throughout the season.

The SAC swim team, consisting of a largest-ever 220 swimmers, practiced daily and competed in meets almost weekly. A total of five meets were held during the summer to give our swimmers an opportunity to test their individual skills and to experience team oriented competition as well.



We took about 85 swimmers to the final meet, only a few more

swimmers than the 2nd place team. The final meet took place at the Mount Hood Community College pool, where the stands were full of friends and family to cheer on our athletes.

There were over 10 teams competing from around the metro area in this final meet. Each swimmer that came to the final meet contributed to our 1st place victory, as the mere 22 point separation proves - every race counts!

After spending five years with this team as a coach, and 7 years before that as a swimmer, I have been amazed on a daily basis by the talent and athleticism of the SAC swim team.

We truly have a unique group of swimmers who are committed to the sport and improving their skills. I have also appreciated the enjoyable opportunity to get to know so many kids and families these past many years.

I am so very thankful for the many supportive parents who volunteered at meets and shared their encouraging stories about how much their swimmer improved during the summer. Additionally, thank you to all the volunteers, without you we could not run meets and have a successful season.

Thanks again to everyone for the past five years I have been able to work with you. I will take these summer memories and remember them for the rest of my life. I will not be returning to coach next summer as I will be attending a year round program at OHSU for dental school.

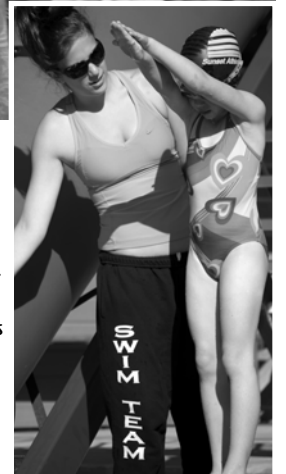
Kim also sends her best wishes to everyone as she will be pursuing a summer research project next summer, instead of returning for another summer of coaching. Kim has spent three years with the team, and has been vital to our success, team unity, and spirit. Kim and I both hope to come to a meet next summer to see all of you.

Thankfully, Laura plans to return next year, and I'm confident she will help the team have another fantastic experience.

Enjoy the rest of your summer and keep swimming!

- Matt Young

Outdoor Aquatics Director and Head Coach



SAC Notes

The need is constant.
The gratification is
instant.

Give Blood.

Thursday Sept. 10
11:00am – 4:00pm

To schedule your
appointment, or for more
info call the Athletic Desk
503-645-3535



Sunset Athletic Club

Your Club Connection

Owner - Chuck Richards
General Manager - Carleen Prentice
Bookkeeper - Nancy Johnson
Member Services/Event Mgmt
Jen Prentice
Member Services - Barb Johnson
Special Projects - Kathi Marcus
Systems Support - Ron Daley
Tennis Director - Niren Lall, USPTA
USPTA Tennis Staff
Michelle Aman, Brad Erickson,
Niren Lall, Rob Peterson,
Tim Smither, Kristi Somers,
Mike Tammen, Chris Wolff
Personal Training Staff
Farrah Thomason, Dr. Bruce Farmer,
Al Granville, Zane Kelly,
Eleni Kehagiaras, Jason Mead,
Joni Neilson, Cindy Pinkard,
Jane Richardson, Jamie Sanne
Clubhouse Director
Erin Cahill
Racquetball Director
Paul Maduell
Group Fitness Director
JoAnne Kehagiaras
Climbing Director
Laura Davis
Indoor Aquatics Director
Gale Parsons
Outdoor Aquatics Director
Matt Young
Facilities Technician - Bryan Hall

website: www.SunsetAC.com

SAC is proud to be a member of



Membership

Change in Membership Dues

Monthly dues will increase beginning November 1, 2009. This is an increase of approximately 9% over all categories and is due to increased costs in utilities, minimum wage, insurance, music licensing and operating expenses over the past two years.

We try to keep our increases modest and still provide you with a quality club experience. Our Silver Celebration Expansion is now complete and appreciate your support during our construction phases. Our facility, staff and programs offer a high value for your dollar compared to other clubs in our area. Thank you for your understanding as we continue to evolve and grow as we celebrate our 33rd anniversary next Spring.

Holiday hours...

