Bill Dutton: Growing Up Midtown

On the Horizon: Thoughts From Our Leadership Team

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EVERY STORY HAS A BEGINNING. THIS IS Ours...

Midtown founder and chairman Alan Schwartz and his wife, Ronnie view the construction site for Midtown Tennis Club in 1970. Designed and built from the ground up for indoor tennis play, Midtown shaped the specifications and standards for indoor tennis clubs. Do you suppose they could have imagined Midtown today?

ON THE COVER:
250 combined total years of commitment and service to Midtown
(top left to bottom right): Marvin Childress, Joe Lyden, Butch Staples, Bill Dutton, Jane Seiffert, Jenny Maloney, David Kidd, Burt Ditkowsky, Miguel Cruz, Anthony Solis, Lourdes Solis
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Midtown originally opened as Midtown Tennis Club on October 16, 1970. 2020 marks 50 years of serving Midtown members and our focus on tennis, fitness, and social experiences. I’ve had the fortune to contribute to 41 years of Midtown’s 50, starting as a tennis coach at our Midtown in Rochester, NY.

Well before 1970, it all started with a dream between a father and son to build an indoor facility designed from the ground up for tennis. It took 16 banks before the 17th (a former classmate of Midtown founder and Chairman Alan Schwartz), agreed to fund a project for 14 indoor tennis courts and a clubhouse. The back-up plan if the project failed was it would neatly serve as warehouse space.

Our strategy then, as it remains today, is to create marquee facilities, WOW experiences, staff them with qualified, service-minded, and inspiring personnel to lead classes and programs designed to elevate members’ skills, enhance healthy lifestyles, and foster enjoyment of recreation and sport. We realized early on that an emphasis on community led to encouragement and support among participants, and in many instances, lifelong friendships.

Over the past 50 years Midtown has pioneered lesson programs, teaching methods, and club systems and initiatives that have been endorsed, adopted and copied by the club industry and the competition. Tennis in No Time, the world’s first patented beginner tennis lesson program, our relentless pursuit to create inspiring, functional and comfortable facilities, and our creation of unique special events that deliver fun social experiences, are only a few examples. In 2017 we celebrated the opening of the Hotel at Midtown, a 55-room lifestyle hotel, dramatically furthering our objective to offer the world’s best urban sports resort.

Billie Jean King, world ambassador, champion, and Midtown friend once said, “Midtown is the benchmark by which all other clubs are measured.”

We have experienced the crowning of many champions. We’ve played a role in the development and witnessed athletic achievements on and off our courts, we’ve welcomed countless celebrities; actors, athletes and political figures among them. We’ve received many accolades and consider ourselves privileged for all these opportunities.

Although the brushes with fame and celebrity are fun and perhaps “once in a lifetime”, they pale in comparison to our daily interactions, our relationships, and the opportunity to serve Midtown members, some of whom we are honored to have on our roster literally from the beginning. We’ve shared family experiences, growth, special occasions and life’s changes. To all Midtown members we say “thank you” for your support and loyalty.

I also want to acknowledge the many Midtown associates, past and present, too many to reference by name, who have made significant contributions to Midtown. These people have been and remain committed to helping others, providing personal attention and supporting community and friendships while delivering unique experiences for all to enjoy.

This issue of Spirit is dedicated to the past 50 years plus a glimpse into what’s on the horizon for the next 50!

Michael Mahoney
SVP and General Manager
What better way to celebrate Midtown turning 50 than by talking to someone who has been pacing Midtown’s tennis courts from the beginning? Bill Dutton has been playing for nearly 40 years, including four years at Princeton University where he was captain for two years. After teaching tennis at places like Midtown, Bill went on to start a career in the investment industry as a securities analyst, portfolio manager and business owner. He continues to play and support the game of tennis, while also enjoying all the other amenities Midtown now offers.

“ As a kid growing up in Oak Park, I played in one of the first tournaments that Midtown ever held.”
SPIRIT: When did you start playing tennis?

BILL DUTTON: I was eight years old. As a kid growing up in Oak Park, I played in one of the first tournaments that Midtown ever held. It was a men's tournament, and I played doubles with a friend of mine named Billy Martin. Billy was 14 and I was 16. In that tournament, we played Alan Schwartz (the founder of Midtown) and his partner. We beat them in the tiebreaker in the third set at two or three in the morning, and I've never forgotten that. It was very special. At the time, people knew who Alan was, but the funny thing is I didn't know who Alan was. When I talked to my coach the next day, he was really impressed.

