FALL FUN HAS JUST BEGUN
School Year Fun

What to do when the pool closes for the season

Summer camp is over, kids are back in school, and the main pool is closed, but that doesn't mean the fun stops at the DFC!

The "school year" season brings a host of weekend special events, increased tennis and fitness programming, as well as an opportunity for staff to tackle major club facility projects. With everything from Oktoberfest beer tasting to league tennis to social dancing and fitness workshops, there is something for all DFC members on our calendar.
Kids’ Night Out
Bring your kids to the DFC from 6:00-9:00pm for pizza, dessert, movie, and games! Kids ages 4 years to 6th grade.
$15 for the first child and $10 for each additional child.

Social Dancing
Put on your dancing shoes and join us as an instructor leads the group through a series of introductory dances. No experience necessary. Appetizers and drinks provided. Event is 6:15-8:45pm with lesson starting at 7:00pm. $15 per person.

Oktoberfest
Enjoy the fall weather as you sample a wide variety of seasonal beers and ciders from 6:00-9:00pm. Bratwurst, veggies, various sides, and a Kool-Aid sampling station for the kids included!
RSVP early for $10 per adult and $5 per child.

Movie on the Lawn
Bring your blankets and chairs, we’ll provide the popcorn and drinks as we show Pixar’s 2017 hit “Coco” on the giant outdoor screen. Crafts and snacks start at 6:15pm. Movie starts at 7:00pm. Free for members.

Pumpkin Party
Join DFC friends and families for an afternoon of pumpkin carving, themed crafts, caramel apples, and hot cider! Festivities will be from 2:00-4:00pm. $5 per pumpkin.

Mini Camp
When school is out, Mini Camps at the DFC are in! Camp days are filled with games, crafts, tennis, field trips to campus, an afternoon movie, and more! Kids K to 6th grade. $45 per day for members.

100 Year Anniversary Party
We are celebrating 100 years of the DFC with a BBQ, inflatables, live music, and more! Party will be from 3:00-6:00pm. Free for members.

UPCOMING events

Check DFC listserv or Club calendar for details

RSVP required for all events

Raindate: October 13-14
Core Strength

The term “core” is used to refer to the anatomical midsection of our body. It’s not just one or two muscles, but an entire network that function together to act as a stabilizer and force transfer center. A strong and balanced team of core muscles provide the foundation for our arms and legs to do amazing things!

Below are a selection of exercises focusing on key core muscle groups. Add one or two of them into your regular fitness routine today! For additional information on these or other core exercises, please reach out to DFC Fitness Director, Carrie Summers.

**Roll Ups**

Lie down on your back, legs out long, and feet flexed. Begin the movement by reaching your arms up toward ceiling.

**Step 1**

Inhale as you lift your head, pull your stomach muscles in, and begin rolling up your torso. Exhale as you reach out towards your feet.

**Step 2**

Inhale to roll back to the starting position with control. Note: Feet should not come off the floor. If your feet cannot stay down during this exercise, refer to the Half Roll Down. Do 5-6 repetitions.

**Plank**

Start with elbows under shoulders, hands under nose, and back flat. Head, shoulders and hips should be in line with each other. Hold the plank for 30 secs with proper form, then add on 10-15 secs each time, reaching a goal of 90 secs. Note: be careful not to let your hips sag toward the floor.

**Swimming**

Lie down onto your stomach and reach arms and legs out long. Lift opposite arm and opposite leg, hold, and then alternate sides. Do this movement slow and controlled. Note: Keep your gaze down or directly in front of you and do not hyperextend the neck.

**Half Roll Down**

Start in a seated position with knees bent, feet flat on the floor and arms reaching in front of you. Inhale to roll back towards the floor with control, exhale and use abdominals to roll back up to starting position. Do 5-6 repetitions.
Meet a Member

Toril Moi signed up for personal training at the DFC to help rehabilitate an injury. As a yoga enthusiast and Literature, Philosophy, and Romance Studies professor, Toril was committed to her active lifestyle and was willing to put in the time and effort to return to moving without pain. Toril scheduled training sessions with Fitness Director, Carrie Summers, and quickly discovered they were suffering from the same frustrating piriformis injury. Carrie recommended they meet twice a week for 30 minutes to focus on strengthening key hip and stabilizer muscles. The short sessions fit well into Toril’s academic schedule, and after a few short weeks she noticed significant progress in the healing and overall strength of her injured muscles.

“Exercise is like writing, it doesn’t happen unless you do it,” is Toril’s motto for success in the gym. Toril continues to make regular and consistent exercise a priority and blocks out time in her schedule for two 30 minute sessions a week at the DFC, as well as for her yoga practice and outdoor exercise.

