



THE RACQUET CLUB *Review*

Volume IV, Fall 2019



A QUARTERLY PUBLICATION FOR THE MEMBERS OF THE RACQUET CLUB OF PHILADELPHIA



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Chris Campili

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HOURS OF OPERATION

The Gold Leaf Café

Monday - Friday
12:00 pm - 2:30 pm

1889 Pub & Grille

Monday - Friday
5:00 pm - 11:00 pm

The Pro Shop

Monday - Friday
10:30 am - 8:00 pm

Swimming Pool

Monday - Friday
8:00 am - 8:00 pm
Saturday & Sunday
9:00 am - 5:00 pm

Business Center

Everyday
24 Hours

Barber Shop

Monday - Friday
7:00 am - 3:30 pm

All Racquet Courts

Everyday - 24 Hours

Fitness Center

Everyday -24 Hours

Who should I contact about...

Athletics Billing Inquiries

Pro Shop
215-772-1545
courts@rcop.com

Dues or Assessment Billing Inquiries

Donna Carr
215-772-1543
donna@rcop.com

Food & Beverage Billing Inquiries

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Booking a Private Event

Mia Spadoni
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mia@rcop.com

Facilities Issues/Questions

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Sponsoring a New Member

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Reciprocal Club Introduction

Front Desk
frontdesk@rcop.com

Lunch or Dinner Reservations

reservations@rcop.com

RSVP for Club Events

events@rcop.com

Court Reservations

courts@rcop.com
www.clublocker.com



BOARD OF GOVERNORS, EXECUTIVES, & COMMITTEE CHAIRS

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scwickes@yahoo.com



VISIT THE WEBSITE

www.rcop.com

The Club's website has information related to amenities and services, including but not limited to:

- Hours of Operation
- Dress Code
- Employee Contact Information
- Calendar of Events
- Reciprocal Club List
- Fitness Class Schedule
- Private Events
- Gold Leaf Café Menu
- 1889 Pub Menu
- Member Log-In Section

In the Member Log-In section, registered members can view their statements, use the member directory, and find helpful information on proposing new candidates for membership.

ONLINE BILL PAY

Members can make payments online by visiting rcop.com and visiting the Member Log-In section. Once logged in, members can register to make payments conveniently online anytime or anywhere! Payments for dues, house charges, or both can also be automatically paid every month.

To set up automatic payments, please contact Donna Carr in the Billing office (donna@rcop.com or call 215-772-1543).

OVERNIGHT ACCOMMODATIONS

The Club has 13 elegantly appointed guest rooms that are perfect for out of town family, friends, or business associates. Guests have complete access to the clubhouse facilities including the Fitness Center, Sauna and Steam Rooms, and both restaurants. Discounted rates available when the room is paid using a member account.

To make a reservation, contact the Front Desk (frontdesk@rcop.com / 215-735-1525) or visit <http://rcop.com/guest-rooms>.

RECIPROCAL CLUB PRIVILEGES

The Racquet Club has one of the most extensive reciprocal networks of any club in the U.S. Members have access to reciprocal clubs in many of the major cities throughout the world, many of which are Platinum Clubs of America. To view the list, visit <http://rcop.com/reciprocal-clubs> or contact the Front Desk (215-735-1525 or email frontdesk@rcop.com).

ATHLETIC AMENITIES

- Six Squash Courts, Doubles Squash Court, Court Tennis, Racquets Court
- Fitness Center
- Select Complimentary Fitness Classes
- Personal Training
- Massage Therapy
- Sauna
- Steam
- Indoor Pool

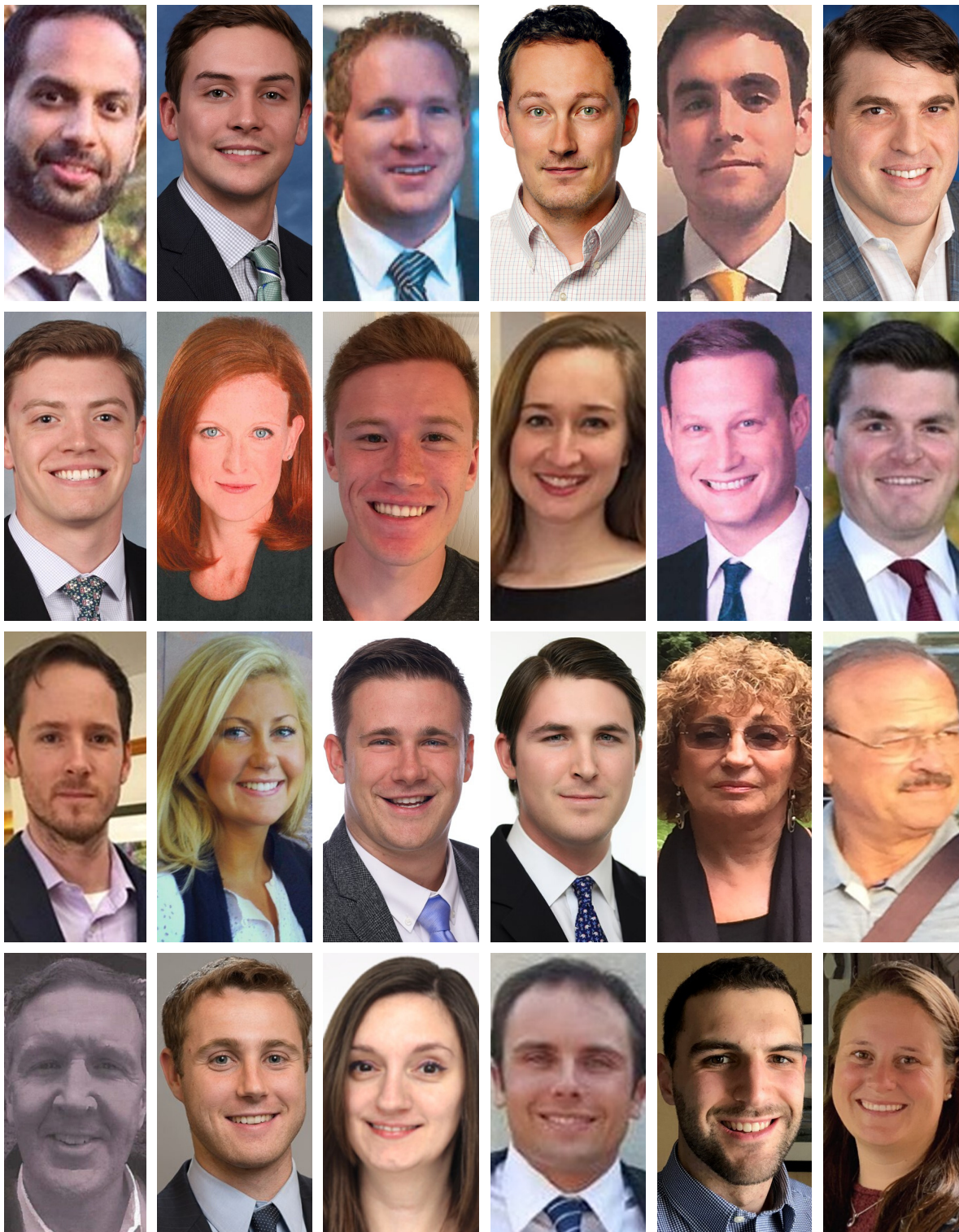
PRIVATE EVENTS

- Space for gatherings of any type and size
- Discounted rates for members
- Customizable menu and beverage options