SPIRIT: Did you and Billy continue to play together?

BD: We grew up playing together and against each other. He was one of my primary rivals as a kid. Billy won the Illinois High School Singles Championship in '71. I won it the next year, because Billy had moved to California. Billy was one of the greatest junior players ever in the United States, and he went on and had a good pro career and is now the coach at UCLA. We're still good friends.

SPIRIT: What was it like playing tennis after high school?

BD: I had a great tennis experience at Princeton. During my time there, I had a win, which I've gotten more mileage out of than any other win of my life: I beat John McEnroe.

SPIRIT: How has tennis changed since you started playing?

BD: Today, it's a big power game. I started out using a wooden racket. The updated technology with the frames and strings make for a much more powerful game. Another major change is people are much more fit.

SPIRIT: Is tennis still a part of your Midtown routine?

BD: I try to play three days a week. For nearly 40 years, I've been playing every Thursday night with a group at Midtown. It's been very, very special, because it's not just tennis. It's about health, exercise, and friendships.

SPIRIT: Are there other ways you stay connected to tennis?

BD: I try to give to the Chicago District Tennis Association every year because I benefited so much from their programs. I've been active with Princeton tennis as a donor and I'm the treasurer of the board of the Intercollegiate Tennis Association (ITA).

SPIRIT: Are there other ways you give back to the community?

BD: My wife and I are big believers that getting psychotherapy can be life changing. We helped start a mental health clinic in Chicago called the Center for Child and Adolescent Psychotherapy, which helps kids who would otherwise not have the means to receive therapy.

SPIRIT: What does a perfect day off look like?

BD: It includes tennis, seeing my grandchildren, and reading. I was an English literature major in college and went into accounting later. It's a very unusual combination in the financial world, but I've never lost my interest in literature. I think of reading as continuing my education.

SPIRIT: Has tennis helped you in the financial world?

BD: It has a lot! One of my earliest memories as an adult at Midtown was when a man called me up and said, "My name is Ferd Kramer. Someone recommended that I ask you to be my doubles partner in the Century Doubles Tournament." He was almost 80 years old, and he was looking for a 20-year-old because our ages had to add up to 100. Draper and Kramer is one of the biggest real estate firms in Chicago. We had fun, and he became a client. There have been many ways in which tennis helped me in my business, and just meeting people in general. I even met my wife because of tennis.
FROM THE ARCHIVES
1. Midtown created and organized social tennis events like Century Doubles and Heavy Hitters.

2. The horse’s head, just for good luck.

3. Before fame and celebrity, Andrew Agassi won his first National Championship at Midtown when he was 14 years old.

4. Midtown’s TNT originally was offered to women only.

5. Actress Ali MacGraw loved Midtown before she fell in love with Oliver.


7. Since the beginning, Midtown has played host to many world class players. Pictured here are professionals Ken Rosewall (with Midtown founder Alan Schwartz) and Billie Jean King.
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MEMBERS OUT & ABOUT

(top to bottom)

Robin Sloan, Aurea Chambers, and Dana Baer at the CINCINNATI OPEN

Kat Barry hiking North Table Mountain outside Golden, COLORADO

Sophie Shirazi at the Rafael Nadal Academy in Manacor, SPAIN

Naresh, Joanna, and Norah Koka in INDIA

Marci Glick atop the Schilthorn Mountain in the SWISS ALPS
2020 represents Midtown’s 50th anniversary. Three members of our leadership team, Butch Staples, National Tennis Director, Richard Earney, National Program Director, and Brett Fahrner, Chief Technology Officer, share their thoughts on what’s ahead.

What trends in the fitness/tennis industry will affect us most?

Richard: Looking into the future I see technology around holographic, virtual realities and immersive experiences coming to life and drawing on our senses. Imagine doing a yoga class in the mountains of Tibet, doing a Zumba class on the beaches of Rio de Janeiro or running plays with your favorite football team.

Virtual space is interesting because of the virtual classes and coaching it offers. Peloton is a great example, because it shows how people can exercise “alone together.” I see this type of “experience” moving to the group studio setting. It won’t replace the experience of a live instructor or coach, but it’s a great way to fill empty times in studios throughout the day. The products will only get better and more experiential. We’ve partnered with Les Mills in The Theater. Checkout THE TRIP in the RIDE studio. It’s a fun, unique, immersive indoor cycle experience.

“Recovery” is a hot topic at the moment and well overdue. The measure of a great athlete is not only down to how hard you train, but how well you recover. We’re seeing all manners of massage tools, devices and therapies hit the market. Cryotherapy, normatec, and percussion tools are all super popular at the moment.

