Survey Results
Membership survey summary

Camp Preview
Camp registrations open in January

Holiday Hours
Schedule changes for the holidays

Mini Camps
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Uninterrupted time for holiday prep
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Q: I need to pay my monthly invoice. Can I use a credit card?

A: Credit cards are only accepted when paying annual membership dues. For monthly invoices, you can either pay cash, drop off or mail a check, or pay with e-check on the DFC website.

Monthly invoices are generated when expenses have incurred for DFC programming from the previous month. They are emailed or snail mailed (per your preference) during the first week of the month and payment is due by the 25th.

To avoid incurring late charges, please confirm we have your correct email/mailing address to insure you receive your invoices in a timely manner.
Safety Spotlight

AEDs available at the DFC

In response to the membership survey and a commitment to creating a safe environment, the DFC has improved the accessibility of automated external defibrillators (AEDs) in the event of an emergency. Studies show that expedited use of an AED can increase the chance of surviving sudden cardiac arrest by 70%. There are two AEDs available to members at the DFC. One is located in the hallway outside of the fitness center. The second is located on the patio-side of the building between the two locker room entrances. The outdoor AED is accessible 24/7 if an emergency occurs outside of club hours.

In the event of an emergency, all of the full-time staff are Adult and Child CPR/AED certified. Additionally, during the summer all lifeguards and camp counselors are trained in CPR/AED skills and First Aid. Basic first aid supplies (band-aids, tweezers, and ice packs) are available through the DFC office year-round. During the summers, the lifeguard table also has a first aid kit readily available.

If you are interested in becoming certified, the club will be holding a CPR/AED training course this February. Be on the lookout for more details in future newsletters.

Holiday Hours

Please note the following changes to the club’s hours during the December/January holidays.

- **December 11**
  - Club closes at 5:00pm

- **December 21, 22, 23**
  - 8:00am – 8:00pm

- **December 24**
  - 8:00am – 1:00pm

- **December 25**
  - Club closed

- **December 26, 27**
  - Regular club hours

- **December 28, 29, 30**
  - 8:00am – 8:00pm

- **December 31**
  - 8:00am – 1:00pm

- **January 1**
  - Club closed

- **January 2**
  - Resume regular hours
The DFC Board thanks all members who took time to respond to the Membership Survey. With 633 responses (45% response rate!), there are heaps of great information to sort through and digest.

Several factors go into consideration when reviewing suggestions, such as code compliance, available financial, physical, and staffing resources, and coordination with long-term strategic and master plans.

Over the next several months, the Board, its various Committees, and DFC staff will review the data and feedback, and consider what is feasible to incorporate into the club’s operations.

Thanks again for your participation and look forward to more communication over the coming months!

DFC members are very likely to recommend the club to a friend or colleague (Average = 8.7)...

...and the vast majority of respondents view the DFC as a welcoming and friendly place, giving the club an average score of 8.5 on a scale of 0-10!
Results Continued...

Membership Suggestions:

**Swimming**
- Explore ways to reduce crowding during swim team practice/meets
- Expand options for younger swim lesson participation
- Investigate ways to reduce lap pool crowding
- Evaluate lap pool age policies and safety

**Fitness**
- Analyze usage and adjust equipment accordingly
- Evaluate group class schedules and mix of offerings
- Explore options for kids/teens classes
- Ensure age guidelines are followed in fitness center
- Incorporate group class fees into dues

**Tennis**
- Expand access to lessons in the peak summer season
- Add more clinics/lessons for higher level players

**Social/Family Programming**
- Increase adult programming for singles, couples, empty nesters, retirees
- Add playgroup program for parents with young children
- Consider varying food/drink options, and increasing amounts at special events

**Club Safety**
- Maintain adequate lifeguard training and supervision
- Make AEDs available inside/outside at all times
- Address the bee/yellow jacket activity
- Monitor the parking lot for personal safety, theft, etc.

**Policies/Procedures**
- Explore options for extending club hours
- Offer additional membership categories
- Enable more generous guest policies
- Look for ways to further streamline check-in
- Revisit alcohol policy
- Offer members greater opportunities for input/feedback

**Facilities**
- Assess additional shade options around the club
- Explore options for extending diving board handrails
- Improve lighting in and around pool/patio/grounds
- Clean locker rooms more often during peak times, and address wet/slippery floors
- Continue to enhance snack bar offerings

**Youth Camps**
- Review logistics protocols to ensure adequate oversight, especially during transitions

*Remember to stay tuned for more results from the survey in the coming months!*
Holiday Break

Mini Camps

With the winter holidays and breaks rapidly approaching, Mini Camps are the place to be for pre-K to 6th grade children. The DFC is offering six days of camp in December, and we hope to see your children there!

Mini Camp days run from 8:30am-5:30pm, and they are filled with games, indoor and outdoor activities, tennis, movies, and more! The holiday break camps will also feature seasonal crafts and cooking activities for campers. To register, please call or stop by the DFC office soon as spots fill up fast for this popular program!

