

49th Annual Northwest Open Racquetball Tournament March 13th- March 15th

Bellingham Athletic Club will be hosting the 49th year of the Northwest Open Racquetball Tournament. This is the largest tournament of the year, bringing players in from all over the Northwest. We always like to give our members plenty of warning as this tournament has quite an impact on the Cordata Club. This is a great opportunity to try out the Downtown Club for those of you who would like to avoid the crush of the tournament and have a relaxing weekend workout. Remember there are no children allowed at the Downtown Club, 16 and over only.



Downtown Club hours are: 5:00 am to 9:00 pm Friday, March 13th and 7:00 am to 7:00 pm on Saturday and Sunday the 14th and 15th. You are invited to come to the Cordata Club to watch the intense racquetball play, but understand we have 100 players and family members rotating in and out of the club for their matches, so it is definitely not the normal, relaxed weekend atmosphere.

Because of the size of the tournament we need all of the courts so none will be available for recreational play from Friday morning through Sunday evening. Also, Group Exercise classes will run as normal on Friday, but there will be no weekend classes. We thank all the members for your patience while we run this great event.

Here's hoping for lots of sunshine as spring finally arrives!

Respectfully,
Cathy Buckley



Exercise Spotlight:

Squat Matrix Foot Placement

“Train you entire system in 3D”

by Mike Locke, Fitness Director

Our Fascial, Muscular, and Skeletal system is the system that allows our bodies the ability to move. Not in just one plane but through multiple planes. In training, it's important that we keep this concept of multi-plane movement in mind.

If we focus on training this system in only one plane of motion we miss out on developing the other planes and their interaction with each other. By training multiple planes of motion we receive the greatest benefits to the entire system.

The Squat Matrix allows you to train in multiple positions by changing your foot placement giving you a 3-dimension training effect while performing squats! Foot placements can be by position: Neutral (feet pointed straight ahead), Externally Rotated (feet out like a “duck”) or Internally Rotated (feet in “pigeon-toed”), or by stance; shoulder width, wide, narrow, split, or 90 degrees.



**Neutral Foot
Shoulder Width**



**Externally Rotated
Foot Shoulder Width**



**Internally Rotated
Foot Shoulder Width**



**Neutral Foot
Wide Width**



**Neutral Foot
Narrow Width**



**Neutral Foot Split Stance
Lft/Rt Shoulder Width**



**Neutral Foot Split Stance
Rt/Lft Shoulder Width**



**90 degree
Lft/Rt**



**90 degree
Rt/Lft**

If you are trying these variations remember to start slow and use a light load. You can use a Leg Press machine at first or just your body weight to refine your technique prior to increasing the load.

Our BAC Personal Training staff would be glad to assist you with any questions regarding how to incorporate the Squat Matrix into your training program.

Aquatics

5 Swimming Drills to Build Muscle, Drop Weight, and Give Your Joints a Break

by Lindsay Williams, Aquatics Director

1. Kick Drills

Hold a kickboard in front of your body at arm's length. Tighten your core muscles while you kick across the length of a pool. Try these alternate kicks to target different muscle groups:

Flutter Kick: Legs are extended straight back, in line with your body, as you kick them up and down.

Frog Kick: Bend your knees and bring your feet together, drawing your legs up toward your body (like a frog's). Next, straighten your legs as far as you can, and then quickly bring them back up again.

Butterfly Kick: Bring your legs together completely from your thighs to your feet. Point your toes. Use your hips to kick your legs, keeping them together, acting as a fin to push through the water.

Swimmers should complete 150 meters of kicking.

2. Breaststroke and Butterfly Drill

Full body strokes like the butterfly and breaststroke engage your core muscles and improve endurance and speed.

Swimmers should complete 10 25-meter swims with 15-second rest intervals between each.

3. Water Running

This exercise provides the high-intensity cardio aspect of running without the punishing impact of striking on a hard surface. Essentially, you run through the water just as you would outdoors. The water should be just below your neck, your back should be straight, your arms should be bent at the elbow, and your hands balled into fists as you pump them through the water. Run as hard as you can.

Do 3 rounds of 5-minute running intervals.

4. Leg and Core Toners

Stand with your back against the side of the pool, and your arms extended backward holding the edge of the pool on each side. Then, pull your legs up toward the surface, keeping them together until they're extended straight out in front of you. Next, move your legs outward to a V-position and then back together. Keep them together, and move back down to the starting position. Keep your movements controlled, engaging your abs and glutes to complete each motion.

Continue pulling them up, out, in and down for 3 sets of 20 reps.

5. Water Crunches

Float in the water on your back perpendicular to the side of the pool. Put your legs, from the knees up, on the deck of the pool, while the remainder of your body is flat in the water. Use your abdominal muscles to pull your upper body up out of the water as far as you can. Use your muscles again to lower your body back into the water.