Butch: The tennis industry is being challenged to find ways to grow the game. It is likely that changes in scoring that favor shorter matches and the Universal Tennis Rating (UTR) that is genderless and ageless will promote more inclusive play.

Midtown serves varied generations. How will we serve their differed fitness expectations?

Butch: For many years tennis has been identified as the “Sport of a Lifetime.” This tagline holds true today and is here to stay. The history of Midtown demonstrates the core belief that all ages benefit from the holistic value of tennis.

Richard: We have such a varied membership at Midtown, and it’s one of the things I love most about the company. With over 250 group fitness classes per week, we have one of the largest schedules in the world (fact). There is something for everyone of all ages and abilities.

Midtown has been serving members for 50 years. What do you see not changing in the next 50?

Butch: As an urban resort, Midtown will continue to evolve and remain as a leader in lifestyle transformation. The ability for an individual, a couple or a family to recreate in a resort-like, friendly environment where they feel welcome, safe and cared for will not change. Midtown exists to inspire people to transform their lives! This will not change.

Richard: We believe active social people lead happier, healthier lives, and in this day and age it’s more important than ever. We also pride ourselves on delivering a premium service. I only see this getting better as we take lessons from the hospitality sector.
Looking at technology’s role in fitness, in what ways would you say it has enhanced the Midtown experience and what are its downfalls?

Brett: We are using many different technologies like our world class video and sound system in Ride and The Theater. We are utilizing wearable technology like MyZone. We have world class Precor equipment that allows you to log in and track progress. We hope to start integrating these technologies together so that users can see all of their information and stats in one place on a Midtown app. It would be exciting for members to discover what classes or equipment best help them meet their personal goals.

I love technology, so I always put a positive spin on everything, but sometimes technology can take the focus away from some human interactions. I think Midtown has the best coaching and training in the world, so we need to make sure that we are enhancing that instead of reducing our opportunities for human interaction.

How will technology be integrated into Midtown programs and events?

Brett: First, we are leveraging more data to be better every day. Data is providing insights about our world-class programming. These insights will lead us to better programming and scheduling, and better coaches and instructors!

Second, we are looking to give you better ways to track progress with your goals through an app that allows you to incorporate all of the stats from your visits and integrate data from your wearable technology.

As we build out our network technology, I envision the ability to have events that run at all Midtown Clubs at the same time. We could have all Clubs compete with one other in real time, maybe even to simulcast live videos.

What do you see for the future of wearable technology?

Richard: Wearable tech on a whole is still a little clunky, with wristbands and strap-on devices. There are debates and confusion around what is being measured. Looking into my crystal ball, I see this space becoming accurate, precise and highly personalized. I see them aggregating data to give a more holistic overview of a person’s health and fitness. Imagine pulling together health indicators (blood pressure, cholesterol, and blood sugar), heart rate, temperature, stress resilience, nutritional deficiencies, postural abnormalities and energy levels with prescribed programming on a daily basis.

We are also seeing more people move away from their phones and apps. There is a growing need to disconnect and with it a rise in popularity for meditation and mindfulness (which there are many apps for).
Brett: It is hard to predict, but I envision the intersection of drone and virtual reality technologies that will allow you to compete with your virtual self. For example, if you run three miles once a week, maybe a drone will follow you on your path and video your run. Then the following week you may get to run against a hologram of yourself from the previous week and attain a personal record!

In the future, how will Midtown distinguish itself from the competition?

Butch: The past 50 years have taught us many lessons, and the value of creating community stands at the top of the list. We have the highest retention of any club company in the industry and there are reasons for this. Midtown will continue to invest in our people, our programs and our facilities.

Richard: Midtown is one of the most talked about clubs in the world. We have created something special, something unique. With the rise in popularity of boutique studios, our vision for the Club was to create a variety of boutique studios under one roof, each with its own identity and its own experience.

Brett: I think we will continue to distinguish ourselves from the competition by providing the highest degree of personal attention to our members, creating resort-like environments for our members, and getting people involved in a tribe or tribes at Midtown that enables our members to transform their lives. I envision a world-class technology platform that enables our associates to spend more time with individual members, as well as enables our members to engage with Midtown in the best way for them. This might mean things like the ability to pay their memberships with the app, track progress with the app, schedule appointments and order food through the app. I am very excited about how we view our members. We are passionate about helping others and we want to see them at Midtown! The best stories of our members are the ones where we helped them achieve their goals and helped them transform their lives.
Mindfulness
If I’m being honest, I first got into it because I found mindfulness and meditation to be sexy. I was in college, and I thought meditation would distinguish me from the rest of my fraternity. I got lucky, because something about it stuck. I started sneaking off in the middle of parties to sit zazen as the drunken romp shook the foundation of the house like one powerful mindfulness bell. After graduation, I set out for a doctorate program in psychology to research the benefits of meditation. I dropped out in less than 72 hours. I spent the next two and a half years mostly on retreat, practicing with teachers. Now I teach what I love.