Holiday Mini Camp dates are:

- Monday, December 21, 2015
- Tuesday, December 22, 2015
- Wednesday, December 23, 2015
- Monday, December 28, 2015
- Tuesday, December 29, 2015
- Wednesday, December 30, 2015

The camp counselors are great. My son, Henry, loves playing soccer and games with his fellow campers and friends away from school.

- Geoff Caldwell
Drop N' Shop

- **Saturday, December 12**
- **12:00pm-4:00pm**
- **$10 per child**
- **RSVP to the DFC Office**

At the annual DFC Holiday Drop ‘n Shop, kids ages 4-12 participate in an afternoon of cooking, crafts, games, and a movie. This fun event allows parents a few uninterrupted hours to shop, cook, or just enjoy a little down-time during the busy holiday season.

This year, the featured movie will be “Minions”, and participants will make cookies before the film for a post-movie treat. Snack will be provided during the movie, but please plan to have lunch before the event.

Spots are limited and fill up fast for this popular seasonal event, so RSVP by calling the DFC office today!
Though it is only December, preparation is already underway for summer 2016 at the DFC! With four different camps (KinderCamp, Leaders-in-Training Camp, Summer Camp, and Tennis Camp), there are endless opportunities for summer fun for rising kindergartners through ninth graders.

Please see below for important dates and details regarding 2016 summer camps.

- **January 6th** - Handbooks posted to DFC website

- **January 11th** - Registration forms posted and members may begin registering at 9:00am. All registrations paid in full before 3/16 will receive the early-bird discounted rate

- **March 16th** - Deadline for discounted rate. Registrations open to Duke employees.

Be sure to get your registrations in early. Spots fill up quickly for all four camps!
Summer Camp

Come join the fun!

The DFC Summer Camp is a fun, active, and energetic experience for rising 1st through 7th grade children. In 2016, the DFC is offering nine exciting weeks of summer camp beginning June 13 (the Monday after Durham Public Schools conclude the school year).

During each summer camp week, campers can look forward to games, sports, swimming, arts and crafts, creative activities, special events, and more! Our goal is to provide a safe, exciting, active, and fun environment for all children who attend.

Camp Director, Madi Evans, is excited for her sixth summer at the DFC. "One of my favorite parts is the energy and enthusiasm the kids and counselors bring every day. It's great to meet new campers, and see familiar faces summer after summer."

A typical day at DFC Summer Camp features large and small group games, team building activities, and silly, messy fun! All nine weeks feature a different theme that provides a unique experience every session of camp. From creating and "exploding" volcanoes in X-treme Science Week to a water carnival in Wacky Water Week, themed activities and games keep campers engaged and busy all summer long. In select weeks, campers will have the opportunity to take their DFC camp experience off-site to fun places in the Triangle. Past field trips include excursions to the Museum of Life and Science, Marbles Museum, Falls Lake, and Morehead Planetarium in Chapel Hill.

It's a crazy fun time, and we hope to see you there!

DFC Camp means good old-fashioned summer fun: sports, swim, outdoor play, and silly games.

- Meg Lineberger
LIT Camp

The former Counselor-in-Training camp has been revamped into Leader-in-Training Camp starting in the summer of 2016. The goal of LIT Camp is to provide campers with the opportunity to develop the skills and knowledge to be more confident in a variety of leadership settings. Campers who participate will be trained and taught a core set of skills including effective communication, conflict resolution, and collaboration with their peers.

LIT Camp will have three sessions, and each week will have a different focus aligning the activities that take place throughout the week. The three themes of LIT camp are:

Youth Programming - Campers will participate in American Red Cross Babysitters Training Course and have opportunities to shadow and lead summer camp activities.

Leadership Fundamentals - This camp will have a strong focus on communication and teamwork as campers participate in ropes courses, team challenges, and facilitated discussions.

Community Service - Campers will grow their leadership skills through on- and off-site outreach projects.

KinderCamp

Back for its third summer, KinderCamp is the DFC summer camp experience exclusively programmed for rising Kindergarteners. This full-day camp is a great introduction to the fun and excitement that our summer camp provides while maintaining a smaller counselor to camper ratio.

KinderCampers will experience similar programs and activities as the older campers but will also have their own dedicated indoor space in the downstairs Lebar Activities Building. In addition to camp activities, KinderCamp offers swim lessons, extended camp options, and a tennis session.

With age appropriate activities and resources, KinderCamp offers a safe, welcoming, and fun community for DFC's youngest campers. Member Jenny Crowley said, “KinderCamp helped my child gain confidence, make new friends, and have fun while transitioning from daycare to Kindergarten”.

KinderCamp features programs and activities such as arts and crafts, dramatic play, and story time.

CPR/AED training is but one of the many marketable skills learned by participants in Leader-in-Training Camp.
Tennis Camp

Serving up a great time!

Tennis camp is open to kids ages 6 (rising 1st grade) to 15. The focus of the camp is to provide a fun, safe environment for kids to learn basic tennis skills and begin their life-long enjoyment of the game.

