

***The Sudley Club
Newsletter
May 2010***

Sudley Club Phones

Tennis Reservations & Club Business_____703-368-5931
Other Calls_____703-361-5652

Sudley Club Staff

Manager_____

Dennis Miller

Swim Lessons and Clinics_____

Don Regenbogen, Tyler Perez, Kaitlin Groundwater, Elizabeth Allen, Meghan Morch, Ashley Boyle and other staff members upon request.

Junior Tennis_____

Danny Hughes, Anna Boning, Nick Newman, Barrett Bailey, Nick Allen and Anna Boning

Tennis Pro_____

Branden Beets

Pool Operators, guards, grounds__

Elizabeth Allen, Haley Knowles, Matt Rivenburg, Michael Primaeu, Sara Miller, Jeannie Miller, Neil Roberts, Josiah Renton, Nicholas Roberts, Nick Allen, Kaitlin Groundwater, Megan Morch, Gregory Robinson, Harrison Bergeron, Ian Miller, Parker Hudson, Ashely Boyle, Sydney Miller, Jenna Dagenhart Bryce Hetzel, Nikki Odderstol, Ian Reedy, Anna Boning, Abbie Smith, Amanda Notarantonio, Elizabeth Storey, Erica Boyle, Sara Reedy, Ricky Burleson, Matt Perez, and Patrick Stoltze.

Swim Team_____

Don Regenbogen, Haley Nowak, Michael Hughes, Matt Smith, Jefferson Payne and other staff members

2010 Board of Directors

Club Manager	Dennis Miller	703-361-3372
President	Mike Allen	703-369-6139
Vice President	John Heltzel	703-330-2541
Secretary/Membership	Jim LaRosa	703-257-1522
Treasurer	Helen Perez	703-257-5292
Board Member	Drew Caracciolo	703-369-0982
Board Member	Roseanne Hughes	703-368-5406
Board Member	Carroll Weimer	703-368-9124
Board Member	Kurt Schinnerer	703-257-1406
Board Member	Richard Meyer	703-369-9945
Board Member	Donna Notorantonio	703-335-5759

OPENING DAY: Sunday, May 23, 2010.

CLOSING DAY: Saturday, SEPTEMBER 11, 2010.

STOCK HOLDERS MEETING: Sunday, July 25th, 2:00 pm.

Hours of Operation

May 23 rd – End of Public School:	Saturdays	11:00am – 9:00pm
	Sundays	1:00pm – 8:00pm
	Weekdays	1:00 pm - 8:00pm
End of Public School-Labor Day	Saturdays	11:00am-9:00pm
	Sundays	1:00pm-9:00pm
	Weekdays	11:00am-9:00pm
September 7 th – 11 th	Weekdays	4:00pm-7:00pm
	Saturday	11:00am-6:00pm

NOTE: Har-Tru Tennis courts will be available for play from
Approximately May 1st-November 14th.

Guest Policy

Sudley Club is a membership that allows members the privilege of bringing guests to the Club. Our guest policy works on the HONOR SYSTEM. Any change in this would be expensive and would change the casual atmosphere of our club. **ALL GUESTS ARE REQUIRED TO REGISTER AND PAY AT THE CANTEEN UPON THEIR ARRIVAL AT THE CLUB.** Members using Sudley Club before or after hours remain responsible for guest fees. Fees should be paid prior to the use of the club or on the following day, if the canteen is closed.

No guest fees are collected for children under two or for adults over the age of 70. Due to the limited tennis court facilities, all tennis guests must pay the \$5.00 guest fee. If you believe that someone is using the club without paying the required fee, Please contact the manager immediately. A list of current members is posted in the game room.

MEMBERS WHO BRING GUESTS TO SUDLEY CLUB PRE-OPENING AND POST-CLOSING ARE STILL RESPONSIBLE FOR PAYING A \$3.00 GUEST FEE. TENNIS GUEST FEES ARE \$5.00 YEAR ROUND.

Please send fees to Club Manager: Dennis Miller

8222 MacBeth St.
Manassas, VA 20110

Failure of members to pay guest fees could result in Sudley Club facilities not being available before Memorial Day or after Labor Day.

Guest Fees

These fees are for the use of the entire Club or individual activities including use of the basketball and tennis courts, swimming pool, picnic area and the pond. Please cooperate fully by paying for your guest.

