Drop 'N Shop
Drop the kids off for some holiday prep time

Meet the Staff
Meet our newest assistant tennis pro, Jennifer Moore

Cookie Exchange Party
Show off your favorite recipes and bring homes some sweets

Tennis/Fitness Packages
Treat yourself to a discounted 3 session pass for the New Year

Holiday Toy Drive
Help us collect toys, books, and gifts for the Durham Rescue Mission Toy Drive
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Holiday Hours

Please note the following schedule changes

- November 23
  Club closed

- November 24
  8:00am – 8:00pm

- December 8
  6:00am – 5:00pm

- December 22
  8:00am – 8:00pm

- December 24
  9:00am-1:00pm

- December 25
  Club closed

- December 26-29
  8:00am – 8:00pm

- December 31
  9:00am – 1:00pm

- January 1
  Club closed

Ask the Expert

Patti answers DFC members’ most common questions

Q: I’ve got family coming for the holidays. Can they use my card to access the club since I can’t bring them?

A: Unfortunately, they cannot use your card. Your house guests must be checked-in and accompanied by you while they are at the club.

You can, however, purchase a Long-Term Guest Pass which allows them full access to the club without you having to accompany them. Long-Term Guest Passes are available for 1 week / 2 weeks & 1 month intervals for both adults and children. The costs for the long-term guest passes are $20/$30/$50 for adults and $15/$20/$30 for children. Adult guests will be given a Long Term Guest membership card.

You need to inform the office of your houseguests’ names and the dates they will be using the club. Please call the office prior to your houseguests’ arrival so cards can be made and distributed in a timely manner.
Mini Camps '17-'18

Spaces are still available for upcoming Mini Camps! Kids in kindergarten through 6th grade are invited to the DFC for a day filled with games, sports, crafts, and other fun activities. Mini Camps run from 8:30am-5:30pm and are $45/camper for the day.

2017-2018 Dates:
- Friday, December 22
- Monday, January 15
- Tuesday, January 16
- Monday, February 19
- Friday, March 30

Please contact the DFC office to RSVP for any and all Mini Camps.

Kids Night Out

Monthly evenings of entertainment

Why scramble for a sitter when you can bring your kids to the DFC for a night of fun?

Kids' Night Out is open to children pre-K (must be at least 4 yrs old) through 4th grade. Games, homemade pizza, dessert, and a movie are all included... it's a kid's dream come true! Kid's Night Out is from 6:00pm-9:00pm.

Upcoming Dates:
- Friday, December 15
- Friday, January 12

Please call the DFC Office to register your child/children for the next KNO!
Drop 'N Shop

Have some uninterrupted holiday down time

At the annual DFC Drop 'N Shop, kids ages 4-12 years old are invited to participate in an afternoon of games, crafts, and baking and decorating holiday cookies.

Spaces are limited and fill up fast for this popular seasonal event, so RSVP by calling the DFC office today!

Event Details
- Saturday, December 9
- 12:00-4:00pm
- $10 per child

Cookie Exchange

Enjoy a sweet treat escape with other members

Spend some time this holiday season with the DFC baking community for an hour of games, crafting, and swapping homemade cookies!

On Sunday, December 17 from 2:00-3:00pm bring a few batches of your favorite homemade bars, cookies, or treats for sharing. Aside from the cookie swap, we'll have interactive holiday fun along with a gingerbread decorating table for the kids.

DFC will provide containers so you can take home a variety of treats for your holiday guests. There will also be beverages and copies of participating recipes so you can recreate your favorites on a later day.

In order to participate, plan to bring three dozen of your chosen treat and any associated allergy information.

When signing up, be sure to specify the type of cookie you plan on bringing so we can ensure we have a wide selection!

Click Here to RSVP
for Cookie Exchange Party
DFC Toy Drive
Giving to our local community

Brighten the holidays for local children and families in need by participating in the DFC Holiday Toy Drive.

From now until December 13, the DFC will be collecting new and unwrapped toys, books, and games to be donated to the Durham Rescue Mission for their annual holiday toy distribution. The Rescue Mission's 2017 goal is to distribute 10,000 toys, so every donation counts!

**Their biggest need is for boys and girls ages 10 and older.**

The Rescue Mission is Durham oldest and largest long-term homeless shelter, providing food, clothing, permanent supportive housing, vocational training, counseling, job placement, education, accountability and much more to men, women and children in Durham, Chapel Hill and Raleigh.

As an added incentive for donating, all participating memberships will be put into a raffle for sweet DFC prizes, clothing, and program gift certificates.

Be sure to drop off your donated toys to the DFC admin office by:

**Wednesday, December 13**

The DFC community donated over 200 toys in 2016!
Tennis, Anyone?

The cooler weather doesn't stop DFC tennis players!

Baseline Fitness

A peak at our newest weekly tennis class

Baseline Fitness is a new fast-paced, heart thumping workout for the DFC tennis enthusiast!

This one-hour class is focused on tennis specific movement patterns and hitting drills emphasizing quickness, balance and agility. Our goal is to create an encouraging and fun atmosphere in which we increase strength, endurance, and speed on the court.

- Mondays, 12:00-1:00pm
- $10 drop-in
- No RSVP required!

Holiday Tennis Mixer

'Tis the season for giving and playing tennis!

- Saturday, December 16 from 10:00am to 12:00pm
- Open to DFC tennis players of all levels and abilities
- Entry is FREE, but we ask that you donate an unwrapped toy to the DFC Toy Drive
- RSVP to Mike by Friday, December 15 if you would like to participate
Holiday Tennis & Fitness Packages

Treat someone special (including yourself!) to the gift of recreation this holiday season by purchasing a discounted package of tennis lessons and/or personal training sessions.

