



THE FORESTER



April 2009 Newsletter

Forest Hill Swim & Tennis Club · P.O. Box 285 · Ellicott City, MD 21041-0285

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President's Update

On behalf of the board of directors, I would like to welcome you to the start of another wonderful season (our 51st year!) at Forest Hill. To our new members, I look forward to meeting you at our New Member Orientation on Thursday, May 21, 2009 from 7:00 PM to 9:00 PM. To our returning member, I hope you will like the improvements we've made during this Spring, including the repair of the club house upper deck. Under the direction of Betsy Blom, our club manager, and Jon Jacobson, our tennis director, there are great events and programs in store for you. Be sure to check out www.fhstc.com for regular updates as well as to sign up for events. Please don't forget to join us at our Welcome Back BBQ on Sunday, May 24, 2009 at 5:00 PM! Best wishes for an enjoyable FHSTC season,

Rich Anderson
President, Board of Directors

2009 Executive Board of Directors

President	Rich Anderson
1st Vice President	DeWayne Oberlander
2nd Vice President	Brad Lieberman
Treasurer	Don Pressler
Secretary	Tina Robinson

Pool & Grounds Committee Update

The club welcomes its 51st season with a number of exciting improvements. We have completely rebuilt the clubhouse deck, including new decking and railings. The deck should provide a shaded and peaceful refuge for reading and relaxing. We will be adding additional deck furniture to enhance its use. Anticipating greater use of the club for the upcoming season we have added an additional canopy on the upper lawn and we will also be adding additional picnic tables to the grounds. A number of smaller paint and repair projects were also completed to keep the club's grounds and buildings in

welcoming condition for the upcoming season. The Pool and Grounds Committee has continued to plan and operate under the guidelines that the club should be maintained and improved for the total enjoyment of its members. We have strived to identify projects which enhance the members experience, while at the same time staying within the disciplines of our budgetary process. We are a member driven organization and your feedback and ideas are critical as we plan and operate the club. I would like to extend my thanks to Brenda Crowe for taking on the lead role in planting and maintaining the flowers, planters and baskets seen throughout the club. Please have a safe and enjoyable 2009 season.

Jay Martin
Pools & Grounds Chair

Membership Committee Update

For our 48 new families, the annual New Member Orientation will be held at the clubhouse on Thursday, May 21st from 7-9 pm. Light refreshments will be served and the new members will meet the management, staff and board members. There will be a tour of the club, membership cards will be distributed and photos will be taken for the club computers.

For returning members, please join us in welcoming our new members on the 21st. Also, membership cards used last year are still valid. If you have lost them, please see the front gate attendant for replacement cards.

Brad Lieberman & Ellen Harrison
Membership Co-Chairs

Communications Update

Exciting advances have been made over the winter in club communications. For starters, we are using the Forest Hill website www.fhstc.com as our primary method for disseminating information. Most club news and information, including events, will be provided on the web and through email. Please be sure to update your email

address so you can continue to receive these important communications. You may do this by logging into the membership section of the website with your unique id and password. If you do not remember your login credentials, please email fhsclub@gmail.com and we will send them to you. Our second piece of news is that we will provide wireless internet access from most locations around the club. While we are pleased to offer this convenience, we ask that you please be judicious about computer time, especially around children. I think most of you would agree that Forest Hill provides a wonderful "frozen in time" environment where children & families can explore, play and embrace the beauty of childhood. Spending quality time with friends and family should continue to be our priority. And lastly, we are exploring adding an online sign-up and payment feature to our website for all club activities. Please feel free to send any comments or feedback to fhsclub@gmail.com. During the season we try to check the account daily. Looking forward to a great summer!!

Tina Robinson
Communications Committee Chair

Say Cheese!

Stop by the club on Thursday May 21st to update your membership information and pictures in our gate check-in computer. All members are required to have a picture on file. If you can't make it to the club on this date, your



picture can be taken upon entrance to the club on your first visit of the season. You will be required to either scan your card or enter your 6-digit barcode ID number upon each visit to the club. If you need new cards, just let one of our gate attendants know.

Thank you in advance for your continued cooperation with our gate check-in procedures!

Club Manager's Note

We are very excited about the upcoming summer at Forest Hill! In the past few months we have hired some great staff members to add to the wonderful staff that will be returning. We welcome three highly experienced assistant managers to Forest Hill this season. Katie Collins is returning as an assistant again this year, along with Meghan Emery and Ryan Williams. They will all be great assets to the functioning of the club and they all bring great experience. Andy Belfield will also be helping us open and get the summer underway, so you will continue to see his presence. Suzy McCulloch will also be returning to manage our swim lesson program.

As we prepare for another summer swim season, I'd like to take this opportunity to remind you and your families of several steps you can take to ensure a healthy and safe swim season. Prior to the beginning of every summer swim season, the Centers for Disease Control and Prevention (CDC) provides tips for healthy swimming that can be found at the following webpage, (<http://www.cdc.gov/healthyswimming/>). Please help us to ensure a healthy swimming environment for all by following the guidelines listed on the above web page. We also would like to reinforce the need for parents to be watchful of their children while at the club. Children under the age of four must wear rubber pants and a swim diaper when using the swimming pools to help us maintain the cleanliness of our pools this summer. If you need to buy some rubber pants, we have them available at the club.

In addition to the tips for healthy swimming offered by the CDC, I'd also encourage you to review the club's rules and regulations available on the website and emphasize them with your children prior to the beginning of the summer swim season. In particular, I'd like to remind you that no food or drink is permitted on any of the pool decks except for water.



Adherence to the pool rules provided in the rules and regulations and posted around the club helps to ensure a safe and sanitary swimming experience for all.

If you ever see anything that causes you concern or have any questions, please do not hesitate to stop by the office and speak with the manager on duty or e-mail me at (betsy.blom@gmail.com). On behalf of the managers and staff of Forest Hill, I look forward to providing you and your family with an enjoyable and safe summer!