If you have an injury to rehabilitate, a fitness goal to achieve, or just feel stuck in a unexciting exercising routine and would like some assistance and coaching to learn something new, please reach out to us about the fitness opportunities at the DFC. Contact DFC Fitness Director, Carrie Summers, and we'll get you setup today!
The DFC tennis program welcomes two new pros to its staff in 2018: Artem Khrapko and Ray Neace.

Artem Khrapko is a part-time DFC teaching pro and a full-time law student at UNC. Originally born in Russia, Artem grew up in Corning, NY then headed south for college tennis at Davidson. He played #1 singles and doubles, and last year reached an ITA Division 1 College ranking of #111! For six years he has coached tennis at all levels, ranging from players preparing for Wimbledon at Chris Evert Academy to beginners just picking up a racket for the first time. Artem looks forward to getting integrated into the DFC program and hitting with you soon!

Ray Neace is a Certified PTR Professional, an active member of the USTA, and a member of three USTA State Championship Teams. He has 18 years of teaching experience and worked with and coached all ages and skills from pee wee juniors, to high school varsity coaching, to senior USTA teams. Ray and his wife Ashley have lived in Raleigh for 25 years and look forward to being part of the DFC community!

Jennifer Moore joined the DFC tennis teaching team in 2017. She plays competitively in tournaments and in USTA leagues and is excited about an upcoming national tournament in Las Vegas this October, where her Raleigh-based team will compete for the USTA National Championship. When she is not teaching or playing tennis, she is busy with her health coaching business, Dragonfly Wellness.

"Our goal as a tennis program is to create a fun and welcoming environment for all DFC members to come and enjoy playing tennis regardless of skill level."

-Mike "Wojo" Wojtkowski
DFC Tennis Director

In his 8th year as Tennis Director, Mike “Wojo” Wojtkowski is as excited as anyone about the growth and direction of the DFC tennis program. From clinic participation and league sign-ups, to tennis camp registrations and weekend social play, the program grows bigger with new players and activities every year.

Mike and his all-star crew of teaching pros look forward to seeing you on the courts this fall!

"I love the friendly, supportive, and enthusiastic tennis community here."

-Jennifer Moore
DFC Tennis Pro
DFC Happenings

Upcoming Events
For more information or to RSVP contact Tracey

October 2 - Creative Corner
- Fun art project on the 1st Tuesday of every month
- This month: Tutus and capes!
- 4:00-5:30pm
- Free

October 5 - Oktoberfest
- Bratwursts, beer tasting, German music, and more!
- 6:00-9:00pm
- $10/adult, $5/child with early RSVP

October 12 - Movie on the Lawn
- Bring your blankets and chairs to watch Pixar's "Coco" outdoors on the big screen
- Crafts begin at 6:15pm, Movie at 7:00pm
- Free

October 19 - Kids' Night Out
- Games, pizza, movie for kids ages 4-12 years old
- 6:00-9:00pm
- $15 for the first child, $10 for each additional

October 19 - Social Dancing
- Put on your dancing shoes and get ready to dance the night away! Instruction provided.
- 6:15-8:45pm
- $15 per person

October 21 - DFC 100 Year Anniversary Party!!
- We are celebrating 100 years of the DFC with an afternoon party. BBQ, inflatables, live music, and more!
- 3:00pm-6:00pm
- Free

October 28 - Pumpkin Party
- Celebrate Halloween with pumpkin carving, themed crafts, caramel apples, and hot cider
- 2:00pm-4:00pm
- $5 per pumpkin (or bring your own)

Fitness
For more information or to RSVP contact Carrie

October 22 & October 24 - Learn to Lift
- Unsure where to start in the gym? Get oriented at one of these workshops!
- 5:30-6:15pm
- Free, but RSVP required

Tennis
For more information or to RSVP contact Mike

October 1 - Session 2 of Junior Tennis begins

October 26 - Friday Night Mixed Doubles
- Friendly doubles matches! No partner necessary
- 6:00-8:00pm
- Free

Looking Ahead

November 3 - Muscles and Mimosas
November 3 - Tennis Home Run Derby
November 3 - DFC Community Potluck
November 4 - Daylight Savings
November 4 - Learn to Lift
November 5 - Session 3 of Junior Tennis begins
November 6 - Creative Corner
November 9 - Kids' Night Out
November 12 - Mini Camp
November 18 - 8th Annual Turkey Shoot Mixer
November 21 - Mini Camp
November 22 - Turkey Trot
November 22 - DFC Closed
December 2 - Drop N Shop
December 4 - Creative Corner
December 7 - Social Dancing