Sunset Athletic Club is closed Thanksgiving Day. Veterans Day, we're open 9:00am-6:00pm. Early closure on Christmas Eve at 4:00pm. Closed Christmas Day. Early closure New Years Eve at 4:00pm. New Years Day open 9:00am-6:00pm. *Have a safe and healthy holiday season!*

Enjoy your Holiday Party in the Fireside Banquet Room!

Our Fireside Banquet Room can comfortably accommodate anywhere from 40 to 120 guests. Whether having a casual or more formal event, the Fireside room is a great place to host your next party.

We welcome Catering services, or you may opt to bring in your own favorite Dish!

Make your reservation in the month of September & receive 15% off your rental cost!

Looking for a quiet, professional meeting space? Our **Charter Board Room** seats 14 around the Boardroom table, with two additional work stations and lounge seating.

Your guests also receive complimentary use of the club for the day!

Contact Jennifer for availability and questions: 503-645-3535 ext. 502 or jenniferprentice.sac@hotmail.com

We are accepting reservations up to one year in advance.



Fall Craft Bazaar - Save the Date and Bring your Wallet!



Join us for our... 6th Annual

HOLIDAY GIFT & CRAFT SHOW

Ring in the holidays with a fabulous variety of gift items for that special someone or just a treat for yourself!

Bring your friends and join us:

Wednesday, November 18th
from 9:00am -3:00pm

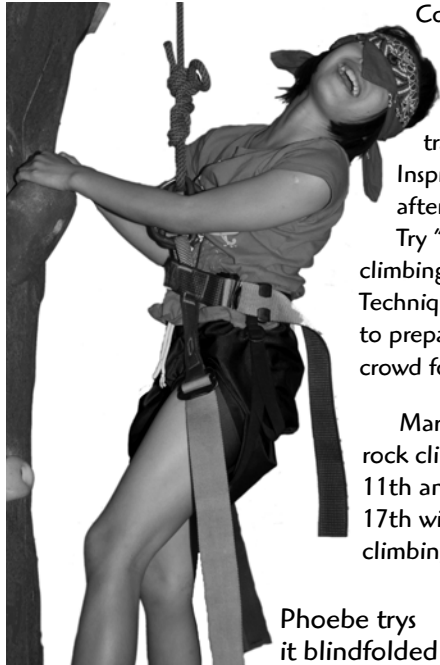
Members, if you are a crafter and would like to participate in our show please contact Barb Johnson at 503-645-3535 ext. 277 Deadline is Monday, November 2nd

Rock Climbing Wall

Autumn-Season Climbers have their eyes on the summit!

It's back to school for the kids at the club and back to seven days a week Open Climb for the climbers at the rock climbing wall. Monday through Thursday evenings from 5:00-9:00pm, Thursday mornings from 6:00-10:00am, Fridays from 4:00-6:00pm and Saturdays and Sundays from 10:00am-2:00pm.

Back to school also means the approach of the competitive rock climbing season. Tryouts for the 2009 Bouldering team will be held on Sunday, September 13th, from 3:00-6:00pm.



Phoebe tries it blindfolded!

Competitive climbers practice three days a week throughout the school year and begin competitions in October. Please contact Laura Davis, rock climbing director and team coach, for more information about competition training and to register for try-outs.

Inspired to learn by the back-to-school season? Saturday afternoon instructional courses can provide an outlet:

Try "Get Me On The Wall" for a general introduction to climbing, "Belay Basics" to learn the ropes, "Climbing Technique" to climb more efficiently, "Lead Climbing" to begin to prepare to climb outdoors, or sign up the younger than 12 crowd for an introduction to climbing in "Kids Climb".

Mark the calendars now! It may be back-to-school, but soon the days off will start coming, and the rock climbing wall will open for "No School!" Open Climb on October 9th, November 6th, November 11th and November 27th. The rock climbing wall will also celebrate its fifth anniversary on November 17th with a celebratory open climb, and when the kids take a break from school for the holidays, the climbing wall will be hosting two sessions of two-day climbing camps. Join in the fun!

For the details on these and all other rock climbing programs, check the climbing website at: www.sunsetrockclimbing.com



Climbing photos by Brook Kirklin

Tennis

Welcome to fall tennis players! It was a great summer of tennis for the kids with junior camps staying full throughout the summer. Look for next summer to have camps every week for kids since they were so successful this year.