Betsy Blom
Club Manager

Pool & Club Hours

The club grounds are available for use by members and their guests from 7:30am-11pm daily from Memorial Day until Labor Day. The tennis courts remain lit until 11:00pm daily. The pools are available for use by members and guests during the hours listed below. No one may use the pools during times other than those listed below.

Individual Pool Schedule:

(during the regular season daily schedule)

Main Pool: 11am until 9pm (10pm on Fri. & Sat.)

Straehle (Baby) Pool: 10am until 8pm (dusk) Mon to Fri,
 11am-8pm Sat & Sun

Phillips (Lap) Pool: 1pm until 9pm

Summer Pool Schedule:

Opening Day until Howard County Public Schools Close for Summer*	Mon.-Thurs. 3pm-8pm Fridays 3pm-9pm Saturdays 11am-9pm Sundays 12pm-8pm
Memorial Day Holiday	11am-8pm
*Lap pool will not open until 4pm on weekdays	
Regular Season Schedule **Starting on Monday June 22 nd **	Mon.-Thurs. 11am-9pm Fri-Sat. 11am-10pm Sundays 12pm-9pm
Howard County Public Schools Return-Labor Day (Beginning on Sunday August 30 th)	Mon.-Thurs. 4pm-8pm Fridays 4pm-9pm Saturdays 11am-9pm Sundays 12pm-8pm
Labor Day Holiday	11am-8pm

Pool Hours are subject to change. In the event of a foreseeable change, signs will be posted at the club.

Phillips (Lap) Pool Availability Schedule

For all of our lap swimmers; below is a consolidated schedule of dates and times when the Phillips (lap) pool will be unavailable or have limited space for general lap swim. The Phillips pool will be open to lap swim according to the individual pool schedule and summer pool schedule except for those dates and times listed :

Monday June 1 st -Friday June 5 th	5:30-7pm
Monday June 8 th -Friday June 12 th	5:30-7pm
Monday June 15 th -Friday June 19 th	5:30-7pm
Tuesdays & Thursdays from 6/23-7/30 Only 3 lanes available for lap swim during this time	5-6:30pm
Mondays-Thursdays from 6/22-7/30 A limited number of lanes will be used for evening swim lessons during these dates and times.	6:30-8:30pm
Youth Nights – On the following dates: 6/24, 7/23, 8/19	Closes @ 6:30pm
Camp Out: Saturday July 11 th	Closes @ 5pm
Crab Feast Saturday August 8 th	Closes @ 5pm
Staff Appreciation: Tuesday August 11 th	Closes @ 8pm

Club Management reserves the right to close the lap pool to lap swim at other times if the need arises. In the event a lap pool closure can be foreseen in advance, notice will be provided at the club.

SWIM LESSONS

Forest Hill is pleased to be offering American Red Cross (ARC) Swim Lessons again this season. We will have three (3) two-week long sessions with lessons Monday-Thursday with Friday as an



inclement weather make-up day. In the event additional make-up days are required, we will also use the Sunday following the end of the session. Lessons will be 30 minutes long each day. We will also offer an evening session for swim lessons, but due to space restrictions, the evening sessions will be open to club members only. **These lessons are not recommended for swim team members.** They do not cover competitive stroke technique, turns, or dives. All lessons are taught according to the ARC Learn-to-Swim Program and are taught by certified Water Safety Instructors. Unless otherwise noted, all lessons are taught in the main or lap pool, both with a minimum depth of 3 feet. If you have any questions regarding which level to sign your child up for, you can contact Suzy McCulloch at fhswimlesson@hotmail.com or visit the following website for more information on our swim lesson program:

<http://www.fhstc.com/activities.html>

You will receive an e-mail/phone call confirming your enrollment in a particular lesson level and time!

Lesson Cost:

\$40/member/per session & \$80/non-member/per session*

*Members have registration priority until May 31, 2008
We strongly encourage early sign-up, as classes may fill quickly.

Session Dates:

- Session 1** June 22, 2009 until July 3, 2009
- Session 2** July 6, 2009 until July 17, 2009
- Session 3** July 20, 2009 until July 31, 2009

Sessions Times:

	Morning Session	Evening Session*
Level 5 & 6	9-9:30am	8-8:30pm
Level 3 & 4	9:30-10am	6:30-7pm
Level 1 & 2	10-10:30am	7-7:30pm
Parent/Child	10:30-11am	7:30-8pm

* Evening session swim lessons are open to members only.

We will offer the following Red Cross levels:

- Level 1:** Introduction to Water Skills
- Level 2:** Fundamental Aquatic Skills
- Level 3:** Stroke Development
- Level 4:** Stroke Improvement
- Level 5:** Stroke Refinement
- Level 6:** Swimming and Skill Proficiency

Parent/Child Aquatics: Develops swimming readiness by leading young children and their parents through water exploration activities. Child must be at least 6 mos. old and accompanied by a parent. These lessons will be conducted

in the baby pool when available. For help determining in which level you should register your child as well as level prerequisites and completion requirements visit the following page on the FH site: <http://www.fhstc.com/activities>

SWIM TEAM

All children ages 5-18 are invited to join the Forest Hill Swim Team. As a member in the Central Maryland Swim League, we had another great season last summer in Division I with a team of fantastic coaches to lead the way! We are thrilled that Greg Morris is returning again as our head coach, as well as assistant coaches Kim Morris, Jenna Baldi, and Betsy Coe!

We expect about 250 swimmers on the team. As such, our practices are intended to be more general instruction, with little time for individual instruction. We will work on stroke mechanics as a group, teaching the competitive strokes through drills. Swim team is not a substitute for swim lessons.

Swimmers must be able to swim ½ the length of the pool before they join the team; and must be able to swim the entire length of the pool, without hanging on the side of the pool or a lane line by Time Trials on June 13th to continue participation on the swim team.