Daily Guests		\$5.00
Business Groups		\$7.00 per person
Summer Houseguest		\$75.00
(must have a permanent residence at least 25 miles from Manassas)		
One Week House Guest	Adults	\$15.00
	Children	\$12.00
	Babysitter*	\$75.00

*Several of our families need adult supervision for their children during the workday. To accommodate this need, the club has established a babysitter fee. **This fee is \$75 and is not transferable.** The individual may use Sudley Club when supervising children of members. Babysitters may not use Sudley Club at other times unless they are a guest of a member and pay the appropriate fee. Babysitters are not permitted to have guests of their own.

Individual guests for the pool and picnic area are limited to 10 (ten) visits per season. This policy will be strictly enforced for the upcoming season. A guest will be limited to 5 (five) visits per summer for Sudley's Tennis Courts.

Picnics

Arrangements for any picnics over fifteen persons MUST be made in advance with the manager or his designee. The staff will help you make your event a huge success. If groups want to picnic after 11:00 pm, arrangements must be made in advance with the manager. Sudley Club is available for outside groups when sponsored by a club member. The member is sponsoring the group must meet with the manager to review rules and regulations. Pavilions are available for use with picnics. Due to the high demand these will be booked on first come first serve basis. Groups must have at least 20 people to book a pavilion more than 48 hours before the event. Individual families or groups less than twenty may reserve pavilions available two days in advance or may use any of the pavilions if not in use on the day of the event.

Pavilions

Sudley Club has three large pavilions available for your picnics. The Pond Pavilion is named after its closet geographical locations- the Pond! The James Must Pavilion located in front of tennis courts 5/6 was dedicated on July 4, 1990. It was named in memory of Jim Must a past President of Sudley. Eight close friends of Jim, all members of Sudley, built the pavilion.

The pavilion in front of courts 1-2 will be named the David Dellinger Pavilion in memory of David's significant impact on the club as a Board Member for 16 years and serving 13 as president. During his tenure the club paved the parking lots, expanded the picnic facilities in the area adjacent to the pavilion, built the club house, and expanded the pool to 8 lanes. This pavilion has been remodeled by funds donated in David's memory by his friends.

Sudley has additionally added two other special pavilions. The tennis pavilion overlooking Courts 1-4 enables our membership to socialize while playing tennis and the Michael Pennefather Pavilion, which overlooks the play area of the club. Mike's pavilion was built by Michael's father and friends to honor his life and lessons he taught everyone on how to enjoy life to its fullest every day.

NOTE: In the past groups have arrived at Sudley without prior arrangements with management. This created a hardship on the general membership and severely taxed our facilities. Please **DO NOT** schedule events at Sudley before reserving your date with the manager. Groups that fail to do this may not be able to picnic at Sudley.

Please Note: Members having picnics with large numbers of guest should pick-up a "Guideline of Rules and Regulations for Picnics at Sudley Club" from the canteen. Members are responsible for their guest behavior.

Sudley's Playground

Sudley Club has a beautiful custom build challenger playground. This modern system includes many climbers, two slides, an adventure bridge, crawl tube, swings, and other creative play stations. Designed and installed by All Recreation of Virginia, this play area is ADA compliant and meets all safety codes nationally and for the State of Virginia. Most importantly, this 91' x 42' area is self contained and covered with 20" of wood carpet.

In addition, to the Sudley Playground are glass basketball goals with adjustable heights. To ensure the baskets remain in good condition for everyone to enjoy there is NO dunking allowed during play. We appreciate your cooperation in advance.

Skateboards, Lacrosse, Golf, Water Guns

Sudley Club provides many varied recreational opportunities for the enjoyment of our membership. However, due to space limitations and safety concerns certain sports are not allowed at Sudley. Skateboards, golf clubs, and **water guns** are banned at Sudley at all times. Lacrosse sticks may be used only with tennis balls in the field in groups of three or less. Lacrosse games can not be played in the field due to safety. Please do not play with lacrosse sticks in the pool area or picnic area. If members of our club do not follow these guidelines, then the Board of Directors will be forced to ban lacrosse play at Sudley.

Sudley After Hours

Because of vandalism in the past, Sudley Club is periodically checked each evening after **11:00 pm** by the Prince William County Police. Any person, **member or non-member**, found to be using Sudley Club facilities without **written** permission after this time will be arrested and prosecuted for trespassing.

Baby Pool

This area is reserved for parents, guardians, or babysitters actively engaged in watching children 6 and under. This area is limited in size and can not accommodate large families or groups. It also a safety issue for small children having the gates constantly being opened with pedestrian traffic. Please do not use this area for your family meeting area unless your children are under the age of six..