Welcome New Members

JULY - SEPTEMBER 2019





Row 1: Deirdre & Paul Barnes, Seth Beber, Kevin Belasco, Jose Bordon, Dr. Jonathon Brown, Katherine Callahan
Row 2: Matthew Callahan, Greg Certo, William Clements, Brandon Cohen, Julie Cohen, Sean Connelly
Row 3: Laura Costes, George Frank, Patrick Greenwood, Russell Gregory, Jack Heney, Mai Hinz
Row 4: Robert Jacoby, Brett Janich, R. Miller Joyce, Max Kaiserman, Anthony Lago, Chenkay Li
Row 5: Edan Lichtenstein, Scott Lohbauer, Daniel McGarrigle, Vanessa McGrath, Terrence Mellon, John Menszak
Row 6: Dr. Naveen Mohan, John O'Brien, Jackson Oliver, J. Martin Quigley, Stephen Rainey, Richard Repetto,
Row 7: Russell Rhoads, Allegra Rich, Grant Richardson, Megan Robb, Joseph Rosen, Patrick Scher
Row 8: Terry Scott, Victoria Scott, Stephen Simmons, Turner Smith, Claudia Smolda, Wayne Smolda
Row 9: Geoff Snelling, Spencer Stokes, Kat Swift, Marc Taggart, Matthew Tomarchio, Samantha Williams

CLUB EVENTS RECAP

Corinthian Yacht Club Outing

July 20th

Thanks to our gracious hosts, Corinthian Yacht Club, RCOP members were welcome back to swim, eat, and sail at our neighbor's to the south. During one of the hottest days of the year it was a nice reprieve to escape the city heat and swim with friends.

Merion Cricket Outing

July 28th

RCOP members traded their Court Tennis racquets for Lawn Tennis racquets and played on the grass courts at Merion Cricket before enjoying beer and a buffet courtside.

Riverton Golf Outing

August 6th

Over a dozen Racquet Club members played hooky from work and spent the day at Riverton Golf, one of our closest reciprocal golf courses! They enjoyed a brunch buffet before a shotgun start and played 18 holes on a nice day.

August Quizzo

August 20th

Member couple Arianne Tsavaris & Will Thieme hosted and attendees enjoyed a full house including the new Taco Tuesday station that will accompany Quizzo night in the future.

Summer Happy Hour: Luau Farewell

August 28th

Full and Summer Members said goodbye to another great summer at The Racquet Club with a luau in the Reading Room! We celebrated with a pig roast, festive drinks, and decor.

Italian Wine Tasting

August 12th

Our favorite wine vendor, Michael Hodges from Vintage Imports, was back again to lead members through a tasting of Italian Wines! The evening started with a welcome drink of Prosecco then moved into Soave, Chianti, Barolo, and finished with a Lambrusco. All the wine was paired with light bites of Italian fare.

Red Pedal Bike Tour

September 15th

Members Carlie Rice and EJ Spofford organized a bike tour and bar crawl through Midtown Philadelphia! The tour started at JJ Bootleggers and stopped at various hot spots in the city.

September Quizzo

September 17th

Returning host Brittany Wakim stumped a crowd of members and guests for our monthly quizzo night! Winners of the night included Lily Williams, Tom Huber, Ayca Yesmin, and Courtney Townsend.

Pub Takeover: Italian Night

September 19th

For one night only the 1889 Pub & Grille transformed into an Italian restaurant called Campo de Racchetta (The Tennis Racquet), complete with drippy candles and red checked table linens. The menu featured Italian favorites like panzanella, ravioli, and chicken cacciatore and the wine list was full of Italian wine selections.

This was the first in our monthly series of Pub takeovers featuring a new theme each month, so stay tuned for new theme and date announcements!

Member Performance of rail

September 20th - 29th

Directed by Zac Kline, the production of Rail is a play about the cyclical nature of relationships in our lives and the way we struggle to break free from past events to forge new paths. The play was met with high acclaim from both the membership and art community alike. This play was unique in that it touched on one of the Club's racquet sports and it was the first time that the racquets court ever hosted such a performance. Academy Award nominee Jesse Eisenberg attended one of the shows as well!



Featured Club Event:

130th Anniversary Open House

October 2nd

On Wednesday, October 2nd the Racquet Club welcomed members and guests to celebrate the 130th Anniversary of the Club's Incorporation. Over 300 people came to enjoy complimentary cocktails and hor d'oeuvres, listen to live entertainment, and experience an unforgettable visit from the Philly Phanatic.

Thank you to all members who came to the event to celebrate over 130 years of history at The Racquet Club.



FOOD & BEVERAGE

1889 Pub & Grille

PUB TAKEOVER

Join us for one night a month where we completely transform the 1889 Pub & Grille into a different restaurant including menu, drinks, decor, and music. Takeovers will be announced monthly.

BOARD GAMES IN THE 1889 PUB & GRILLE

Bring your competitive spirit to the Pub and try your hand at any one of our new games! Joining the ever-present backgammon boards are two chess boards and several board games. For our younger guests (or young at heart!) we also have Connect 4, Chutes & Ladders, Candyland, and Go Fish. All of the games are located in the area just outside of the Pub in the wooden hutch. Help yourself or ask a server for assistance.

BYOB TUESDAYS

Members are encouraged to BYOB (Wine Only) in the 1889 Pub & Grille with a \$10 corkage fee each Tuesday with purchase of food.

RCOP WINE GLASSES FOR SALE

Come into the Gold Leaf Café or the 1889 Pub & Grille to check out our beautiful branded glassware. Glasses are available for sale at the Front Desk for \$10 each on your house account. Makes a great gift!

BUILD YOUR OWN BURGER MONDAYS

Choose from a variety of toppings to create your own personalized culinary masterpiece for just \$11. Not feeling creative? Order any of our delicious burgers for just \$11 or pair it with a pint for \$15. Every Monday in the 1889 Pub & Grille from 5-10pm.

Gold Leaf Café

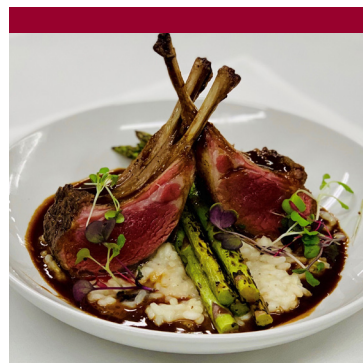
GRAB & GO

A competitive match on court or a hard workout in the gym can leave little time for a sit down meal, but members can now grab a sandwich or salad on the go, anytime at the club. Located

across from the elevators on the third floor, the Grab & Go offers members healthy menu options without the wait. Offerings include pre-packaged salads, sandwiches, wraps, fruit, and more. Members can grab a preferred meal, sign a chit, and be on your way.