USTA programs starting this fall will be Mixed doubles (6.0-10.0 combined) and Senior (50 and over) USTA leagues. Sign up in the tennis center or contact Niren for more details. Mixed doubles league begins on October 4th and Senior League starts the beginning of September.

Mixed doubles nights will continue throughout the fall with the first one occurring on Friday September 11th, then October 9th.

For November, look for the next club tournament, which will occur on November 4th through the 8th. This will be a singles and doubles tournament. Theme of the tournament is yet to come, but it is bound to be fun! In December look for a mixed doubles night on Friday December 4th. Mark your calendars! Ladies, please remember there is a free drill session once a month with Kristi on Tuesdays nights, then Friday mornings twice a month. Find out more, or sign up in Tennis Center.

Junior Lessons will begin Tuesday September 8th. Sign up now in the tennis center and get a schedule of lessons. Remember weekday lessons are Monday through Thursday and are billed for the month with no make up classes. Weekend lessons Friday through Sunday are sign up week to week and are billed week to week with a 24 hour cancellation policy. SAC has four full time and three part time pro's here for private lessons and groups for every day of the week. Contact one the pro's for lessons or call Niren to get a lesson set up with the pro of your choice.

Need more junior events? Remember there is Junior night with Tim every Sunday for kids that can get there serve in and start a rally...sign up in the Tennis Center. Contact Tim Smither if you are interested in Junior Team Tennis for your child. This is a Sunset Athletic Club team that consists of boys and girls in each age division. The team plays other club's both "home and away" with a chance to get to the sectional and national level! It's a great way to get your child started in competition. For all programs, sign up in the Tennis Center or call 503-645-6713.

Hope to see you on the courts soon! - *Your Tennis Director, Niren Lall*



GEAR UP for your Fit Lifestyle!

Equipment, Apparel & Accessories for Fitness, Aquatics, Climbing, Tennis, Racquetball, Squash & more!

SAC Pro Shop - in the Main Lobby



Special Event

Waterford Crystal 2009

World Handball Championships

Sunset Athletic Club is co-hosting the 2009 World Handball Championships along with the Multnomah Athletic Club. The event runs Friday, October 2nd through Sunday, October 11th.

This is a premiere, world-class Handball event sanctioned by the USHA. Multiple age/division levels, both singles and doubles, will be offered for 4-wall, 1-wall and Federation Cup International Teams.

Highlights include Opening Ceremonies, a Celebration Banquet and an Octoberfest event. Not to mention, plenty of handball games! Also, enjoy the popular Shirt Swap organized by Joe Cox.

More than 1,200 room-nights are booked at the host hotels and thousands of dollars have been donated to ensure the success of this world-class event.

Our members are invited to stop by and take a peek. If you wish to play private games during the event, don't worry - there will be 2 courts available at all times to reserve for SAC racquetball players.

More info online at: www.handball09worlds.com

Indoor Aquatics Center

Autumn Group Swim lessons

American Red Cross Learn to Swim Program

Autumn Session I: September 14th - October 15th

Autumn Session II: October 26th - December 2nd,
(no classes November 11th, 25th & 26th)

Saturday Session: September 19th - November 21st

Classes offered Tuesday & Thursday afternoons, Monday & Wednesday evenings and Saturday mornings.

Please note: All children must have a swim evaluation before they register for their "first ever" group swim session at SAC.

NEW Guppies Swim Program (3 years of age only)

Because the American Red Cross now recommends that children be at least 4 years of age to participate in the Learn To Swim Program. SAC proudly offers a new swim program, just for 3 year olds, called *Guppies*. For more info, see the group swim lesson schedule. No swim evaluation required.

More Swimming Lessons...

For the following classes you may register at the Athletic Center Service Desk. No swim evaluation required for these programs.

Water Babies (6-36 mo.) Tuesdays & Thursdays 12:30-12:55pm

NEW!!! Youth Swim lessons (11-15 years of age)

Mondays 7:15-7:55pm. A five-week session designed for those with limited swimming experience.

Adult Swim Lessons (16 and older)

Saturdays 9:15-9:55am; or Wednesdays 7:15-7:55pm. Five-week session designed for those with limited/intermediate swimming skills.