Please limited the food consumed in the baby pool area and closely monitor young children eating in this area. This can not be an area for family meals, birthday parties or other social events. Please if your young child spills food ask any lifeguard for a broom and dust pan to clean it immediately. Soggy chips, cookies, and other foods are difficult to clean and are a potential safety hazard for young children- especially for those with food allergies. Food put in the baby pool also makes it difficult to maintain "water chemistry" ideal for swimming.

County Health Regulations

*Shower before entering pool

*Non-toilet trained child **MUST** have rubber pants covering diapers.

*Members having open sores, communicable diseases, or nasal discharge may not use the pool.

***Please discuss good hygiene habits with your children to avoid contamination of pool with fecal matter, which requires closing of the pool.**

Valuables at Sudley

The management of Sudley discourages children from bringing expensive I-Pods and electronic devices at Sudley. Many people use Sudley on a daily basis and the safe keeping of valuables is the responsibility of each member.

Adult Swim

The pool will have a lap lane available almost every hour we are opened this summer. When needed, we will also have adult only swims.

Club Rules

The Board would like to remind the membership of several rules that are the most frequently ignored or abused. The rules apply to all Club facilities. Questions regarding the rules should be directed to the Manager or any member of the Board of Directors. The Board and your fellow members appreciate your cooperation.

*Children under nine (9) years of age must be accompanied by a person sixteen (16) years of age or older, who will assume responsibility for them and under whose custody they must remain at all times.

*The wading pool is NOT the responsibility of the lifeguards. Children using the wading pool must be closely supervised at all times by the person(s) responsible for them. The wading pool is reserved exclusively for member families with children under six years of age. Families not having children under six years of age should not use the wading pool area. **NO ONE OVER SIX YEARS OF AGE** should be in the wading pool. **Rubber pants must be used by all children not toilet trained.**

*Objectionable personal conduct, such as abusive or profane language or rough play is prohibited.

*The pond is not the responsibility of the lifeguards. Children using the pond must be closely supervised at all times by the person(s) responsible for them.

*The large rocks bordering the pond are the erosion control. No one should fish off these rocks. Rock throwing is strictly prohibited.

*No boating or swimming in permitted in the pond. Throwing foreign objects (including rocks) into the pond is prohibited. Containers are provided for trash.

Grounds

The staff has worked hard to present the members with beautiful grounds. Please help with the upkeep of Sudley by using trash containers, **not throwing candle wax, grease, or other caustic liquids on the grass.**

PLEASE DO NOT MOVE TABLES OFF THE MULCH AREAS DESIGNATED FOR PICNICKING. If you need or want to move tables within mulched picnic areas please consult a staff member to avoid placing a table over a sprinkler head.

Swimming Lessons

Sudley Club's staff will offer a wide variety of swimming lessons this summer. Beginning and advanced beginner's classes will be held throughout the season. A special class will be held for those children wanting to swim on the team but are not yet able to swim the length of the pool. Children wanting to learn to improve their competitive strokes will be able to take advantage of our swim clinics. A weekly schedule will be announced each month. Private and semi-private lessons are available. Please inquire in the canteen for details and lesson schedule.

First Session: June 21 – July 2

Pre-Swim Team Class-

Beginners 11:30 – 12:15

May 28- June 11

Intermediate 12:30 – 1:15

Preschool Class: June 1 - 14

2:00 – 2:45 PM,

Evening lessons available upon request from 7:00 PM – 8:30 PM

Fees

Group	\$75.00 per person for two-week class
Semi-private	\$15.00 per person (2 people, 30 minute lesson)
Private	\$18.00 per person (30 minute lesson)
Pre-swim team class	\$50.00 per person – begins May 28 th (No class Memorial Day)
Life Guarding	\$200.00 per person- includes books and support rental fees from Red Cross

GROUPS ARE LIMITED IN SIZE! SIGN UP EARLY!

For private lessons please contact Elizabeth Allen, Ashley Boyle, Meghan Morch, Kaitlin Groundwater, Don Regenbogen or talk to Dennis Miller

Lifesaving

Classes will be held on July 19th-July 30- Monday-Friday: 6:30-8:45.

Sign up early. Limited Enrollment.

Competitive Swim Clinics

The success of each individual swimmer is a combination of work, natural talent, and coaching. The Swim Team coach's work hard each day to instruct each swimmer in stroke mechanics, starts and turns, and in the development of swimming endurance. Practice is held daily from 9-11 am, 5:15-6:00 pm for swimmers assigned to lane coaches in the morning practice, and 6:00-7:00 pm for swimmers in Dennis' group. Each coach is responsible for more than twenty swimmers so individual attention must be divided equally between all participants. To help each swimmer develop to his/her fullest potential each day Monday-Friday stroke clinics are held between 11:30 and 3:00. These are taught by Don Regenbogen, Tyler Perez, and other staff members who are competitive swimmers. Don coached Jeff Rouse, an Olympian and world record holder in the 100m backstroke, and is highly respected in the coaching profession. Each week a different stroke is emphasized. These clinics are reasonably priced at \$20.00 a week. Further discounts are available by signing up for multiple weeks. Listed below is a list of the clinics for the summer of 2009.