ELECTRONIC POLICY

Laptops are permitted in the Gold Leaf Café at all tables with the exception of the bar counter and the three communal tables. Although laptops are permissible in the Gold Leaf Café, cell phone use for phone calls remain prohibited.



THE RACQUET CLUB PRESENTS

PUB TAKEOVER

BRITISH PUB

THURSDAY, JANUARY 16TH

5 - 11 PM | 1889 PUB & GRILLE

JOIN US AS THE 1889
TRANSFORMS INTO A BRITISH PUB
FOR ONE NIGHT ONLY!

RSVP'S REQUIRED!

FOR RESERVATIONS
EMAIL [KATELYNN@RCOP.COM](mailto:katelynn@rcop.com)



RACQUET CLUB OF PHILADELPHIA

GUEST ROOMS

The Racquet Club of Philadelphia offers club members, reciprocal members, and guests 13 exceptionally appointed guest rooms that are designed to complement the beautifully unique architecture of our renowned and historic club.

The Club is conveniently located just off of Rittenhouse Square near many historic destinations and museums, fantastic shopping on Walnut Street, the theater district along the Avenue of the Arts, and excellent restaurants and nightlife.

Standard Room \$139 per Night

- Queen Size Tempur-Pedic Bed
- Standing Shower
- Closet

Junior Suite \$175 per Night

- King Size Tempur-Pedic Bed
- Tub shower
- Closet
- Separate living room
- Complimentary Wine on First Night

Luxury Suite \$209 per Night

- King Size Tempur-Pedic Bed
- Standing shower
- Closet
- Spacious Separate Living Room
- Complimentary Wine on First Night

Members can invite friends, family, and colleagues to stay at the Club. As a benefit to the membership, the rooms are priced below market value.

Travel to Philadelphia often for business or pleasure? Ask about our Extended Stay Agreements!



To make a reservation, call the Front Desk at 215-735-1525 or reserve your room online by visiting: <https://rcop.com/reserve-a-room/>.

International RECIPROCAL CLUB SPOTLIGHTS



Club Saint James Montreal | Montreal, Canada

Founded in 1857, the Saint James's Club of Montreal is the oldest private business club in Canada. The Saint James's Club offers its members and guests fine dining, networking and leisure activities, and access to banquet spaces for private or public events within its 28,000+ square feet space. To learn more about The Saint James Club, visit www.stjamesclub.ca.

1145 Union Avenue, Montreal, Quebec Canada, H3B 3C2 | 514-866-7474



CLUB SAINT-JAMES



Ulster Reform Club | Belfast, Ireland

Established in 1885, the Ulster Reform Club is equipped with private event rooms, a business center, fitness suite, two snooker rooms, a bar and a dining room. Though the URC does not have overnight accommodations, they do have two hotels within Belfast that offer preferred rates to visiting reciprocal members. To learn more about the Ulster Reform Club, visit www.ulsterreformclub.com

Ulster Reform Club | 4 Royal Avenue, Belfast, BT1 1DA , UK |
+44 (0) 28 9032 3411 | info@ulsterreformclub.com



Golden Swan Country Club | Thane, India



Golden Swan Country Club, Mumbai's first country club, sits on 26 acres and offers a nine-hole golf course, two US Open standard tennis courts, billiards, swimming pool, table tennis, carom, badminton courts, a restaurant and bar, a children's play area, banquet rooms for events and outdoor adventure sports including but not limited to, zip line, archery, rifle shooting, wall climbing and more. The Club also has six cottages and a large villa for overnight accommodations. To learn more about the Golden Swan Country Club, visit www.goldenswan.club

Golden Swan Club | Off. Pokhran Rd. 1, Yeoor Hills, Thane, 400602 | 022 2585 6515



AROUND THE CLUB

Membership Milestones

50 Years of Membership

The Racquet Club would like to thank the following members for their many years of loyal and prolific patronage.



<i>Evelyn Baram-Clothier</i>	<i>Alfred Kennedy</i>
<i>Ross Campbell</i>	<i>James Lynch</i>
<i>Tristram Colket Jr.</i>	<i>Clarence McGowan Jr.</i>
<i>Henry Collins III</i>	<i>Henry Miller III</i>
<i>D. Darby Jr</i>	<i>S. Nauman Jr.</i>
<i>E. Davis IV</i>	<i>Robert Price</i>
<i>Charles Dilks</i>	<i>William Shettle II</i>
<i>Thomas Etter Jr.</i>	<i>Peter Stanley</i>
<i>Joseph Flanagan Jr</i>	<i>Stewart Taylor</i>
<i>Walter Foulke</i>	<i>James Van Alen</i>
<i>E. Goodwin Jr.</i>	<i>John Walton III</i>
<i>Samuel Howe III</i>	<i>Peter Wright</i>
<i>Henderson Supplee III</i>	<i>Clarence Wurts</i>

Membership Milestones

Congratulations to RCOP members that celebrated milestone anniversaries!
July - September 2019

25 Years

George Brodie Jr.
T. Brendan Hegarty
Daniel Keating III
David Ricci

20 Years

William Bullitt Jr.
Ellen Coupey
Edward Manges
Pamela Post
Pennock Yeatman IV

15 Years

Kermit Roosevelt III
Alvar Soosaar

10 Years

Angus Campbell
Oliver Dutton
Sandy Leighton

5 Years

Gilly Lane
Stephen Raynes
Arianne Tsavaris
Sterling Wilson

1 Year

Matthew Adams
Nicholas Auerbach
Katherine Balestrieri

Kevin Bowles
Alex Brant
John Canning
Timothy Carroll
Julia Chapman
Renata Coleman
Amanda Delfiner
Matthew Delfiner
Brian Einfeldt
Adam Erickson

Mindy Fingerma
Winfield Foreman III

Vijay Friedman
Amanda Frumin
Mj Frumin

Jillian Grennan
Matthew Grennan
Patrick Heenan

Eric Hellberg
Lindsey Hellberg
Christopher Horning

Mary Illich
Clayton Keir
Julie Krug

Courtney Lang
Robert Lenihan III
Eric Levin

Gregory Mackenzie
George Miller
Keiko Miller

Metja Mohohlo
Sarah Noderer
William Noderer

Thomas O'Brien
Sarah O'Connell
Marian Prim

Kyle Reap
Michael Riecken
Caitlin Russell

Charlotte Smith
Julie Spalding
Coralie Stirling

Fraser Stirling
Justin Swirbul
William Thieme

Ashley Thomas-Lenihan
Brad Thompson
Margaret Thornton

John Valenti Jr
Daniel Walker
Marissa Walker

Membership at the RCOP HOW TO SPONSOR A NEW CANDIDATE

Sponsoring candidates for membership at the Racquet Club is essential to ensuring the Club's continued success. Introducing candidates to all of the benefits of our unique and historical Club is an imperative part of ensuring the seamless integration of new members. Follow these steps to sponsor a candidate for membership:

INTRODUCE

Bring your candidate to the Clubhouse for tours of the Club, social events, lunch/dinner, an evening of drinks, or to access the racquet sports. Introduce him or her to other members.