Swim Conditioning Program

Swim Conditioning Class

For those swimmers who want to improve on stroke technique and endurance. Participants must meet several swim skill requirements. Minimum age 7 years old.

Choose Monday/Wednesday/Friday afternoons or Saturday mornings. Register for this program at the Athletic Center Service Desk.

Basketball Academy

September Hoops

Get Ready for Basketball season!!

Unlimited Sessions package

for the month of September.

Come to as many sessions as you wish during the month.

One-hour classes. Session cost is \$125

Every Tuesday 7:00pm, Thursday 7:00pm and Saturday 3:00pm



Ages 13-18 boys and girls "Varsity Session"

This session is for the serious basketball player that is already playing or desires to play for their High School team.

This will be a quick moving, intense class. We will work on the jump shot, post moves, one-on-one moves, shooting from the 3 and beyond, and ball handling skills. Also expect one-on-one drills and contests. Cost for the month is \$125 for members, \$140 for non-members.

For more information, call Steve Garrity, SAC Basketball Academy director at 503-875-8281



Special Events - Indoor Aquatics

Pumpkin (patch) Pool

Sunday, October 18th, 4:00-5:30pm at the Indoor Aquatic Center Party room & pool. Includes a theme project, light refreshments and swimming, of course!
Cost per child \$6 members, \$9 non-members, (parent is free). Parent must be in the same pool with any child who is under the age of 7 years.

Polar Bear Swim Camp

Choose any or all days: Monday/Tuesday/Wednesday, December 21st, 22nd, 23rd from 1:00 to 3:00pm. Fun for Ages 4-10 years.

Water Fitness - Class Updates

Change in Time:

"Just Add Water" now Tues. & Thurs. 5:30-6:30pm

Returning to the schedule:

"More For the Core" Mondays 12:15-1:00pm

Deep Water Fitness Saturdays 7:30-8:15am

Shallow Water Fitness Saturdays 8:15-9:00am

Change/Addition:

Pool"ates" Tuesday & Thursday Level II: 10:15-11:00am

Pool"ates" Tuesday & Thursday Level I: 11:00-11:45am

Group Fitness

Alexander Technique class offered

How do you USE or MIS-USE your body?

Health, for most of us, implies that we are able "without strain" to do the things we expect to be able to do and be capable to live the lifestyle we prefer.

Imagine that you are relaxing and reading a book. Are you aware of how your hand is holding the book? If you direct your attention to your hand, you will become aware of the pressure of your fingers taking the weight of the book. As you run your eyes over the page, does your head move to follow, or is it just your eyes moving? Are you aware of your sitting position? How much muscle tension are you creating throughout your body?

The Alexander Technique teaches how to effectively USE and not MIS-USE your body. As you become more aware of balance, posture and movement, you will cheerfully experience the benefits of this work. Conditions helped are limitless, but let's mention a few; Depth of sleep, pain relief, mental alertness, improvement in playing musical instruments, resilience against outside pressures and improved body mechanics during exercise, reducing risk of injury.

You have the opportunity to greatly improve your overall health by participating in our weekly Alexander Technique class, offered Thursdays at 11:00 am, in our Mid-Body studio.

The Pilates method is aligned with the Alexander Technique and is another way to increase your body awareness, learn to use your body effectively in daily life and to enhance any sport.

Add Stress Management to your Workout

Make time this fall to improve your health and well being. Learn options to manage your stress in ways that value your time. Improve your energy, your mental and physical health and your longevity.

This seminar is for anyone who wants to learn to manage their stress more effectively. We'll reveal the effects of stress on long term health and aging. People with high blood pressure, diabetes, headaches, G.I. problems and more can benefit from proven techniques.

The series of four classes given at different times of day can be taken as a one class option or the entire series.

Class 1—Basic Understanding of new research on why stress causes poor health and the options for self care interventions.

Class 2—Teaching of the Relaxation Response which has hundreds of scientific articles for its effectiveness.

Class 3—Food and Stress, helps you navigate the very confusing bombardment of the latest miracle food and supplement—what really is the evidence about how to eat to shut off stress response and improve health.

Class 4—the rest of the plan; How to tame your worry, reduce interpersonal stress and develop resiliency.