June 7-11	Monday-Thursday 6:30-7:30 pm, Friday 5:00-6:00	Starts & Turns
June 14-18	Monday-Thursday 6:30-7:30pm, Friday 4:30-5:30pm	
June 21-25	11:30-12:15 pm	8 and under Advanced and Novice Swimmers
	12:30-1:30 pm	Breast Stroke Butterfly
	1:30-2:30 pm	Butterfly
June 28-July 2	11:30-12:15 pm	8 and under Advanced and Novice Swimmers
	12:30-1:30 pm	Starts and Turns
	1:30-2:30 pm	Breast/Fly
July 5-July 9	11:30-12:15 pm	8 and under Advanced and Novice Swimmers
	12:30-1:30 pm	Backstroke/Freestyle
	1:30-2:30 pm	Starts and Turns
July 12- July 16	11:30-12:15 pm	8 and under Advanced and Novice Swimmers
	12:30-1:30 pm	Freestyle/Butterfly
	1:30-2:30 pm	Starts and Turns
July 19-July 23	11:30-12:15 pm	8 and under Advanced and Novice Swimmers
	12:30-1:30 pm	All Stroke Review

1:30-2:30 pm Starts and Turns

July 26-31

All novice swimmers 10 under may sign up for 8 under time slot. For clinic suggestions or questions see Dennis or Don

Competitive Clinic Specials: June 16 – July 25

Sign up for four (4) clinics (same person) for \$64.00 – save 20%

Sign up for five (5) clinics (same person) for \$75.00 – save 25%

Sign up for six (6) clinics (same person) for \$85.00 – save 30%

All Clinics \$100 per person (same person) – save 54%

Weekly Family Specials

Two (2) children \$35.00

Three (3) children \$48.00

More children \$10.00 per child

Swim Team Committee

The Swim Team Committee operates at the request of the Sudley Club Board of Directors. This committee help formulate policy by making recommendations to the head coach, helping to plan and carry out activities, and raising money to help off-set the cost of running this program.

In the past the swim team has donated over \$50,000 to the Board of Directors to help fund new projects. The Swim Team Committee looks forward to a great summer of activities. Questions concerning the team should be directed to the Head Coach or any committee member.

Head Coach – Dennis Miller

Chairperson – Christina Dimond

Meet Coordinator – Kathy Smith

Divisional Coordinator – Leigh Ann Fritsch

Treasurer – Patty Robinson

Registrar – Pam Nelson

Many, many thanks to all who serve on this committee, but especially to our Executive Board.

Weekly Newsletter

The swim team and Junior Tennis Program publish a weekly newsletter. These are available on Sudley's website and give up to the day information on tennis and swimming.

Tennis Lessons

Lessons will be taught by Branden Beets. Lessons schedules are posted at bbeets@vt.edu or Brandon can be contacted at 703-969-6505.

Socials

Lana Schinner social Chairman of Sudley has provided us with outstanding events for many years. In 2010 we will have the Adult Social on July 17 at 7:00pm. Plan on eating your best meal of the summer, cooked by Chef Tim and a night of great fun.

*Please note several members last year offered to provide music for the adult social and July 4th to eliminate need for a DJ- if you are willing to do this please contact Lana and Dennis ASAP or we will have to hire a DJ as an additional expense.

New New New New New

Sudley Pot Luck Dinner Night

Each month we will have a Wednesday Night Pot- Dinner to begin at 7:00 in the Dellinger Pavilion. Families are to bring their own meat, drinks, silverware, napkins, and cups. In addition, each family will be assigned one dish to share. Each should feed 10-12 people. Take advantage of this opportunity to sample great food and meet families at Sudley.

	Vegetables or Rice	Salad	Dessert
June 23	A-G	H-N	O-Z
July 28	O-Z	A-G	H-N
Aug 18	H-N	O-Z	A-G

Please bring the dish assigned to the beginning letter of your last name.

Information can be found at www.sudleyclub.org on all Sudley Programs. Newsletters, applications, and tennis teams swim team results are posted at this site. **Please check the Web page before calling Sudley in the event of inclement weather and practice schedules.**