



|  |  |
| --- | --- |
| |  | | --- | | ****Holiday Office Hours**** **The office will be closed on Dec 24th/25th & Dec 31st/Jan 1st for the holidays.  The pavilion bathrooms will be open so come and have some fun on the courts!** | |

|  |
| --- |
| **December Membership Special** **WSRC is offering $150 off our initiation fee for the month of December.  If you know of any family interested in joining, let them know about our membership special and remember that you receive the $100 referral fee.** |

**Spring USTA**  
**WSRC will be playing league tennis in the spring.  Please make sure to let Janet know if you plan to captain a team.  You can email her at** [mail@wsrc.us](mailto:mail@wsrc.us)





|  |  |
| --- | --- |
| |  | | --- | | **Our junior one day winter championship event was a huge success.  We had over 50 kids participate and Santa even appeared!** | |

**Thank you for all of the donations for the Community Shelter of Union County.  We collected a lot of food and clothing as well as a large financial donation.**

|  |
| --- |
| **Deep Thoughts By Christiaan** **Happy holiday season everyone!   Tennis at WSRC has been going strong through this current pandemic. We are glad that tennis still gives everyone an outlet in which you can exercise, destress and safely enjoy yourself!   With several of us playing more tennis, it is especially important to warm up properly and to take care of our bodies. This is even more true now that the temperature is dropping. Some of the most common injuries this time of year are calf strains, shoulder strains, Achilles strains, and intensified tendinitis.   Here are a few tips to help prevent injuries this winter season: MOST IMPORTANT\* Dynamic Warm Up - be sure to “warm up” your body before your “hitting warm up”. This means, get 10-15 reps of dynamic movements in before you actually hit a ball. Jump rope, light jogging, arm circles, high knees, butt kicks, shuffling, lunges, high skips, hip rotations, are all great examples of dynamic movements. If possible, use a resistance band to help you warm up some of your problem areas. Layer Up! - Wear several thin layers so you can shed them as you warm up. Compression clothing and sleeves are also great to keep muscles warm. Gloves - I find gloves difficult to use while playing but make sure to have some handy before play and on changeovers to keep your hands warm.   Remember to listen to your body. If you are hurting more on a certain day, it might be time to take a break. Save your body for the spring and summer months! I hope these tips help you stay injury-free this winter season. We wish you a safe and healthy holiday with your families.   Christiaan Lee-Daigle Head Tennis Pro Weddington Swim & Racquet Club USPTA Tennis Professional** |