Do 3 sets of 20 reps.

Northwest Open Racquetball Tournament 2020

When: March 13-15, 2020 • **Deadline for sign ups is Friday March 6th**

Where: Bellingham Athletic Club - Cordata

Who: ANYONE interested in playing some competitive racquetball. We'll have divisions offered for everyone.

Why: Because we love the game and want to spread the joy of racquetball throughout the PNW.

We will be asking that everyone [sign up online](#), via the tournament website. This is to help the front desk staff from having to take payments, and to save some paper! Remember that we are 100% happy to help anyone get signed up.

Let Jessie or Brian Porter know if you have any questions!

Group exercise classes on Sat. March 14th will be canceled (Cordata club only).

Kids Club will be open both Saturday and Sunday.



Upcoming Racquetball and Pickleball Clinics

Want to improve your racquetball and pickleball skills? We are offering clinics in March to help. Sign up at the Cordata front desk! Clinics taught by Club Pro, Wanda Collins

Racquetball Beginner Clinic

Monday, March 9; 6:15 - 7:00pm
Learn the basics of the game including, strokes, serves and rules. All equipment provided.
Members: Free; Non-Members: \$15

Racquetball Intermediate Skills Clinic

Monday, March 23; 6:00 - 7:00 pm
Focus: Shot Selection – What to shoot and when to shoot it
Members \$15; Non-Members: \$20

Pickleball Beginner Clinic

Saturday, March 28; 11am-12 pm
Learn the basics and find out about Pickleball at BAC!
Free to Members

Junior Racquetball Lesson Series

Open to Members and Non-Members!
Sign up at the Cordata front desk.

Week of March 9 through the week of March 30
This session is 8 lessons.

Members: \$48, Child of Member: \$54,
Non-Member: \$60

BEGINNERS: Mon/Wed, 4:30-5:15 pm

INTERMEDIATES: Tues/Thurs, 5:15-6:00 pm

ADVANCED: Tues/Thurs, 4:30-5:15 pm

All classes taught by BAC Club Pro, Wanda Collins. Wanda has been teaching juniors for over 20 years and is the past Director of Junior Development for the Washington Racquetball Association.

Youth Programs

New Spring Kids Club Hours!

Beginning March 30th, Kids Club will be extending their hours to 8:45 am-1:00 pm Monday through Sunday and 3:30-7:30 pm Monday through Saturday. Now sleep in on Saturdays and join us later in the afternoon!

Friday Night Out Special: Member pricing for everyone! Our Friday Night Out for March will be held on the 20th at 5:30pm and will run until 9:30pm. Join us for games, activities, crafts, dinner, swimming, and to finish off the night a movie and popcorn! Contact the Front Desk at Cordata to reserve your spot.

Kids Club is looking for a new or gently used padded or rocking chair that we can use in our women's locker room for new mothers and their precious babies. If you or anyone you know has anything that may work please contact Renee or Kids Club, thank you!



Courts are in session!

- Racquetball
- Basketball
- Handball
- Pickleball

Join BAC in March with no joining fee on a 6-month contract!

Contact Us for Details

Since 1975
Bellingham
ATHLETIC
40+ Years *Club* of Fitness



Group Exercise

Ah, Spring!

by Jeri Winterburn, Group Exercise Director

Spring – it's "in the air", "in our step", "around the corner", OR to "bound, jump, hop, rise, leap, move or act suddenly and swiftly", OR "the season between winter and summer". Take your pick. I chose to think of it as the beginning of "summer".

NO matter how it's defined, most of us are so ready for the season of "new beginnings". It's the time of year when everything in nature is promising new life and new hope. Spring is literally a breath of fresh air.

After one of the wettest winters on record I think we would all agree we are ready to "spring forward."

If you have felt dormant all winter please join us, as we unbury our winter hibernation mode and begin a new season.

Our Group Exercise classes and instructors are as motivated as ever to help you get back into a routine of re-growth, fresh starts, and moving forward. Please take a look at the class schedule and join us as we work together on being and feeling our best.

If you have any questions or suggestions, please email me at: grouplex@bellinghamathleticclub.com. We are looking forward to seeing you in the studios!



At Home

When was the last time you...?

by Susie Landsem, Aging in Place by Design

When was the last time you showed your appliances a little love? With regular cleaning, filter replacements, and annual maintenance schedules, you'll extend the life and efficiency of the machines you rely on. Here are a few machines that might need attention in your home.

First, read the owner's manual. It will include maintenance schedules, recommended filters, and approved cleaning solutions. Don't know where the manual is? Go to the manufacturer's website.