INFORM

Direct your candidate to more detailed membership information which can be found online or throughout the Clubhouse. The Membership Coordinator is also available for any questions.

CONNECT

If unable to provide a tour or if the candidate has any questions specific to the cost of dues or the categories of membership, the Membership Coordinator is available to assist.

SUBMIT

If your candidate proceeds with submitting an application, they will need to supplement their application with a Letter of Interest, a headshot/self-portrait, and a copy of their state issued photo ID. These materials should be submitted to the attention of the Membership Coordinator. Sponsors must each write a letter of support identifying how they know their candidate.

ATTEND

The proposer and seconder are expected to attend the Elective Committee meeting with their candidate to facilitate introductions. Meetings are held in the evening on the second Wednesday of each month and business formal attire is required.

For more information or assistance, contact Dave Wright, Membership Coordinator, at dave@rcop.com or 215-772-1555.

SATURDAYS, OCTOBER-APRIL

SATURDAY PAUME STATION

On Saturdays during the athletic season we are pleased to offer a court-side action station with our talented Chefs creating dishes including Build Your Own Omelets, Avocado Toast, Bagels and more!

The Saturday Paume Station also serves Mimosas and Bloody Marys.

**EVERY SATURDAY FROM
11:00 AM UNTIL 2:00 PM**

OUTSIDE THE PRO SHOP ON THE 4TH FLOOR.



MEMBER SPOTLIGHT

Dr. Alexander Jamieson



Tell us about yourself:

I grew up the son of an FBI special agent, so my family moved quite a bit. Most of my middle and high school years were spent in the burbs of Washington, D.C. I got my undergraduate degree in History and Education from James Madison University in '93. After that, I taught high school history for a few years. In my late 20's, I made a career move and enrolled in chiropractic school in Atlanta. I graduated in 2002 and a

year later began my practice in Philadelphia.

Tell us a little about the Jamieson family.

I met my beautiful wife, Lesley, in chiropractic school. She has her own practice in Jenkintown close to where we live. We have two smart, beautiful girls ages 11 and 13. Both are talented ballerinas and excellent students.

Tell us what a typical day looks like for you?

I'm on one of the earliest trains to Center City to open my practice around 7am. Every day is steady with patients but, a 1:30 squash match is always on the books at the Racquet Club. Then it's back to work until the end of the day. I love coming home to have dinner with my family and sometimes I can squeeze in a nice walk with our dog, Rosie, too.

What's your favorite thing about your day?

My office is attached to the Racquet Club on Walnut Street. I can finish seeing a patient at 1:20 and be on the court at 1:30.

What would you say the best thing about your job is?

I enjoy going to work every day. I am able to help a lot of people manage their back and neck pain with conservative chiropractic care without the use of drugs and surgery.

To date, what has been your favorite moment or achievement in your career?

Just being able to see a patient come in experiencing a lot of pain one day and gradually begin to heal to the point of experiencing no pain. Knowing I've been a part of that process is humbling every time.

What do you do when you're not at the office?

A perfect day off would entail a round of golf or a squash match, an afternoon at the pool with the wife and kids, then cooking a nice evening meal for the family and enjoying great bottle of wine.

If you had to choose either a book, movie or song title that best describes you, what would that be?

"You can't always get what you want"-the Rolling Stones. It's the Jamieson family mantra. I sing it to my girls all the time when they complain that something is unfair. It drives them crazy.

Where was your favorite vacation to date?

Our favorite place to vacation every year is to take the kids to Nantucket to see their grandpa. Riding bikes with the family to all the great beaches on the island is always a lot of fun.

What is something that you thought was cool when you were a teenager that isn't cool now?

Staying up late. I am so boring -- I am asleep by 9:30 most weeknights!

What is your favorite hobby/leisurely pastime?

I have turned into a squash junkie over the last three years, but my game for the last 35 years is golf. I have a love/hate relationship with it.

Tell us something about yourself that might surprise your RCOP friends.

I love to cook on the weekends. It's nice to take over the weekend meals to give my wife a break.

Who has been your greatest influence/inspiration?

My wife and daughters give me all my inspiration in life. They are the ones that continually teach me what is most important in life.

What do you most enjoy about your membership at the Racquet Club?

I have made some great friends on the squash court over the last three years. A little competition is a fun way to connect.

What is your favorite Racquet Club memory to date?

We were supposed to have an outdoor pool party for my daughter's 12th birthday. But, it was raining. So instead we brought the party to the pool at the Racquet Club. The girls had a ton of fun.

If there was one thing you would recommend everyone do at the Club or through their membership, what would that be?

Reach out to members you don't know to play squash or other racquet sports. People are there to help you with your game and you meet many interesting people too.

Have you been able to make use of the Club's reciprocal network? If so, which reciprocal club has been your favorite to visit so far?

My wife stayed at the St. James Club in London, which is a beautiful club 2 blocks from Buckingham Palace. She said it was amazing.

Now that you have been a member for a few years, do you have any advice for new members just beginning at The Racquet Club?

The Staff and the Club Professionals are amazing. Make sure you get to know them. They can make your transition into the club very smooth and much more fun.

THREE MONTH PROVISIONAL MEMBERSHIP



2019/20

\$600

PER INDIVIDUAL

\$750

FAMILY OPTION

JOIN US FOR OUR
THREE MONTH
PROVISIONAL
MEMBERSHIP
PROGRAM!

SELECTED CANDIDATES
ENJOY FULL
MEMBERSHIP
PRIVILEGES FOR THE
DURATION OF THE
PROGRAM.



Completed submissions should be submitted by or before Monday, January 27th, 2020.

Completed applications and supporting materials can be emailed to
Membership Coordinator David Wright at dave@rcop.com.

AFFINITY CLUBS

The Racquet Club has many Affinity Clubs in which all members are encouraged to participate.

BACKGAMMON CLUB

CHAIR: MICHAEL RIECKEN

MICHAEL.RIECKEN8@GMAIL.COM

MEETS ON THE FIRST THURSDAY MONTHLY
ALL LEVELS OF PLAY WELCOME

BYOB CLUB

CHAIR: JAMIE WALKER

JWWALKER@YAHOO.COM

OPPORTUNITIES TO MEET TO
DISCUSS AND TASTE VARIETALS

COMMUNITY SERVICE CLUB

CO-CHAIR: LIZ BROWNING

ELIZABETH.ANNE.BROWNING@GMAIL.COM

CO-CHAIR: HAREN ARCOT

ARCOT.HAREN@GMAIL.COM

VOLUNTEER OPPORTUNITIES THROUGHOUT
THE CALENDAR YEAR

SAILING ASSOCIATION +RCSA+

COMMODORE: JAMES PRICE

JAMESWHPRICE@GMAIL.COM

FUN SAILING EVENTS
THROUGHOUT THE SEASON

BRIDGE CLUB

CHAIR: AYCA SATIS

AYCAYESIM@YAHOO.COM

ALL LEVELS OF PLAY WELCOME

COMMERCIAL REAL

ESTATE CLUB

CHAIR: BRENDAN FLYNN

BFLYNN@FLYNNCO.COM

OPPORTUNITIES TO CONNECT
WITH INDUSTRY PEERS WITHIN
YOUR CLUB NETWORK

OUTDOORS CLUB

CO-CHAIR: CHRISTOPHER CASAZZA

CMCASAZZA@GMAIL.COM

OPPORTUNITIES TO PARTICIPATE IN CLUB OUTINGS SUCH
AS AX THROWING, HUNTING AND MORE.