Please plan to attend our swim team parents' meeting on **Thursday, May 21st** at 5:30 p.m. at the pool. The coaches have a brief presentation and will be available to answer any questions. **Cy's will be there from 4:30 – 6:30 p.m.** with our new swim team suit, so you can come check it out, try it on and take it home! We will also have our spirit wear for sale that night.

Fees - The fee for swim team is again \$80 this year for any swimmer whose registration is received or postmarked **on or before May 31, 2009**. For registrations received or postmarked after May 31, 2009, the fee will be \$100. Swim team is for FHS&TC members only!

NOTE: It is an insurance requirement that all team participants sign the AAU registration form before they begin participating with the team, **including practices**. This can be done on the registration form or at the parents' meeting.

Afternoon practices will start Monday, June 1st, and morning practices will start on the 22nd. Below is the practice schedule:

After-School Practice Schedule (June 1st-June 19th)

Monday-Friday

Ages 9 and up, returning swimmers 5:30-6:30 pm
Ages 8 & under, new swimmers 6:30-7:00 pm

Summer Practice Schedule (starts June 22nd)

Monday-Friday

Senior Group: 11-18 yrs. old	8:30-10:00am
Intermediate Group: 9-10 yrs. old	10:00-11:00am
Junior Group: 8 and under	11:00-11:45am
Stroke Clinic: All Ages, <u>Wed & Fri Only</u>	11:45-12:15pm

Tues. & Thurs. Afternoons

(Starting June 23rd)

All Swimmers (*who cannot make morning practice*)

Ages 10 and under 5:00-5:45pm
Ages 11 and up 5:45pm-6:30pm

Please note that the evening practices are intended for swimmers who cannot make morning practice due to a camp, appointment, transportation conflicts, etc.

Swim Team Meet Schedule:

All meets begin promptly at 9:00 a.m. Warm-ups for the meets begin around 8:10 a.m. for home meets or 8:30 for away meets. Our regular meet schedule for the season is as follows:

Sat. June 13 th	9:00 am Time Trials
Sat. June 20 th	9:00 am Home vs. Watermont
Sat. June 27 th	9:00 am Away vs. North St John's
Sat. July 4 th	9:00 am Away vs. Padonia
Sat. July 11 th	9:00 am Home vs. Meadowbrook
Sat. July 18 th	9:00 am Away vs. Rollingwood
Sat. July 18 th	End of Season Swim Team Party!
Sat. July 25 th	9:00 am Divisional Championships at Forest Hill

As usual, we need help in many areas this year (see registration form). It takes a lot of people to run a meet, and we are also going to be continuing our "spirit" activities this summer, so all families will be required to help in some way. If you wish to help in any of these areas, please indicate on the registration form or contact Christie Hunter at fhswimteam@gmail.com or 410-461-5957.

Swim Team Cost: \$80/per swimmer*

*Swim team is for members only

DIVE TEAM

At Forest Hill we are fortunate to have an excellent diving program. Dive team offers an opportunity for children to learn how to dive correctly, develop confidence, coordination, mental discipline, and compete in a fun and friendly environment!

We are excited about the 2009 dive season and are pleased to welcome back Head Coach Danny Drude and Assistant Coach Chrissy Griffith. Coach Danny has been involved with diving, as a diver and/or coach, for the past twelve years. In addition to his coaching duties, he is also teaching the Learn to Dive program. Danny is a student at James Madison University where he is majoring in Elementary Education. Coach Chrissy has been year-round diving for ten years with CMDL and Junior Olympics.

Parents' meeting: Monday, June 8th @ 6:30 pm in the clubhouse. *Parents of dive team members are strongly encouraged to attend this meeting as this is when dive team information will be discussed.*

After-School Dive Team Practice Schedule

Monday-Friday

All divers, Week of June 8th	4:30-6:00 pm
And Week of June 15th, Mon-Fri	
June 22nd thru end of the season	
Ages 10 & under	8:45-9:45am
Ages 11 & up	9:15-10:45am

LEARN HOW TO JUDGE DIVING

Forest Hill will host the Central Maryland Diving League Judging Clinic on Sunday, June 14th from 9am-11am. Anyone interested in becoming a judge for dive meets may attend as well as those individuals interested in learning how dives are evaluated. **Currently certified judges need to attend every two years in order to maintain a valid certification.** Registration is required. To register, please contact Beth at bethpier66@comcast.net.

Dive Team Meet Schedule:

All meets begin at 5:30pm

June 23	Five Oaks @ Forest Hill
June 25	W. Howard @ Forest Hill
June 30	Forest Hill @ Lochearn Crossing
July 7	BYE for Forest Hill
July 9	Forest Hill @ North St. John's
July 14	Frederick @ Forest Hill
July 16	Forest Hill @ Five Oaks
July 19	Novice Meet @ Five Oaks
July 26	CMDL Championship @ Waugh Chapel

Dive Team Cost: \$100/per diver

Learn To Dive 2008

Summer offers a great time to try the sport of Diving!!

If you are a concerned parent and want your child to learn the safe and proper way to dive without the commitment of a team, our "Learn to Dive" program is a must.

Learn to Dive classes are designed for divers of all ages and abilities. Diving is a great sport for young athletes. Children become stronger and more flexible as well as develop muscle coordination, concentration, and diving confidence. Classes are held Monday through Friday from 11:10am-11:45am.

Session weeks run throughout June and July. See registration form for details.

YOUR CHILD MUST BE ABLE TO GO OFF THE BOARD ON THEIR OWN AND SWIM TO THE SIDE OF THE POOL.

Questions: Contact Coach Danny at drudedede@jmu.edu or see registration form for details. *Register early as classes fill quickly.*

Level 1-(little to no experience) will:

- Learn the basic approach on the board (known as a hurdle)
- Develop confidence on the diving board
- Learn good stretching practices
- Learn the proper way to enter the water
- Be introduced to and practice the front and back dive.