Movement
Interestingly enough, all the time I spend sitting helps me recognize the importance of movement. We express so much with our bodies. The mind and the body are not separate, the body is a reflection of the mind and the mind reflects the body. Yoga, especially Katy Hanlon’s classes at Midtown, and dance have both been very helpful for informing my mindfulness practice and health.

Writing
I started writing because I had a message to bring into being that was deeper than a chat in the elevator or a talk about the weather. In 2017, I published *What the Couch Told Me*, a selection of poems that investigated how it was possible to hold such contradictory feelings in one consciousness. The series is charming, witty, and thorny. I wrote my latest book, *Towards a Meaningful Life*, for those who want to deepen their practice, for those who are pained and for those who aren’t pained, but just feel a vague sense that there’s something missing. As for the future, there is a collection of poems on bar napkins I may put together, but it doesn’t feel that important to me at the moment.

Giving
I volunteer at Equestrian Connection in Libertyville, which is an equine-assisted therapeutic facility. As a “side-walker,” I assist kids in forming a relationship with these wild animals, then I clean up those wild animals’ poo. I started working therapeutically with horses in the summer of 2014 and felt the power immediately. We can learn so much through horses and their responses to how we engage them.
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Long before loyalty points were collected with key tags, check-in counts, and smartphone apps, these three gentlemen established a love of Midtown that epitomizes the definition of commitment. Burt, Charles, and Paul are 50 year members of Midtown Athletic Club; that is, they joined in 1970 before the club opened and have had continuous club memberships ever since. Their dedication to tennis and lifelong regular exercise only compliments their loyalty to the social connections and memories they’ve made at Midtown.
HEALTHY EATING

NUTRITION: THEN & NOW

As we celebrate 50 years of Midtown, let’s take a look at how our interpretation of nutrition has evolved over the years.

Calories:
Calorie counting was actually popular in the early 1900s and the strategy remained popular for body builders years later. Although calorie counting is not as accurate as we once thought, it’s a helpful way to track your daily intake and make sure you are being consistent. Whatever your goal, calories in vs. calories out is still important, but it’s what kind of calories that matters most. Slowing down and being mindful of what you put in your body is important for feeling good and for long-term health.

**TAKEAWAY**
Worry less about calorie intake and more about what the foods you’re eating are doing for your body.

Fat:
Back in the 90s, fat was bad. So bad, it found itself at the top of the old food pyramid. Now we know that healthy fat is essential to our diet. In fact, popular extreme diets like the ketogenic diet demand that most of your food comes from fat. That said, it’s still unknown if the high fat content found in the keto diet is actually good for your health long term.

**TAKEAWAY**
Have healthy fats and make them about 30% of your total intake so that you can get enough variety and nutrients. Don’t be too extreme with any one type of food or nutrient because your body needs them all for different functions.

Carbs:
The food guide from the 90s and early 2000s put carbohydrates like bread, cereal, rice and pasta at the bottom of the pyramid, making it the food group you should eat the most of. We ate carbs to avoid fat, which led to fat-free cookies and salad dressings high in sugar. The Atkins diet turned all that on its head; people lost weight when they cut out carbs. Although enthusiasm for the Atkins diet has died down, ketogenic and paleo are still part of the low carb craze. So, you’re probably wondering, which is it?

**TAKEAWAY**
Because they fuel our body, 40-50% of our daily intake should be from carbs. You don’t have to cut them out to be healthy, just go for the right ones like vegetables, fruit, beans and whole grains.
Processed foods:
Is this even food anymore? It’s easy to go for processed foods that fit our busy and stressful lifestyles. Why eat an apple when you can have a prepackaged energy bar? Tempting as it may be, it’s important to remember that with ease and convenience come chemicals and preservatives.

TAKEAWAY
Eat real, whole, local foods whenever possible. When you have to eat processed foods follow this quick and easy rule when checking out the ingredients: if you can’t pronounce it, don’t eat it.