The packages are available for sale through the end of December.

Stop by the DFC to purchase your’s today!

**Important Details**

- All lessons or training sessions are valid from January 1 to July 31, 2018
- Only one tennis package and one fitness package may be purchased per person
- All packages must be paid for at the time of purchase with cash or check (no charging accounts)

For questions or details on the two holiday packages, please contact:

- **Mike** (tennis package)
- **Carrie** (fitness package)
Meet the Staff:

Jen Moore

Jen started working for the DFC part-time as a Tennis Pro in April 2017. A Durham native, Jen comes from an intense sports background, including playing soccer for Duke as an undergrad, and has coached both soccer and basketball at high schools all over the country.

Jen has been involved with Tennis since her early years and as recently as 2016 was a member of a National Championship winning USTA team! She believes coaching tennis combines her love of the sport with her passion for health and wellness while utilizing her teaching and coaching experiences.

When off the court, Jen is busy with her six year-old daughter, Violet, and her many hobbies. She loves camping, hiking, and writing poetry as well as creative non-fiction. She blends her love for writing with her interest in living and aging well on her blog (www.dragonflyhealing.wordpress.com). When not in Durham, her favorite spots include Asheville and Boone.

We look forward to the new ideas and programming Jen will bring to the club as she increases her hours and involvement with the DFC tennis team.

Taking on Mia Hamm in the 1992 NCAA Soccer Championships
Tennis Move of the Month

The Art of the Two-hand Backhand

1. Backhand Grip

2. Initial Position and Back-swing
   Bring the racket back, turn sideways, prepare to step forward

3. Downswing
   Bring the racket down about one foot below the ball (for topspin) and transfer body weight to your front leg

4. Point of Contact
   Make sure your racket is parallel to the ground, body is facing sideways, and your eyes are glued to the ball

5. Drive the Ball
   Your legs, shoulders, and arms should drive forward and through the ball toward your target

6. Follow-Through
   Cross your body and place your elbow high up over your shoulder
Get an early start on your New Years resolutions

The new year is fast approaching and it is prime time to set your 2018 health and fitness goals. Now is the perfect time to get ahead of holiday weight gain or break your current fitness plateau. Working with a personal trainers can help ensure you are getting the most out of your workouts, as well as providing motivation and accountability for coming to the gym.

There are many ways working with a personal trainer can enhance your exercise program. Our fitness staff can lead you through programs to help you improve flexibility or strength, increase energy, decrease stress, improve cardiovascular health, and/or lose weight. It all depends on your individual fitness goals and we'll help tailor a program to meet them.

For more information on our personal training program, or to set up your first session, please contact Carrie.

Sue Glover
Hometown: Washington D.C.
Favorite Exercise: Walking. You can do it anywhere and there are a lot of interesting sights to see.
Favorite part about the DFC: The people, because they are fun, interesting, and work really hard. It’s also nice to see familiar faces who are dedicated to staying healthy.

David Lopez
Hometown: Santa Barbara, CA
Favorite Exercise: Plyometric movements to help improve my beach volleyball game
Favorite part about the DFC: Working with the members achieve their fitness goals; they’re great to work with!

Carrie Summers
Hometown: Statesville, NC
Favorite Exercise: Pilates! Every day, all the time.
Favorite part about the DFC: I am sure I will add to this list as my tenure grows, but in my first few weeks I have been most excited about the welcoming atmosphere of both the staff and membership.
Fitness Moves

Review of proper lunge form for safety and efficiency

Lunges can be performed anywhere and are a great exercise for developing strong leg and core muscles.

When performing lunges:

1) Keep your upper body straight, with your shoulders back and your chin up.
   - It helps to pick a point in front of you to focus on. Avoid looking down and keep your gaze straight ahead.
   - Always engage your core. Pull your abdominals in and up, as if you are zipping up a tight pair of pants.

2) Step forward with one leg, lowering your hips until both knees are bent at about a 90-degree angle.
   - Make sure your front knee is above your ankle, (behind your toes and in front of your heel), and make sure your other knee doesn’t touch the floor.

3) Keep the weight in your heel as you push back up to the starting position.
   - Repeat STEP 1 with the other leg.

HELPFUL TIPS

- If forward lunges cause pain in your knees, try stepping back instead.
- You can hold on to a chair or something sturdy if needed for balance.
Summer Camps

With tennis camp, summer camp, kindercamp, and LIT camp opportunities, there is no shortage of fun and excitement for DFC kids in 2018!

Important Dates

January 3 - Handbooks posted to DFC website

January 10 - DFC Member registration opens

March 14 - Deadline for early-bird discounted rate and registration opens to Duke employees

June 11 - Camp craziness begins!
Four years ago this month, the DFC was not much more than a giant pile of dirt. Five months later, we opened the doors to the amazing campus we have now!

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Save The Dates

Mark your calendars for upcoming programs and events:

- December 9 - Drop n’ Shop
- December 15 - Kid’s Night Out
- December 16 - Tennis Holiday Mixer
- December 17 - Cookie Exchange
- December 22 - Mini Camp
- January 10 - Camp registration opens for Members
- January 12 - Kid’s Night Out
- January 15 - Mini Camp
- January 16 - Mini Camp
- February 1 - American Red Cross Blood Drive

For a complete schedule of all DFC events, please check out our Club Calendar