Level 2-(can do a front and back dive)

- Practice the different positions of dives
- Develop the techniques for starting more advanced dives
- Learn good practice techniques that can be used on own time
- Work on individual goals

CLUB ACTIVITIES

The Activities Committee has been hard at work during the off-season creating and planning many activities for you and your family to enjoy. Below you will find a description of all of our pool and club activities. Be sure to mark the dates in your calendar so that you don't miss out on all the fun. As always, look for posters at the club for more details about specific activities. We hope to see you out enjoying a summer full of fun in the sun with your family! There is a full monthly calendar which will be posted on our website. Please check the website often for updates on activities!

Andy Golden
Activities Chair

May 21st – New Member Orientation: 7-9pm

New and current members: Please come up to the pool to have your pictures taken, meet the Board of Directors and staff, take a tour of your beautiful club, and enjoy light refreshments. Bring the whole family!

May 23rd – Opening Day: 12 noon

Bring the whole family to make the first splash into summer!

May 24th – Welcome Back BBQ 5pm

Bring the whole family out to celebrate the opening of Forest Hill, and reuniting with friends new and old! Fried chicken, hot dogs, desserts and drinks will be provided.

Please bring a side dish or salad to share.

RSVP now to Andy Golden alexandandy@comcast.net

June 21st – Family Picnic Day (& Father's Day!) 4-8pm

Come celebrate another great year at Forest Hill!

Dinner and dessert will be provided

Please bring a side dish or salad to share.

June 24th – Youth Night!! 7-10pm

Kids ages 10 & up: Come celebrate an end to the school year with a DJ, fun activities, and plenty of swimming!!

Members: \$5.00 & Non-members: \$8.00

Note: Pool & Grounds will close at 6:30pm!!

Rain date: Thursday June 25th

June 29th – Bingo/Float Night: 7-10:00pm

Rain date:



Bring your favorite float and enjoy an extra long night of swimming with the family! Root Beer Floats will be sold for \$1.00 and the main pool will remain open until 10:00pm! Take your chances on Bingo and win some prizes! Fun for the whole family! Each bingo card is just \$1.00!

July 4th – Independence Day Celebration: 1-5pm



Come enjoy a DJ and activities at the club with your family before heading out to see the fireworks!

PLEASE NOTE: Table reservations will not be permitted on this day. The club grounds will open at 8am and tables will be available on a first come first served basis. Please be considerate of your fellow members and do not hold a table all day for a party later in the day. Feel free to direct questions to club management. Thank you for your cooperation!

July 11th – 9th Annual Family Campout: 6pm-til?

One of our most popular events! Register early! Enjoy dinner, swimming, s'mores, and of course, camping! An all-around, fun-filled evening!! A continental breakfast and early morning pool hours will be offered on Sunday morning! **This event is for Member families only, please no guests.** You may begin setting up your



tent at 6pm on Saturday and all tents must be removed by 11am on Sunday morning!! The rain date for this event will be July 26th. Cost: \$12.00/adult & \$7.00/child.

July 18th–Swim Team End-of-Year Party: 5-10pm

Come celebrate the end of the dual meet season with a pot-luck style dinner at the pool and awards. Look for signs on the Swim Team bulletin board at the club to sign-up your family.

July 23rd – Youth Night!! 7-10pm

Kids ages 10 & up: Come celebrate a fun night at the pool with your friends, along with a DJ, fun activities, and of course, plenty of swimming!

Members: \$5.00 & Non-members: \$8.00

Note: Pool & Grounds will close at 6:30pm!!

July 29th –Bingo/Float Night: 7-10:00pm



Bring your favorite float and enjoy an extra long night of swimming with the family! Root Beer Floats will be sold for \$1.00 and the main pool will remain open until 10:00pm! Take your chances on Bingo and win some prizes! Fun for the whole family!

August 8th – Crab Feast: 7-11:30pm

A Forest Hill Tradition! Enjoy crabs and other delicious foods with friends. Adults Only!! BYOB. Look for signs at the club and get your tickets early! This event always proves to be a great night!



August 19th – Youth Night!! 7-10pm

Kids ages 10 & up: Come out for one last hurrah at the pool. Enjoy swimming, your favorite tunes, fun activities, and socializing with friends.

Members: \$5.00 & Non-members: \$8.00

Note: Pool & Grounds will close at 6:30pm!!

August 26th – Bingo/Float Night: 7-10:00pm



Bring your favorite float and enjoy an extra long night of swimming with the family! Root Beer Floats will be sold for \$1.00 and the main pool will remain open until 10:00pm! Take your chances on Bingo and win some prizes! Fun for the whole family!

September 7th– Labor Day Activities: 1-4pm

Come celebrate an end to another great season at Forest Hill. Make a splash before the pool closes for the season! Activities will be offered from 1-4pm!

Volunteers Wanted!

Our activities need volunteers to make them successful! Please fill out the volunteer interest form, talk to a manager or contact Andy Golden to help at an event this summer. The more volunteers the better and we appreciate all of your help!

How about a 20% discount on guest fees?

Discounted Guest Fee Punch Cards will be available for purchase through June 30th. Each card has 10 punches for \$5.00 each for a total value of \$50.00/per card. These cards may be used in lieu of cash at the front gate to pay for your guests. One punch for a child (17&under) guest fee and two punches for an adult (18&over) guest fee. These cards will be available for a limited time for \$40.00/per card, a 20% discount from the face value. After June 30th, these cards will be available at face value (\$50.00). Use the order form in the back of this newsletter to order your discounted guest fee punch card prior to the opening of the pool, or you may purchase them at the discounted price at the front gate through June 30th.

Please Note: No refunds will be given for lost or stolen cards or the unused value of a card. These cards may only be used to pay for guest fees and will expire at the end of the '09 season.