IF YOU WOULD LIKE MORE INFORMATION, MEMBERS
CAN EMAIL THE CHAIR OF EACH CLUB

Campli's Corner:

Nutrition Do's and Don'ts For the Busy Professional

Over the years I have worked with an incalculable number of clients who have had a lot of success in the gym but very often, however, I found that the most common block they had in reaching their health and wellness goals, was their diet. Today, we are always on the move. Whether it's because of our careers or home responsibilities, our days can become very hectic. While exercise alone is necessary for a busy lifestyle, ignoring how we fuel our bodies can easily sabotage the results we desire. Below are some nutrition "Do's and Don'ts" that will help you to stay on track during your busy season!

3 Do's

Plan Ahead

Plan ahead for the week. This could involve sautéing a bunch of veggies or preparing breakfast for the next day. Something is better than nothing. Start where you're comfortable. Over time, you can add more to your meal prep which can ultimately save time and reduce stress during the week.

Be Flexible

Try to practice a positive mindset and remember that no one is perfect! Having an "all or nothing" approach can set you up for failure since it's impossible to achieve perfection. Be flexible with yourself; if a day does not go as well, wake up the next day and try again – never give up on a healthy lifestyle! You can always get back on track and it's important to have that mentality for success throughout the challenge and beyond it.

Use Plate Method

Eating balanced meals by referring to the plate method which involves trying to make at least $\frac{1}{2}$ your plate vegetables + $\frac{1}{4}$ starch + $\frac{1}{4}$ a meat or protein source. Making meals and snacks heavier on the veggies will help to keep you feeling fuller for fewer calories and will also provide your body with important nutrients, fiber, and antioxidants.

Following these guidelines will help us to stay on track and keep moving toward our health and wellness goals, no matter what they may be or how busy we are. Along with nutrition, movement is very important for us to remain physically strong and mentally sharp. Finding balance with nutrition and exercise within our busy lives will help us all to feel better and stay healthy.



3 Don'ts

Drink Sugary Beverages

Limit juice and soda as they contain a lot of sugar and can be consumed very quickly. Reduce your sugary intake and replace it with as much water as much as possible each day to stay properly hydrated. Not only will you feel better, but you'll see a noticeable difference in your appearance within just a matter of days.

Rank Fruits & Veggies

All whole fruits and veggies are healthy. The key is to get a variety and practice portion control as fruit and vegetables each have their own unique set of nutrients and antioxidants.

Go to Bed Hungry

A bedtime snack can help keep your blood sugar levels more stable through the night and help you get a better sleep. A healthy bedtime snack could be a fruit or pretzels + some peanut butter.



HEALTH EASE SERVICES

• FITNESS CLASSES •

Complimentary
Available to all Members
Walk-ins Welcome

• PERSONAL TRAINING •

SINGLE SESSIONS

30 Minutes - \$49

50 Minutes - \$69

5 SESSION PACKAGES

30 Minutes - \$229

50 Minutes - \$319

10 SESSION PACKAGES

30 Minutes - \$440

50 Minutes - \$619

20 SESSION PACKAGES

30 Minutes - \$859

50 Minutes - \$1,099

• MASSAGE THERAPY •

Swedish Massage
Deep Tissue Massage
Sports Massage

SINGLE SESSIONS

60 Minutes

90 Minutes

Contact Director of Fitness, Chris Campli
by calling 267.367.0048 or emailing
ccampli@healtheasefitness.com

Outside trainers prohibited and strictly enforced by the House Committee



FITNESS CLASS SCHEDULE

MONDAY VINYASA FLOW YOGA - 6:30PM (1st and 3rd Monday of the Month)

The most popular contemporary style of yoga, encompassing focus on one pose at a time with measured rest periods. Movements are synchronized with breath, acting as an anchor as you move from one pose to the next.

POWER YOGA - 6:30PM (2nd and 4th Monday of the Month)

Vigorous, fitness-based approach to vinyasa-style yoga with a focus on strength and flexibility.

TUESDAY HIIT - 6:15PM

High Intensity Interval Training combines exercise with small recovery periods for a total body workout that is great for cardiovascular fitness.

WEDNESDAY TOTAL BODY SCULPTING - 4:45PM

Exercises and movements of various tempos and body positions to sculpt, tighten and tone. Incorporates dumbbells, bands, exercise balls and other accessories for a full body workout for all fitness levels.

THURSDAY BODY SHRED - 6:15PM

A high-intensity and endurance-based circuit class, using an interval system of three minutes of strength, two minutes of cardio, and one minute of abs.

SATURDAY TOTAL BODY CONDITIONING - 10:30AM

Improves muscle definition and strength, while promoting cardiovascular fitness through circuit style resistive training and cardio fitness elements.

ALL CLASSES ARE HELD IN THE FITNESS STUDIO ON THE THIRD FLOOR

HAVE QUESTIONS ABOUT HEALTHEASE SERVICES?

Contact Director of Fitness, Chris Campli by calling 267.367.0048 or emailing ccampli@healtheasefitness.com



ATHLETICS IN REVIEW

Beat the Pro Night

The Pro shop hosted the third annual Beat the Pros Night on September 13th which attracted a great attendance. There were twelve matches set on the card with handicaps sent in from “Vegas”. On the Tennis side there were four matches and the Pro shop went 3-1 which kept members Eric Levin, Bruce Katz and Brittany Wakim from doubling their Pro Shop credit, though Mike Barton took out Head Professional Rob Whitehouse out for the second straight year.

The Squash side had eight matches on the card and all were highly contested with the Pro Shop showing great experience in selecting appropriate handicaps. The members went 3-5 against the Pro Shop.

James Asher and Rory O'Connor were the main event for the night with a steep handicap of +80 set for Rory. The match saw some very good squash points and James was hitting with great length to push Rory to the brink. Rory's use of the Club's Fitness Center this year paid off as he outlasted James, 100 – 85!



Handicap Doubles

On October 12th the Racquet Club hosted the handicap doubles squash tournament. We had a fantastic turnout with eight teams of all levels coming with the hope of making it to the Finals later in the year. In group 1, TJ Dougherty/David Petaccio, Eric Levin/Tom Brownlie, Tony Soslow/Spencer Stokes and Arianae Tsavaris/Will Thieme all went toe to toe. Every match was tightly contested but the team of Tony Soslow/Spencer Stokes snuck through to make the Final.

In group 2, Phil Straus/Joe Berger, the McSenn's, Bill Green/Priscilla Person and Ed Spofford/Greg Certo competed for glory. This group also had some incredibly tight matches with only eight points separating all four teams; however, it was the McSenn's who snuck past Phil Straus/Joe Berger by one point to qualify for the Final.