The presenter, **Lauretta Young M.D.** is a board certified psychiatrist, recently retired from 25 years as mental health chief of Kaiser, OHSU adjunct faculty in teaching, researcher in mental health, current professor at PSU in Community Health teaching mind-body medicine and public health.

To sign up, email: jeffandlaurettayoung@comcast.net, your account will be billed. Questions? Call Dr. Young at 645-4149

DATES and TIMES: Sept. 16th, 23rd, 30th & Oct. 7th at 9:00-10 am, also: Sept. 15th, 22nd, 29th & Oct. 6th at 5:30-6:30 pm.

Cost is \$15 per class, take one or take all four. Courses presented in the order above, #1 through #4. If there enough members who request an alternate time other sections can be added. This is not medical care or a substitute for medical care, if it is determined that you need medical care a referral will be made for such care.

Active Isolated Stretching workshop

Learn how to actively, effectively and efficiently STRETCH your BODY and alleviate pain and injury. Increase your range of motion, enhance your flexibility and create fluidity in the body.

Saturday, October 17th, 3:00-5:00 pm in the Mind-Body studio. taught by certified Pilates instructor Heather Thompson, A.I.S. Stretch Therapist. Complimentary stretching strap included. Cost is \$50 for members, \$70 non-members.

Sign up at the Athletic Center Service Desk!

Remember to pick up our New Fall Schedule which includes even more new classes that will enhance your overall wellness!



Pilates for all levels of experience

Want to find out more? We offer Pilates Mat Classes in our Mind-Body studio, Reformer Pilates in our Private Pilates studio, as well as Private Pilates sessions.

Our coaches Marie, Jane, Eleni and Juanita are available for student of all experience levels. Juanita is also available for private Alexander Technique sessions.

Contact the coach of your choice to get more information or to schedule a session. Their contact info is available at the Athletic Center Service Desk.



Time To Train. Achieve Your Potential.

With The Biggest Winner You Win!

SAC FALL SPECIALS:

Sign Up a Friend Get **\$25 off** -or- Facebook Fans get **5% off**

9/14 – 11/6

SIGN UP NOW \$399

This Could Be You

Top Results in an 8 week period...Real People Did This!!!!

One person lost 33.4 lbs

Someone lost 35.5 inches

9.1% body fat lost by one lady

15.8% of total body weight lost by 1 person!!!

Average group lost 8.1% of body weight

Check On-Line for Available Times or Make Your Own Group

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Become a Facebook Fan



SAC Clubhouse...
Fun that's out of this world!

Personalized Parties and Rentals. *We do the work, You have the fun!*

Schedule your next birthday, sports team party or special event at the Sunset Athletic Club's Clubhouse! Looking for a fun clubhouse activity party? Explore swimming, rock climbing or watch a movie in our theater!

Let the Clubhouse Crew help personalize your special occasion to fit your needs and interests, with YOU designing your party to fit within your budget! Each party is unique. Pay one base price to reserve your area, and use our Big Bonus list to add extra fun to your event!

Complete a request form online today: www.sacclubhouse.com

Hourly Kids Club

Monday-Friday: 8:00am-Noon / Monday-Thursday: 4:00-8:00pm
Saturdays: 8:00am-Noon / Daily Hourly Limits: Two hours per visit
Age 3: Invited to participate with parents on-site (potty-trained required)
Ages 4 and up: Invited to participate with parents on-site or off-site
Member Price: \$3/hour per child. Non-member Price: \$4/hour per child

Skippin' School Program

Fun times for those days off from school. Morning and afternoon sessions available, Kids Club pizza lunch in between.

Session 1: 9:00am-Noon / Kids Club Lunch: Noon-1:00pm

Session 2: 1:00pm-4:00pm

Autumn Dates (Based on Beaverton Schools) Oct. 9th, Nov. 6th, Nov. 11th, Nov. 27th, Nov. 30th.

Members: Child: \$15.00/session. Family: \$25.00/session.

Non-members: Child: \$25.00/session. Family: \$40.00/session.

Parent's Night Out

Saturday evenings, 5:00-9:00pm. A date night for parents, a fun night for kids! Ages 4-12 years.

Enjoy a pizza dinner and snack too!