TENNIS UPDATE

Forest Hill Tennis – 2009

Tennis registration can be downloaded from the FHSTC website.

Tennis Information – How to get it!

****** If you have not been getting a weekly tennis newsletter or are a new member and would like to receive all of the latest tennis news, please send your e-mail information to Jon Jacobson (jon@foresthilltennis.com).

1. All tennis news, information, interclub results, special events, sign-up opportunities, pro contact information, etc. can be found by going to www.fhstc.com or going to www.fhstc.com and clicking on the tennis link. Events of the day, the events calendar for the season, weather-related information, as well as the online tennis store (over 20,000 items!) can all be found here. During the tennis season, the tennis web site is updated daily. Make the site one of your “favorites” on your computer.

2. Contact Jon Jacobson with any and all questions, comments, and concerns about the tennis program at jon@foresthilltennis.com or 443-864-7732. Your e-mail or call will almost always be answered within hours.

Tennis Rules

1. Proper tennis footwear **must** be worn at all times. This means **no flip-flops, sandals, crocs or street shoes**. If parents (or grandparents) want to hit or feed balls, they must have on proper footwear as well.

2. Gentlemen must wear shirts at all times.

3. Ladies (children and adults) may not wear bathing suits, but rather must have a shirt and shorts and/or skirt.

4. During peak hours (Mon.-Thurs. from 6:00 – 8:00 and Sat. and Sun. from 9:00-12:00), members should check in with a member of the tennis staff before going on a court. During peak

hours, when people are waiting, the **time limit for singles is one hour** and the **time limit for doubles is one and a half hours** (starting from the beginning of warm-ups). If people are playing and have exceeded the time limit for their match, having begun before peak hours, and a waiting list forms, players will be notified that they have 15 minutes to finish their game.

5. A staff member will keep a waiting list and inform players on court when they have five minutes left in their time period.

6. If no players are waiting, courts are first come, first serve. However, the bottom courts are reserved for the teaching pros for lessons and clinics. Please check with a staff member before going on these courts.

Ball Machine

7. The ball machine is available for use by members. Please limit use of the machine to **one half hour** when people are waiting. If you have been using the machine for over one half hour and another member desires to use it, please complete usage, including ball pick-up, within 5 minutes. Sign out the machine in the space provided in the shed. Replace the machine in the shed except when someone is waiting to use it. If you are the last person using the machine in the evening, it is important to put away the machine. Please do not add lesson balls to the balls in the ball machine. Also, **please pick up all ball machine balls** before leaving the area

Tennis Lessons

8. Information as to lesson rates for private, semi-private, and group lessons is available on the menu bar on the home page of the web site (www.foresthilltennis.com). There is a discount for taking a package of 10 lessons (one hour). This package may be split among friends or family members.

Racket Stringing

9. Tennis racket stringing is done at the club, usually within one day, more quickly as needed. Stringing prices are available on the menu bar on the home page of the tennis web site. The charge to string a racket when a member provides the string is \$15. The **fifth** racket (not for rackets strung with the member's string) strung during the season is half off.

NTRP (National Tennis Rating Program) Rating Scale

Members often ask how to judge their ability level. There is a scale that is used that will help everyone understand this. It is called the **NTRP**, and you can access it through the home page of the tennis web site.

Lights: The power to the lights on courts 1 – 8 will go on at dusk, operated by a timer in the tennis office. The lights on the bottom courts (6 – 8) will go on at this time. Although there is power to the lights on courts 1 – 5, they are turned on by using on-off switches, located on the light poles outside of the fence on the tennis pavilion side of the courts. **Please turn on the lights only on the one court you are using.** The lights take several minutes to warm up. **Once the lights are on, please leave them on.** All of the lights will be turned off by the main timer at approximately 10:30.

Weekly Planned Activities

Camps: **Little Stars Camp** will begin the week of June 15 and run through August 14. This camp is for juniors, ages 4 – 6. The camp will focus on beginning knowledge of strokes, etiquette, court games and fun, fun, fun! The time is 10:45-11:30 through July 24. The last three weeks are from 9:00-9:45. **Junior Excel Camp** runs for the same nine weeks. The camp is for juniors, ages 7 and up. Campers will be divided by age, ability, and

sometimes gender. The time each day is from 12:00-2:00 through July 24. The time for the last three weeks is from 10:-12:00. The focus of this camp is proper stroke development, etiquette, beginning match strategy, and games focusing on proper strokes.

Both Little Stars and Junior Excel Camps will use the “Quickstart” method of instruction, using specialized equipment, shorter court dimensions and modified scoring, all tailored to the age and size of the junior players.

Junior Advanced Camp also begins the week of June 15 and is for players who play to hope to play on their middle or high school team. The focus of this group will be proper stroke technique, more advanced match strategy and conditioning. Every junior enrolled in this camp will receive a free half hour lesson from a staff member during camp hours. The time for this camp is from 2:15-3:45. This camp is for six weeks and ends on July 24.

Little Tennis: This is a program for 2 and 3 yr. old players! The program combines fun, lessons, activities, and graduated equipment. Lesson plans for this group will include mostly motor skill games with minimal racquet skills. Children are introduced to tennis through progressions geared to their athletic development as they grow and learn. The program will be held on Mondays and Wednesdays from 11:00-11:45, beginning **Monday, May 4**. The fee is \$10/session or 10% discount for all 8 sessions in May. Enroll online.

High School Players Workout: Every Monday, beginning **May 4**, there is a tennis workout for high school players and high level middle school players from 6:30-8:00. The focus will be on conditioning, strategy and stroke technique. The fee is \$15 for Forest Hill members.

Junior Interclub: Forest Hill is a member of the Baltimore Junior Interclub league. Matches are played on Tuesdays and Thursdays at 1:00 for 6 weeks, beginning the middle of June. Each match consists of three-13 and under boys; three-13 and under girls; three-17 and under boys; and three-17 and under girls. If your child is interested, please let Jon know. Junior interclub practice times will be developed and communicated to our junior players.