Congratulations to all who played! Tony Soslow/Spencer Stokes and the McSenn's will be contesting for the Final at the end of January.

RC Shootout Singles & Doubles

On September 20th and 21st the Pro Shop had their first RC Shootout of the season. We had a fantastic turnout on both days thanks to the participation of seven doubles teams for the doubles and 10 players for the singles.

Friday night was the usual Lightning Round where members play a number of small matches to in order to receive their get the handicaps assigned handicaps and positions for the following day. In the doubles draw, the teams of Rob Whitehouse/Bill Freeman and Ricky Weisskopf/Jack Hnat finished the day with 100% unbeaten records while on the singles side Brendan Flynn also maintained an undefeated 100% record to finish as top seed.

On Saturday, the main draw started with doubles squash at 9am. James Asher and TJ Dougherty played Rob Gundlach and Spencer Yager with the latter winning three games to one. Next up was Rory O'Connor and Cedric Osborne against Caity Russell and Spencer Yager. Russell and Yager got off to a flying start only for Osborne and O'Connor to come back and take a two games to one lead. Russell and Yager fought back to win the match three games to two. Next up was James Hillen and Peter Flynn against the favored Ricky Weisskopf and Jack Hnat. Weisskopf and Hnat struggled to get into the match making costly errors at bad times and Flynn/Hillen started to look more confident than Friday night meant Flynn and Hillen which led to a three games to love victory. The first Semi Final match saw #1 seeds Whitehouse and Freeman up against Stokes and Gundlach. Whitehouse and Freeman took no enemies defeating Stokes and Gundlach three games to love in a very impressive match. The second Semi Final saw Yager and Russell against giant killers Hillen and Flynn, which ended up being an incredibly entertaining match. This match was a close contest with Yager and Russell eventually coming came through three games to one after winning the fourth game 15-14 from a tight rail by Russell. There was no rest for the wicked for Yager and Russell straight back on against Whitehouse and Freeman. Yager and Russell continued their fine form into the Finals match against Whitehouse and Freeman, taking an early lead advantage of two games to love. Whitehouse and Freeman clawed their way back into the contest and eventually overcame the odds to win the match three games to two 15-13 in the fifth!

The Singles saw Jack Heney up against Brian Einfeldt in a very close match, though Heney snuck through in three. He His next challenge came up against top dog seed Brendan Flynn, but and Flynn proved too strong getting through earning the victory three games to one. In the Semi Finals, Lokesh Prabhu came up against Victoria Scott. Victoria was playing very solid to take the first game but Prabhu started cutting our errors and getting to more balls. Prabhu ended strongly and winning won the match three games to one. The second Semi Final featured Peter Griffith against Brendan Flynn. Peter Griffith started very well by eliminating unforced his errors with while Flynn attempted to force the winner a bit too often. Flynn cut the

deficit to two games to one but Griffith saw the match through to win three games to one. The Final saw Prabhu and Griffith go toe to toe. Prabhu took a two games to love lead and looked comfortable only for Griffith to make an unbelievable comeback and win the match three games to two 11-9 in the fifth.

Overall, the RC Shootout was a fantastic weekend and we cannot wait for the next one!

RCOP 1 vs RCOP 2

The Club held a RCOP 1 vs RCOP 2 intercity match on October 5th with 14 members taking part. Schuyler Wickes vs Adam Yaari was the first match of the day. Wickes quickly controlled the pace of the game by taking an early 4/1 lead. Yaari started to find his return on the serve and was able to get it back to four games all but Wickes found his form again to win the match 8/4, giving RCOP 2 the first win. The next match saw Chris Barrus & Dick Tanfield taking on fellow brother Dan Barrus & Steve Sader. Both Barrus brothers were volleying superbly as Tanfield continued to use his experience to whip up some wicked serves. In the end, Barrus & Tanfield secured the win for RCOP 2 bringing them to a 2/0 lead in the match. Randy Barr & Andrew Brown were up next which started with Brown storming off to an early lead. Andrew appeared to take his foot of the gas a bit too soon which led to Randy Barr fighting back to win the match 8/6 and gave RCOP 2 a 3/0 lead.

Andrew Brown & Brittany Wakim vs Randy Barr & Priscilla Person was set to be a great match with 7 games going to 40 all game point it didn't disappoint but the score line was 8/1 to Brown & Wakim giving RCOP1 their first win on the board. Wakim vs Person was next with some fantastic rallies going on. Wakim served very well and took the win 8/4 bringing RCOP 1 their second win to bring it back to 2/3 in the match. Chris Bernabei vs Adam Yaari was the next match and Bernabei used his wicked Railroad to give Yaari some problems and he decidedly took the win 8/1 to tie up the match at 3/3! In The final match of the day, John Schellenberg took on Adam Yaari with it all on the line! Tied at 5 games all, the tension resonated throughout Van Alen Court. Schellenberg used excellently timed forces and hit some crucial targets to win the match 8/5 and give RCOP 2 the win 4 matches to 3!

2019 FS Investments U.S. Open Squash Championships

On October 5th and 6th The Racquet Club became the first private club in Philadelphia to host the qualifying rounds of the U.S. Open. Members were offered pre-sale tickets our very own Specter Courts on the second floor.

Racquet Club members were given exclusive access to pre-sale tickets for the 2019 FS Investments U.S. Open Squash Championships.

16 matches took place on Saturday and Sunday from 12pm - 7:30pm (32 matches total) and featured the best squash ever witnessed on Specter Courts.



Pro Shop Video Recordings

The Pro Shop is now offering members a variety of ways to evaluate progress on court through the use of a Go Pro!

MATCH RECORDINGS - \$30

Members can request to have a match recorded for just a \$30 fee to be split between each player. The video will then be shared via Google shared drive or uploaded to a personal thumb drive.