Campers will learn court movement, development of grip and swing technique, and be introduced to live ball rallying and point play. Advanced players will receive feedback from the DFC tennis professionals in order to further develop shot technique, match strategy, and point play.

Outside of tennis games and drills, campers will participate in outdoor and indoor activities (such as dodgeball, kickball, and playground time). Campers will beat the heat with daily trips to the pool and indoor play.

For 2016, there will be six weeks of full-day camp (8:30 AM-3:30 PM) and two weeks of half-day camp (8:30 AM-1:00 PM). There will also be two weeks of Tiny Tennis camp for 4-6 year old campers.

“Ethan had a fabulous experience at DFC tennis camp this summer! It was just the right balance of working on his tennis game and fun.”

- Jamie Baize Smith
The DFC will be competing in the inaugural University Cup Tennis Tournament December 18th through 20th at NC State’s Indoor Tennis Center. The tournament is a Men’s, Women’s and Mixed Doubles competition between UNC’s Faculty Club (The Farm), the DFC, and NC State’s Faculty Club. The level of play ranges from 3.0 to 4.5, and the club who wins the most matches overall will be awarded the Championship Trophy!

Morgan Rutherford, who is playing in the Women’s event with Darlene Williams, is very excited to be competing and hopes the DFC has a large turnout. "Darlene and I are thrilled to be participating in the First Annual University Cup Tournament in December. We look forward to playing some fun tennis matches and hope to see our fellow DFC tennis crew out there as well!"

University Cup Tournament

- Friday, December 18th to Sunday, December 20th
- $35 per person
- Includes t-shirt and lunch on Saturday
- Registration deadline December 11th

Tennis Tip of the Month

A tennis player’s attitude and mental strength are just as important as tactical skill when it comes to being successful in matches.

In recreational tennis, rallies are more likely to end because of a player’s error rather than another player’s winner, or point ending shot. In order to play your best, it is crucial to shake off your mistakes and not let them affect future points.

Even professional players employ tactics to regain focus and move past their mistakes. Many times it seems like they are just fiddling with their strings behind the baseline between points; however, this method is really used to help players refocus on the upcoming point.

Another popular way to stay calm and focused during a match is to control your breathing to maintain a regular heart rate.

Breathing exercises and fidgeting with strings are certainly not the only ways for players to refocus on their match. Everyone is different and has methods that work best for him or her. It is important to find out which method helps you move past mistakes and mishits and get ready for the next point. Having mental strength and stamina will elevate your tennis game to a higher level.
Due to the popularity of the November Strength Training Workshops, the series will be offered for a second session throughout the month of December!

The goal of these workshops is to help members jump start a safe and effective strength training program by learning proper form and weight selection. Each session will focus on exercises for the different major muscle groups (lower body, upper body, and core).

The workshops will meet in the LeBar Activities Building to warm up and focus on free weight and body weight exercises. The second half of the session will be spent in the fitness center to learn proper use of the strength training machines and other equipment that is available at the DFC.

Spaces are limited for each of the sessions, and spots filled up very quickly for the November workshops. Please call the DFC office if you would like to register for any or all of the December Strength Training Workshops. Sessions are $5.00 per person (members only).

**Workshop Details**

- **December 3rd**
  5:30-6:30pm
  Lower Body Training

- **December 10th**
  5:30-6:30pm
  Upper Body Training

- **December 17th**
  5:30-6:30pm
  Core Training

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"The instructor does a great job showing proper techniques (highlighting common errors, and easy ways to 'do the right thing'), how to adjust and use equipment, and when/how to advance your weights."

- Christine Hunt
Move of the Month:

Stability Ball Lunges

Lunges target the quadriceps, hamstrings, and glute muscles. Using a stability ball when performing lunges helps to keep proper form, and is great for beginners.

Step 1:
Begin with the stability ball in the middle of your back. Separate your feet so that your left heel is back against the wall, and your right foot is out in front of you.

Step 2:
Lower your hips down towards the ground, stopping when your front and back leg both form 90 degree angles.

If your front knee is extended past your foot (see lower left picture), readjust so that your foot placement is further away from the wall.

If your front knee does not track over your ankle (see lower right picture), readjust your foot placement closer to the wall.

Step 3:
Raise yourself back up to the starting position. Repeat 10 times on the right side, and then switch to the left.

Add intensity:
Hold the lower end of the movement for 10 seconds after completing your last repetition.
Congratulations to Axel Franz, the 2015 DFC Chili Daze Champion!

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Save The Dates

Mark your calendars for January programs and events:

- Sunday, January 3rd - Intro to Zumba Workshop
- Friday, January 8th - Kids' Night Out
- Sunday, January 10th - Intro to Yoga Workshop
- Monday, January 11th - Camp registration opens
- Sunday, January 17th - Intro to Pilates Workshop
- Monday, January 18th - Mini Camp
- Tuesday, January 19th - Mini Camp
- Friday, January 29th - Social Dance Lessons

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