Junior Twilight: Junior Twilight evenings will be on **Sundays (one per month, beginning in May) this year from 6:00-8:00**. This is for juniors who can play (serve, keep score, etc.) There will be a small fee (\$5) and pizza and drinks will be provided.

Junior Tournaments: The schedule for junior tournaments, besides Junior Interclub and Junior Twilight, will be forthcoming in a tennis newsletter.

Junior Development Clinic: On Sunday afternoons, from 3:30-5:30, beginning **May 17**, we will have a Junior Development Clinic. This is for juniors who can already play with some proficiency. Players must be able to sustain a rally, serve the ball (without blooming it!), and keep score. If you are not sure of your child’s eligibility, check with Jon or Shawn. The fee is \$20/session. A link to enroll in this activity is on the home page of the tennis website.

For Women: On **Monday** evenings, from 6:30 – 8:00, there is a round-robin for players at the 2.5-3.0 levels. This is on a drop-in basis with no charge. Come to the tennis pavilion at 6:30.

On **Tuesday** evening, from 6:30-8:00, there is a tennis workout, including drills and supervised doubles play for players at the 3.0-3.5 levels. The cost is \$15 for Forest Hill members. There is

no need to enroll in advance, just report to the bottom courts at 6:30.

On **Wednesday** mornings we will have a 3.0-3.5 round-robin. You will find a link to enroll on the home page of the website.

On **Wednesday** nights, from 8:00-9:30, there is a ladies singles drop-in. Report to the tennis pavilion at 8:00. There will be a staff member present for organization and to play in case there is an odd number of players.

On **Thursday** evening, from 6:30-8:00, there is a tennis workout as described above for players at the 2.5-3.0 levels. The cost is \$15 for Forest Hill members. On **Thursday** evenings from 8:00-9:30, there is a round-robin for players at the 3.0-3.5 levels. For this event you have to enroll online.

For Men: On **Monday** evenings, from 6:30-8:00 there is a tennis workout, as described above, for players at the 2.5-3.0 levels. The cost is \$15 for Forest Hill members. On **Monday** evenings, beginning June 1 and going through July 27 we will be playing doubles matches against North St. Johns club. All matches will be away at 6:30. Call or e-mail Jon with your interest in playing. Playing level must be at least 3.0. There will be 3 doubles matches per week, so we will be rotating players.

On **Tuesday** evening, from 8:00-9:30, there is a men’s singles drop-in. Report to the tennis pavilion at 8:00. There will be a staff member present for organization and to play in case there is an odd number of players. **Begins June 2**.

On **Wednesday** evening, from 6:30-8:00, there is a tennis workout, including drills and supervised doubles play for players at the 3.0-3.5 levels. The cost is \$15 for Forest Hill members. There is no need to enroll in advance, just report to the bottom courts at 6:30. **Begins May 6**.

On **Thursday** evening, from 6:30-8:00, there is a men’s doubles round-robin for players at the 3.0-3.5 levels. For this event you have to enroll online.

For Couples and/or Singles: On **Friday** evenings, from 7:00-9:00, there will be drop-in mixed doubles play. You do not need to come with a partner. Staff will be present to help organize and play if needed. Start date is to be determined.

Cardio Tennis: Cardio Tennis is a fun, group activity featuring drills to give players of all abilities an ultimate, high-energy workout! Cardio includes a warm-up, cardio workout and cool-down phases. If you are looking for a great new way to burn calories and stay in shape, give it a try. **FOR MEN AND WOMEN!** The first session will be on **Tuesday, May 5** from 8:00-9:00 a.m. The fee is \$12/session. A link to enroll will be on the home page of the tennis website.

Adult Tournaments: The schedule for adult tournaments will be forthcoming in a tennis newsletter.

Ladies Interclub: Forest Hill is a member of the Baltimore Women’s Interclub Tennis League. We have three teams in the spring league, which is for doubles play and one team in the fall singles league. The playing level is 3.0 and above. **Men’s Interclub:** Forest Hill has 2 teams in the Saturday morning Suburban League. Matches begin in April (the 25th), and with playoffs, and run into July. The playing level is 3.5 and above.

Weekend Warrior I and II: Each Sunday we will have a “Weekend Warrior” program. **Weekend Warrior I** will be from 1:00-1:30 and will involve a “stroke of the week”. We will inform everyone what stroke is to be the focus through the tennis website. **Weekend Warrior II** will continue until 3:00 and focus on fitness, more detailed stroke analysis, strategy and match play. The cost for Forest Hill members is \$5 for I and \$20

for II. **This program is for men and women.** The program will begin on May 17.

Staff: Director of Tennis and Head Professional – Jon Jacobson; **Tennis Professional** – Shawn Conyers; **Assistant Professionals** – Kenny Barnes, Natalie Jamieson; **Tennis Assistants** – Stephen Anderson, Carol Nettina, Jake Weber, Ian Buchanan, Marie Rau, Grace Abel, Sam Weber, Peter Vorel, Michael Baruch, and Blair Thornhill.

Volunteers Wanted!!

Anyone interested in joining any of our committees should contact the committee chair! This is a great way to get involved at the club.

Also, five current board members will be concluding their 3-year term of service at the end of this season. Now is the time to think about joining the board. Speak to any board member if you are interested!

Board Committees & Chairs

Activities	Andy Golden & Gina Maclean
Membership	Brad Lieberman & Ellen Harrison
Pool & Grounds	Jay Martin
Long-Term Planning	DeWayner Oberlander
Employment	Tina Robinson
Tennis	Brenda Crowe & Roel Zarzuela
Safety	Brenda Crowe, Anita Dempsey, Diane Etson
Swim & Dive	Sarah Baldy
Snack Bar	Gina Maclean
Communications	Tina Robinson

E-mail Addresses for all board members are available on our website.