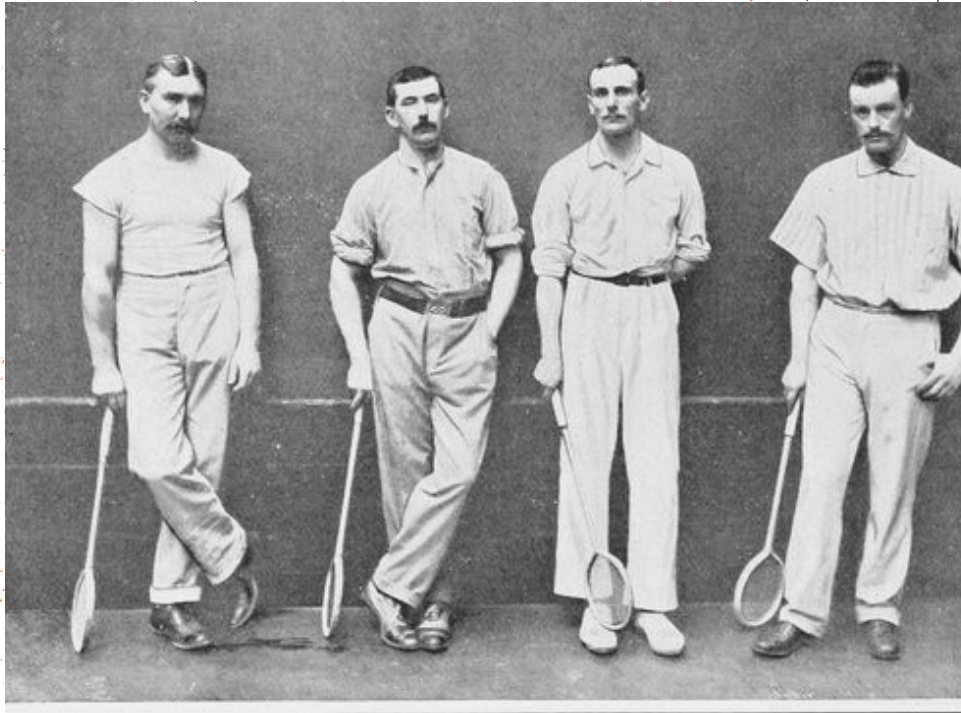
MATCH RECORDING WITH PRO ANALYSIS - \$50

Our Pros will review and analyze the match and provide written feedback that will include critique on stroke production, shot selection, and movement.

RECORDED PRIVATE LESSON - \$75

A Pro will work with you on specific strokes using the video to illustrate mistakes and highlight when the stroke is at its best production. Members will have a how to video next to his/her stroke which will breakdown when there is a blemish in the swing and also when the same stroke is at its best.

To schedule a recording session visit clublocker.com, call the Pro-shop at 215-772-1544 or email courts@rcop.com. Rates do not include the cost of court time.



RACQUETS DOUBLES WEEKLY ROUND ROBIN

**6 - 7 PM
RACQUETS COURT**

THURSDAYS

**ALL LEVELS WELCOME
SIGN UP THROUGH CLUB LOCKER**

CLINIC & COCKTAILS

PROSPECTIVE MEMBER NIGHT

*WEDNESDAY, JANUARY 22ND
5:30 - 8:30 PM*

*PROSPECTIVE MEMBERS ARE INVITED TO PARTICIPATE IN
COMPLIMENTARY SQUASH & COURT TENNIS CLINIC
FOLLOWED BY DRINKS AT THE 1889 PUB & GRILLE.*

*RESERVATIONS FOR THE CLINIC ARE OFFERED ON A FIRST
COME, FIRST SERVED BASIS.*

*PROVISIONAL MEMBERS ARE ALSO WELCOME TO
PARTICIPATE.*

*5:30 PM-ARRIVE | 6-7 PM-CLINIC
7:30-8:30 PM 1889 PUB & GRILLE*

*PLEASE CONTACT MEMBERSHIP COORDINATOR DAVID WRIGHT AT
DAVE@RCOP.COM OR 215-772-1555 TO RSVP.*

THANK YOU

to our 2019-2020
Athletic Season
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ATHLETICS CALENDAR

2019 – 2020



DATE	EVENT	TIME	SPORT
September 12 th	Germantown Challenge Match at GCC	5pm - 8pm	Squash
September 14 th	Inter - City DC at Lakewood	10am - 4pm	Tennis
September 18 th	Beat the Pro Night	6pm-8pm	Tennis & Squash
September 20 th - 21 st	RC Shootout Doubles & Singles	5pm - 7pm	Doubles Squash
October 5 th	Inter - City Tuxedo at RC	10am - 4pm	Tennis
October 9 th	RC Night at Drexel for US Open Squash	All Day	Squash
October 16 th	Club Night #1	5pm - 8pm	All
TBD	Wharton School Challenge Match	5pm - 8pm	Squash
October 25 th -26 th	RC Shootout Doubles & Singles	All Day Event	Doubles Squash
November 8 th -9 th	Maryland Club Challenge Match	All Day Event	Doubles Squash
Nov 13 th	National League	5pm - 8pm	Tennis
November 20 th - 24 th	Jimmy Dunn Doubles	Weekend Event	All
December 6 th & 7 th	Racquets Club Handicap Tournaments	Friday & Saturday	Racquets
December 19 th	Club Night #2	5pm - 8pm	All
December 19 th - 21 st	Holiday Junior Camps	TBA	Squash & Tennis
January 10 th - 11 th	RC Shootout Tennis & Squash Doubles	Weekend Event	Squash & Tennis
January 31 st - February 2 nd	EM Noll Classic - Professional Squash Singles	Weekend Event	Pro Singles
January 31 st - February 2 nd	Philly Boast & 50's Tennis	Weekend Event	Squash & Tennis
February 28 th - March 1 st	RC Junior Bronze	Weekend Event	Squash
March 6 th - 8 th	Western Open	Weekend Event	Racquets
March 6 th - 8 th	Percy Cup	Weekend Event	Tennis
March 6 th - 8 th	Member - Guest Squash Doubles	Weekend Event	Doubles Squash
April 1 st	Club Night #3	5pm - 8pm	All
April 16 th - 19 th	U.S. Ladies Open	Weekend Event	Tennis
May 7 th	Games Dinner		

THANK YOU

to the RCOP 2019-2020
Athletic Season Sponsors



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2018-2019

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Graham Company enthusiastically supports the numerous court tennis, squash and racquets events at The Racquet Club of Philadelphia and the wonderful pros and volunteer members who make them happen.

Actions Matter.

Contact Peter Prinsen
215.701.5284
pprinsen@grahamco.com



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The Racquet Club of Philadelphia
Athletics Programs



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HOST YOUR PRIVATE EVENT AT YOUR PRIVATE CLUB

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Receptions · Breakfast Meetings · Engagement Parties · Baby Showers · Board
Meetings · Private Tastings · Bridal Showers · Exhibition Matches · Memorial
Receptions · Rehearsal Dinners · Small Private Meetings · Fundraisers · & More



For details, pricing, or to book your next event, please contact Private
Events Coordinator Mia Spadoni at mia@rcop.com 215-735-1528.

SHOP

RCOP



VISIT OR CONTACT THE FRONT DESK
FOR MORE ITEMS AND PRICING.
ITEMS CAN BE SHIPPED FOR THE ADDED
COST OF SHIPPING & HANDLING.



VIEW MORE AT
WWW.RCOP.COM





HAPPY HOURS at the RCOP

EMPLOYEE RETREATS at the RCOP

Recognition is proven to be among the best methods of improving work motivation and employee engagement. One minute spent on recognizing positive behavior yields 100 minutes of initiative in return – show your employees how much they mean to you and the success of your business with an Employee Retreat here at the Racquet Club!

- Guests will receive full use of the Club and its amenities including the men's steam room, ladies' sauna, fitness center, and courts.
- Everyone can reconvene in the 1889 Pub for an open-bar happy hour plus 5 displayed hors d'oeuvres.
- Pricing starts at \$110 per person, all-inclusive based on a 50-person reception.
- This pricing includes court time, group lessons, and complimentary racquet rentals for 25 people.
- Final costs will vary depending on the number of court sign-ups.
- Additional available amenities include massages, facials, and group fitness classes.
- We can accommodate companies of all sizes and needs.