Sat. Sept. 12th: Back to School Bash

Sat. Sept. 19th: Outer Space

Sat. Oct. 3rd: Happy Harvest

Sat. Oct. 17th: Halloween Fun

Sat. Nov. 7th: Games Galore

Sat. Nov. 21st: Turkey Time

Sat. Dec. 5th: Winter Wonderland

Sat. Dec. 19th: Christmas Countdown

\$20.00/child or \$35.00/family - \$10.00/non-member guest.
Optional \$5.00 per swimmer and/or \$10.00 per rock climber.



Liam loves rock climbing!

American Red Cross Classes

Babysitting Certification Class - A trained Red Cross instructor will teach kids ages 11-15 to become certified after this seven hour course. Please bring your own lunch. Cost: \$50.00/member - \$60.00/non-member.

Classes from 10:00am-4:30pm; Sept. 26, Oct. 18, Nov. 22 & Dec. 12

When I'm in Charge Classes - This 2 1/2 hour course helps kids ages 8-11 learn how to take care of themselves and be safe at home alone.

Parent participation is encouraged for the last 30 minutes of each class. Sept. 12 or Oct. 10; 9:30 am-Noon or Nov 8 or Dec 13; Noon-2:30 pm

Cost: \$30.00/member - \$40.00/non-member

Clubhouse Runners keep your child safe!

The Clubhouse Crew can escort your child to any camp, class or activity within the club, during regular Kids Club hours.

Contact Erin with the details and we'll take care of the rest!

Reptile Man is back - again!

Friday, Nov. 13th

at 7:00 pm



Reptile Man has been working with reptiles for over thirty years, and now he's bringing the fun to the S.A.C. Clubhouse...again!

He will bring 18 unique reptiles for the kids to see and enjoy, touch and even hold! OOOHHH!

Parents must remain with kids during presentation, please.

Cost: \$15.00/member family \$20.00/non-member family.

Don't miss out on the EXCITEMENT!!!

- Special Events for September -

Home School Meet & Greet - Open to all ages.

Friday, September 11th from 1:00 to 3:00 pm.

Safari Scavenger Hunt - Friday, Sept. 25th from 6:00-9:30pm.

Brave adventure for all. Two hunts open to ages 4-7 and 8-12!

Back-to-School Night BASH! - Any evening of your choice from 6:30 to 9:00 pm. *Here's how it works:*

Call the S.A.C. Clubhouse to inform US of your school's Back-to-School Night date. The event will be scheduled for your school. Kids Club is open ahead of time if needed.

Call your friends! We need five families participating to be able to run the program. Contact the S.A.C. Clubhouse directly to make your reservations. Registration sheets will **not** be available at the service desk since *this is a special event just for you*. Bring your kids for an evening of fun with friends and a worry-free night for parents!

- Special Events for October -

Autumn Craft Night - Fri. Oct. 9th, 7:00-9:00pm. Ages 6-10.

Halloween Carnival - Sat. Oct. 24th, 7:00-9:30pm. Ages 4-10.

Ultimate Clubhouse Classic Games Night -

Friday, Oct. 30th, 7:00-10:00pm. Open to ages 7 and up!

- Special Events for November -

Pretty, Pretty Princess Pamper Party -

Looko-king gooooo!! Saturday, Nov. 21st, 9:00-11:00am

Pilgrims and Indians Party - Friday, Nov. 28th, 9:30-11:30am

- Special Events for December -

Letters to the North Pole - Available from Dec. 1st-Dec. 20th

Brunch with Santa - Sat. Dec. 5th, 10:00am-Noon AND Sun.

Dec. 6th, 10:00am-Noon. Open to all ages. Enjoy holiday goodies and candy cane treats, take unlimited pictures and visit with Santa without waiting in line! Open to the first 50 people only. Space fills up fast every year - DON'T MISS OUT!

\$25.00/member family \$30.00/non-member family

Christmas Cookie Baking - Saturday, Dec. 12th, 9:30-11:30am

Christmas School-Break Day Camps

Countdown to Christmas: Mon. Dec. 21st - Weds. Dec. 23rd

Winter Wonderland: Mon. Dec. 28th - Weds. Dec. 30th

All registration information and pricing is now available online: www.sacclubhouse.com