****May/June Calendar of Events 2009****

These dates are subject to change, please see the website for the most up-to-date calendar of events.

Also check www.foreshilltennis.com for all the latest tennis information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21 Swim Team Parents Meeting 5:30pm New Member Orientation 7-9pm	22	23 Opening Day! 12:00 pm
24 Pool Hours 12pm-8pm Welcome Back BBQ 5pm—all members welcome!	25 Memorial Day Grounds open @ 8am Pool Hours 11am-8pm	26 Pool Hours 3pm- 8pm	27 Pool Hours 3pm- 8pm	28 Pool Hours 3pm- 8pm	29 Pool Hours 3pm- 9pm	30 Pool Hours 11am-9pm
31 Pool Hours 12pm-8pm	June 1 Pool Hours 3pm- 8pm	2 Pool Hours 3pm-8pm Dive Team Parents Meeting 6:30pm	3 Pool Hours 3pm- 8pm	4 Pool Hours 3pm- 8pm	5 Pool Hours 3pm- 9pm	6 Pool Hours 11am-9pm
7 Pool Hours 12pm-8pm	8 Pool Hours 3pm-8pm Dive Team Parents Meeting 6:30pm	9 Pool Hours 3pm- 8pm	10 Pool Hours 3pm- 8pm	11 Pool Hours 3pm- 8pm	12 Pool Hours 3pm- 9pm	13 Pool Hours 11am-9pm Swim Team Time Trials
14 Pool Hours 12pm-8pm 9am Judges Dive Clinic	15 Pool Hours 3pm- 8pm	16 Pool Hours 3pm- 8pm	17 Pool Hours 3pm- 8pm	18 Pool Hours 3pm- 8pm	19 Tentative last day of HCPSS School Year Pool Hours 3pm- 9pm	20 Swim Meet @ FH vs. Watermont Regular Pool Hours Begin!!! 11am-10pm
21 Family Picnic Day 4pm-8pm	22 Pool Hours 11am-9pm Session 1 Swim Lessons Begins Learn to Dive	23 Dive Meet Five Oaks @ FH 5:30pm	24 Youth Night 7-10pm	25 Dive Meet W. Howard @ FH 5:30pm	26	27 Swim Meet FH @ North St John's
28	29 Session 1 Swim Lessons Learn to Dive Float/Bingo Night 7-10pm	30 Dive Meet FH @ Lochearn Crossing	July 1	July 2	July 3	July 4 4th of July Grounds Open @ 8am DJ & Activities 1-4pm Swim Meet FH @ Padonia

Forest Hill Information Hotline

If you want to know if the pool is open due to inclement weather or events, just call the FH Information and Weather Hotline.

410-347-1412

We regularly update the message as event occur or if the pool is closed due to bad weather.

2009 Forest Hill Swim Lesson Registration Form

Parent's Name: _____ Phone: _____

Per Session Member cost: \$40

Per session Non-member cost: \$80

E-mail: _____

Child's Name:	Birth date:	Gender: (circle)	Session #: (1, 2, or 3)	Level #: (P/C thru 6)	Morning or Evening?
1.) _____	_____	M F	_____	_____	_____
2.) _____	_____	M F	_____	_____	_____
3.) _____	_____	M F	_____	_____	_____
4.) _____	_____	M F	_____	_____	_____

**NOTE: Non-member participants ARE NOT permitted to use the facilities before, or after swim lessons.
EVENING SESSION LESSONS ARE FOR MEMBERS ONLY.**

Sessions:		Level Times: (Morning OR Evening):	
Session 1	June 22, 2009 – July 3, 2009	Level 5&6	9-9:30am & 8-8:30pm
Session 2	July 6, 2009 – July 17, 2009	Level 3&4	9:30-10am & 6:30-7pm
Session 3	July 20, 2009 – July 31, 2009	Level 1&2	10-10:30am & 7-7:30pm
		Parent/Child	10:30-11am & 7:30-8pm

of Member sessions: _____ x \$40 = _____
of Non-member sessions: _____ x \$80 = _____

Enclosed is the following amount: \$ _____

Members have priority registration until May 31st.

Makes Checks Payable to: FHS&TC	Mail Registration form and check to: FHS&TC P.O. Box 285 Ellicott City, MD 21041-0285
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The 9th Annual Family Camp-Out Registration – July 11th

Saturday July 11, 2009. Begin setting up your tent at 6pm. Tents must be removed by 11am the following morning!

Parent's Name: _____ Phone: _____

Please list children's names and ages

of Adults (18&over): _____ x \$12 = _____ 1.) _____
 # of Children (17&under): _____ x \$7 = _____ 2.) _____
 Enclosed is the following amount: \$ _____ 3.) _____
 4.) _____

This is a members only activity, no guests please. Registration must be received by July 5th

Makes Checks Payable to: FHS&TC	Mail Registration form and check to: FHS&TC P.O. Box 285 Ellicott City, MD 21041-0285
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Volunteer Interest Form

Name: _____ Phone: _____

E-mail: _____

I would be interested in volunteering my time to help with (check all that you are interested in):

- | | | |
|--|--|---|
| <input type="checkbox"/> Youth Night Chaperone | <input type="checkbox"/> Bingo/Float Nights | <input type="checkbox"/> 50 th Anniversary Celebration |
| <input type="checkbox"/> Family Camp Out | <input type="checkbox"/> Crab Feast | <input type="checkbox"/> Welcome Back BBQ |
| <input type="checkbox"/> Interested in joining the Board | <input type="checkbox"/> Interested in joining a Board committee – Specify below: | |
| <input type="checkbox"/> Activities Committee | <input type="checkbox"/> Tennis Committee | <input type="checkbox"/> Pool and Grounds Committee |
| <input type="checkbox"/> Membership Committee | <input type="checkbox"/> Long-Term Planning Committee | |