CLIENT APPRECIATION HAPPY HOURS

Are you in the business of working with clients? Show them how much their business means to you by hosting a Client Appreciation Happy Hour Reception here at the Racquet Club!

- Packages include a 2-hour reception in our Reading Room, open bar, butlered hors d'oeuvres, plus a complimentary tour of our historical Clubhouse.
- Pricing starts at \$75 per person all-inclusive for a 50-person reception.



EMPLOYEE APPRECIATION HAPPY HOURS

Reward your colleagues or employees for a job well done with a weekday happy hour at the Racquet Club!

- Packages include a reception in our 1889 Pub & Grille, consumption bar packages, and displayed hors d'oeuvres all with the historical charm our Pub has to offer.
- Access to our Billiards table, full bar offerings and a chance to mingle outside of the office will ensure your employees feel appreciated.
- Pricing starts at \$60 per person all-inclusive for a 25-person reception. Packages are completely customizable.

As a thank you to our members, these packages have been created with a waived room rental fees and waived bartender fees. Drink packages can be applied toward your quarterly minimum.

Contact Mia Spadoni at
mia@rcop.com or 215-735-1528 to
discuss options and book your date!



BRING IN A NEW MEMBER | RECEIVE A GIFT

REINTRODUCING RCOP'S

New Member Incentive

\$250 NOW | \$250 LATER

Effective April 1st, 2019, members that propose a Resident or Suburban candidate for membership will receive a \$250 Racquet Club gift card upon the initiation of a nominated candidate's membership account.

Members can use this gift card for all club services and amenities, which include:

**1889 Pub & Grille
Gold Leaf Café
Overnight Accommodations
Court Reservations
Lesson Fees
Merchandise
Parking**

Later: If a new member maintains his/her membership for one year, the proposing member will receive ANOTHER \$250 Racquet Club gift card at the start of the candidate's second year of membership.

For more information on the New Member Incentive, please contact Membership Coordinator, David Wright, by calling 215-772-1555 or by emailing dave@rcop.com

Only primary proposers are eligible for the incentive. Offer valid only if the candidate is accepted into membership as a Resident or Suburban member. Gift card not redeemable for cash and is valid for one year. The secondary offer is only valid if the proposed candidate is an active Resident or Suburban member at the anniversary date.



Support The RC Fund Annual Appeal

The RC Fund maximizes your tax deductible contributions to **RESTORE** our historic clubhouse, **RENOVATE** our facilities, **EDUCATE** young athletes and **ENHANCE** Club offerings.

Donors are encouraged to make a tax-deductible contribution to the RC Fund at one of the following giving levels in support of the Fund's multiple projects.

Founder Level	\$150 - \$499
16th Street Level	\$500 - \$999
Rittenhouse Level	\$1,000 - \$4,999
Jay Gould Level	\$5,000 - \$9,999
George D. Widener Level	\$10,000 - \$24,999
Horace Trumbauer Level	\$25,000+

Upcoming projects:

- Family Changing Room
- Women's Locker Room Renovation
- Rear Steps Repair
- 'Success through Squash' Youth Educational Program
- Annual restoration effort of Club artwork, sculpture and memorabilia

Annual Appeal Chairs

William McLaughlin

Schuyler Wickes

Your support of the RC Fund enables us to continue to strengthen and build upon the Club's legacy. The RC Fund board works with the House Committee to identify and support appropriate projects.

To make a donation to the Fund, please visit www.rcopfund.org / donate or contact Derik Comalli at 215-772-1552 or by email at derik@rcop.com.



CLUB MERCHANDISE SPOTLIGHT



RCOP Tote

The RCOP Tote is the perfect bag for your everyday use or trips to the beach. The tote is 14 ounces of unbleached cotton with a large main compartment which features a zippered closure to protect your belongings.

There is a front slash pocket for smaller items such as passports, cash, mobile phones or keys. The Club Tote has straps that are over 26 inches making it easy to carry by hand or on the shoulder. The tote

is the standard tote color with a black bottom panel and Club logo embroidered in the center of the front slash pocket.

130th Anniversary Tote (*Limited Edition*)

The 130th Anniversary Tote bag is a 16 ounce weekender cotton canvas boat tote. In honor of the Club celebrating its 130th anniversary since its incorporation back in 1889, this limited edition tote is available for less than 15 individuals that would like to add this large tote to their carrier bag collection.

The Anniversary tote features an oversized main compartment with secure zippered closure, a large front slash pocket, interior slash pocket, a rear strolley strap for luggage stacking, dual carrying handles and a zippered bottom drop pocket that can fit items such as shoes or towels.



Visit or contact the Front Desk today to purchase a tote bag. All Club merchandise can shipped for the added cost of shipping and handling. The Front Desk can be reached at frontdesk@rcop.com or 215-735-1525.

To learn more about the Club's merchandise, visit www.rcop.com and select the 'Merchandise' tab.

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RC Summer Members

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BUILD YOUR OWN BURGER MONDAYS

MONDAYS | 1889 PUB & GRILLE

PAIR ANY OF OUR BURGERS WITH A DRAFT BEER FOR JUST \$15 EVERY MONDAY STARTING FEBRUARY 25TH! MEMBERS CAN ALSO BUILD YOUR OWN BURGER FROM A LIST OF TOPPINGS TO MAKE IT UNIQUELY YOUR OWN, EVERY MONDAY.

THIS OFFER WILL NOT BE AVAILABLE ANY OTHER DAY OF THE WEEK



QUIZZO NIGHT



1889 PUB & GRILLE



**TEAMS CAN CONSIST
OF 2-6 PLAYERS**

**PRIZES AWARDED
EACH ROUND**

RSVPS REQUIRED

**THIRD
TUESDAY
MONTHLY**

CONTACT EVENTS@RCOP.COM

**TO RESERVE YOUR TABLE OR
TO VOLUNTEER AS QUIZZO HOST!**

UPCOMING EVENTS

ONGOING

Third Tuesday Monthly – 1889 Pub Quizzo

Every Tuesday Night - BYOB Night in the 1889 Pub

Every First Friday Night – Date Night in the 1889 Pub

Every Third Friday Night - Family Night in the Grille Room

Every Other Tuesday - Ladies Squash Night

JANUARY

1/3 First Friday Date Night

1/10 RC Shoot Out

1/16 British Pub Takeover

1/17 Family Happy Hour

1/21 Quizzo

1/23 Winter Happy Hour

1/31-2/2 Philly Boast/EM Noll

FEBRUARY

2/7 First Friday Date Night

2/12 Fireside Happy Hour

2/18 Quizzo

2/21 Family Happy Hour

MARCH

3/6-3/8 Percival Tennis Tournament

3/6-3/8 Western Open

3/10 Red Cross Blood Drive

3/17 Quizzo

3/20 Family Friday Happy Hour

*For More Information on upcoming events,
watch for Club email blasts, Club signage, social media,
and the Events calendar on www.rcop.com.*