Use the vacuum. Dust and dirt reduce the efficiency of appliances. It's a fairly easy process to remove grates of refrigerators and gas inserts for cleaning. A little dusting and vacuuming the coils and rocks will make them work better. Check with the manufacturer's procedures for the best results. Make sure to **turn off the gas and electricity** before you begin. Remember to clean the vacuum filter when finished.

Clean the oven. If you have a self-cleaning option, use it. Wipe away any loose debris first. The machine gets very hot and can be a 4+ hour process and smoky. You can take the door apart to clean the glass, but you run the risk of breaking a vital seal. I've read that it's not a good idea, so I don't.

Change the filters. Keep your appliances running smoothly by replacing or cleaning them according to the manufacturer's recommendations. Check your water, furnace, air conditioner, and dryer filters regularly.

This is a short list of appliances that need regular maintenance to run well and for a long time. Remember to check the owner's manual first, and then get out the rubber gloves. You'll be glad you did.



Susie Landsem

contact@aginginplacebydesign.com

Susie provides design and building solutions for people who want to stay in their homes, safe and independent.

Member of the Month

Jay Barnett

Congratulations to our Member of the Month for March, Jay Barnett! Jay has been a member of BAC since May 2019. You will often see Jay devoting a lot of time to playing racquetball and drilling to perfect his form.

Jay was born in Boston, MA, but moved to upstate New York (Albany and later, Glens Falls). He has a B.S. in Marketing with a minor in Music from SUNY Albany. Jay and his wife of 38 years, Debra, started a recruiting technology company called Decision Toolbox in 1991. That enabled them to retire and move to Bellingham last May. They decided to design and build a house on Squalicum Mountain, which is currently in progress.

In his spare time, Jay likes to cook, watch YouTube and Netflix, read, and is learning to play jazz guitar. He has two Holland Lop bunnies that are potty-trained and have free roam of the apartment.

Thank you, Jay, for always having a positive attitude towards our members and employees.



Employee of the Month

Shea Davis

Shea started working as a lifeguard and swim instructor in June of 2018. Since then, she works in Kids Club, at the front desk and does maintenance at both locations. She enjoys connecting with the kids she teaches and seeing them advance in their swimming abilities.

Shea is from Oak Harbor, WA, and is the middle of 6 siblings. She is a junior at Western, studying political science and philosophy. Her goal is to eventually become a prosecuting attorney. In her spare time, she likes to read and listen to country music.

Thank you, Shea, for all of your hard work and eagerness to help out where needed. You are doing important work and building confident swimmers!



Nutrition

Fat - The Misunderstood Nutrient

by Shelby O'Hagan, Nutritional Therapy Practitioner (NTP)

Fat is one of the most misunderstood nutrients. Fortunately, fat-phobia seems to be coming to a close, though the implications of it have taken a toll on the health of millions. For years people have been told that dietary fat leads to physical fat and all sorts of other ailments, but it isn't true! As a result of this human experiment, inflammatory diseases have INCREASED, making us sick and overweight.

Two of the biggest culprits are highly processed and hydrogenated oils like canola/vegetable oil and margarine. Fat from these sources behaves differently than fat from sources that are less processed and taken care of properly, so it becomes problematic for your body to use.

An example of this is in our cell walls. You are made up of ~37 trillion cells, and each of those has a cell wall. Cell walls are flexible, strong, and play an important role in keeping cell contents safe and secure -- and they're made of fat!

When you consume processed fats (hydrogenated oils), they become integrated into your cell walls, hormones, and more; however, they don't behave the way natural fats do. Cell walls made from processed materials lose their flexibility and integrity, so the body begins to malfunction.

Here are a few roles of fat:

- long-lasting energy (these calories burn slowly, so you don't get hungry as quickly)
- building blocks of hormones and cell walls
- absorption of fat-soluble vitamins

Healthy sources of fat:

- avocados
- butter from grass-fed animals
- eggs from pasture-raised chickens
- wild-caught fish / fish oil
- nuts
- high-quality oils - avocado, coconut, olive, etc
- full-fat yogurt or cottage cheese from grass-fed animals



Whole Food Fats:

- slow-burning energy
- aids absorption of fat-soluble vitamins
- building blocks of hormones and cell walls

Processed Fats:

- destroy the integrity of your body's cells
- are inflammatory!

FAT

- avocados
- butter from grass-fed animals
- eggs from pasture-raised chickens
- wild-caught fish / fish oil
- nuts
- high-quality oils - avocado, coconut, olive, etc
- full-fat yogurt

If you'd like to learn more about nutrition and how to get yours in order, please visit my website at <https://www.rebelyumnutrition.com/> or email me at shelby.ntp@gmail.com.



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DOWNTOWN

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