20% Discounted Guest Fee Card Order Form

*****PLEASE ONLY use this form to order your cards PRIOR to the opening of the club. As of May 23rd, you can purchase your guest cards at the front gate. The discounted guest cards can be purchased through June 30th, after that each card will be at the regular price of \$50.00.**

*You do NOT need a form to buy your cards from the front gate.****

Name: _____ Phone: _____

Street Address: _____

City/State/Zip: _____ E-mail: _____

Each card carries a \$50.00 value and may be used to pay adult and child guest fees. The card has a total of ten punches (\$5.00 each). An adult guest fee will require two punches (\$10.00) and a child guest fee will require one punch (\$5.00). Cards may be purchased by members only. Cards will expire at the conclusion of the 2009 season. Cost: \$40.00/per card before June 30th (20% Discount). Cards will be available at the club for \$50.00 after June 30th

No. of 20% Discount Cards: _____ x \$40.00 _____

Enclosed is the following amount: \$ _____

All cards ordered with this order form will be mailed to the address provided above.

All discount cards are subject to the following rules: Discount guest fee punch cards are not transferable. No refunds will be given for lost or stolen cards. No refunds will be granted for the unused value of a card. These cards may only be used to pay for Adult & Child guest fees. By purchasing these cards you indicate agreement to the aforementioned rules.

Learn to Dive 2009 Registration Form

Child's name	Child's age

***Parents of 6 and under are required to stay on the pool grounds.**
 Are the children Forest Hill members? Yes No

EMAIL ADDRESS: _____

Please check session(s) you are signing up for: (all classes are held Monday through Friday at 11:10am-11:45am)*

Week of:

June 22 nd	
June 29 th	
July 6 th	
July 13 th	
July 20 th	

***other class times may be formed; contact the coach with questions**

Enclose Fee (\$50/members; \$100/non-members) payable to FHSTC and send to FHSTC Attn: Dive Coach. Confirmation of class will be made via email.

The maximum class size is 10 divers. If 3 or fewer divers sign up for a class, it may be combined with another class or cancelled. In the event that a session is cancelled, you will receive a full refund. Make up classes will be held for inclement weather only. Classes are not prorated.

Questions? Contact Coach Danny @ drudedede@jmu.edu.

Swim & Dive Team Registration Form 2009

Note: All items marked with an asterisk are required by AAU. Please be sure to sign as indicated under "AAU Registration" below. If it is not signed, your athlete will not be allowed on the pool deck for either swim or dive team.*

Child's Name *	M or F*	Date of Birth * (MM/DD/YYYY)	Age as of 5/30/09 (5/31/09 for dive)	Registering for Swim (S), Dive (D) or Both (B)	Have* Personal Health Insurance?
	M F			S D B	Y N
	M F			S D B	Y N
	M F			S D B	Y N
	M F			S D B	Y N
	M F			S D B	Y N

Home Address * _____

Home Phone * _____

Mother's Name: _____ Cell Phone: _____

Father's Name: _____ Cell Phone: _____

E-Mail Address(es): _____

AAU Registration: By authorizing payment of my annual dues, I certify that: 1) I have never been convicted of any sex offense nor felony; or, if so, I must apply for membership (and receive approval) through the AAU National Office; and, 2) this application is correct in every material aspect, including but not limited to my (street) address and birth date. The applicant agrees to be bound by the AAU Code, including all AAU Policies, which are available for review on the AAU website at www.aausports.org.

Parent Signature

Fees:

- If postmarked/received **on or before May 31, 2009**: \$80 per swimmer, \$100 per diver, \$168 for both swimming and diving
- If postmarked/received **June 1, 2009 or later**: \$100 per swimmer, \$110 per diver, \$198 for both swimming and diving

Please complete both sides of this form. Mail completed form and check (made payable to "FHS&TC") to:

FHS&TC
Attn: Swim Team Rep
PO Box 285
Ellicott City, MD 21041

You can also drop off your form and check at the pool. If so, please put it in an envelope marked "Swim/Dive Team, Attn: Christie Hunter" to ensure proper processing.

If you have any questions, please contact:

- Swim Team - Christie Hunter (fhs_wimteam@gmail.com or 410-461-5957)
- Dive Team - Beth Drude (bethpier66@comcast.net or 410-313-9632)

Swim Team Information:

We would be willing to help with (please check all areas of interest):

During Meets:

- | | | |
|--|---|--|
| <input type="checkbox"/> Announcer | <input type="checkbox"/> Concessions | <input type="checkbox"/> Table Worker |
| <input type="checkbox"/> Card Distribution | <input type="checkbox"/> Heat Winner Awards | <input type="checkbox"/> Timers |
| <input type="checkbox"/> Card Runners | <input type="checkbox"/> Relay Organizer | <input type="checkbox"/> Stroke & Turn Judge |
| <input type="checkbox"/> Clerk-of-course | <input type="checkbox"/> Ribbons | |
| <input type="checkbox"/> Computer Entry | <input type="checkbox"/> Swimmer Sign-in | |

Other volunteer opportunities:

- | | |
|--|--|
| <input type="checkbox"/> Best Time Ribbons | <input type="checkbox"/> Pep Rallies/Friday Night Activities |
| <input type="checkbox"/> Administrative Jobs at home | <input type="checkbox"/> Results to Howard County Time |
| <input type="checkbox"/> End-of-Season Party | |

Dive Team Information:

We would be willing to help with (please check all areas of interest, at least one per family):

- Table Worker
- Judge at meets
- Co-chair dive team party
- Post results to Website & local papers

Both Swim & Dive Team are for MEMBERS ONLY.

Makes Checks Payable to: FHS&TC	Mail Registration form and check to: FHS&TC P.O. Box 285 Ellicott City, MD 21041-0285
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All Registration Forms are also available on our website!!!
www.fhstc.com