Portion sizes:
Back in the 90s and earlier, portions were what I would call “average.” Now everything is bigger—soda, bagels, muffins—everything. That means calories are increased and so are obesity rates. How do you know what the correct serving is anymore?

TAKEAWAY
When it comes to portions, the 90s got it right. Measure your food at home using household objects or your hand. (For example, a deck of playing cards is 3 oz of meat.) And don’t forget: it’s possible to overeat healthy foods, too.

Sustainability:
Before the 2000s, people didn’t think much about how heavy meat and a processed diet weren’t good for the earth. Now we understand that sustainability will help keep us and our planet healthy.

TAKEAWAY
Eat more plant-based foods like vegetables, fruit, nuts, seeds, beans and whole grains. Eat less meat by cutting back portions and mixing some plant-based protein sources into your diet.

Questions about nutrition?
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DAVID “BUZZ” RUTTENBERG — Midtown member Buzz Ruttenberg is the founder and chairman emeritus of Belgravia Group. He has been actively involved in the development of residential, retail and commercial Real Estate, principally located in the core communities of Chicago, for over 45 years, with developments totaling over $1 billion.

LINCOLN PARK
BUILDING A NEIGHBORHOOD

Close your eyes and try to envision the Lincoln Park neighborhood in 1949. The Depression and WWII had precluded any substantial construction of new real estate in Chicago. The more affluent residential part of the city was contained in a narrow band east of Clark Street and south of North Avenue. Outside of that geography you’d find yourself amongst little if any property appeal or gentrification.

It took 20 years for the early pioneers of Lincoln Park to push that boundary west to Halsted Street, a mere four blocks of growth. And it wasn’t until the 1980s that the changes extended west to Clybourn Avenue, another six blocks of growth hallmarked by the arrival of Webster Place Theaters.

Several local businesses were leaders in the improvements to the community. The Schwartz family founded Midtown Tennis Club in 1970. Financing for such a speculative concept was hard to find, but after 16 tries a bank and former schoolmate of Alan Schwartz agreed to extend the loan. Although an indoor tennis club concept received little confidence it would succeed, the wide-span buildings required to construct tennis courts meant the club, if it failed, could be converted to warehouse space.

While Midtown was under construction, the founders of Belgravia Group were remodeling existing buildings into apartments in “no man’s land.” Businesses like Midtown drew residents out of their established neighborhoods and facilitated the slow and steady change west of Clark Street through the 1970s and 1980s.

Today the areas that surround Midtown Athletic Club have continued to grow into one of the premier districts in the area. That growth continues to accelerate as Belgravia Group, now in its 70th year, has launched Triangle Square at Webster and Elston Avenues. Triangle Square, a 4-acre parcel shaped like a triangle, is adjacent to the Mariano’s at Ashland and Webster. The triangularly-shaped site will be highlighted by a midrise building with 66 two- and three-bedroom condominium homes fronting Webster Avenue. Three-hundred midrise rental units and neighborhood retail will occupy the balance of the site.

Nearby, the recent approval of the $5 billion Lincoln Yards development will remake the former industrial corridor south of Midtown along the Chicago River. As a frontrunner to changing communities, Belgravia is developing the first site in the former Elston industrial corridor. Best of all, the development is three blocks from Midtown and all it has to offer. As the 606 expands and Lincoln Yards takes shape, the future residents of Triangle Square will smile knowing they were early pioneers of the Midtown neighborhood—no warehouse back-up plan required!
TELENE AGHIEVENTS

(top to bottom)

Stephen Schneider, Finalist
MEN’S 40s

Madison Liu, Champion and Isabella Temenegov, Finalist
G16s

Thomas Mezzano, Champion
MEN’S 40s

Tara Markovic, Finalist and Nicola Kupczyk, Champion
G14s

Leah Palkon, Sportmanship Award
G16s
MANAGE YOUR GAME  BEFORE, DURING, AND AFTER  [Chapter 1]

Do you enjoy competition? If so, here’s a few ideas on how to prepare for competitive play, manage your emotions when facing stress attributed to competition, and utilize the valuable takeaways for future match improvement. Today I’ll focus on pre-match fundamentals. Next issue I’ll coach you on what to do during and post-match.

Before your match you should check in with your fundamentals in every phase of your game.

**Fundamental #1** Watch the ball. Your eyes should stay on the contact point with your head still until after contact. This will lead to cleaner ball striking and better ball control.

**Fundamental #2** Know your contact points on every shot. Remember, the party is out in front! If you contact the ball even with or behind your body bad things will happen.

**Fundamental #3** Accelerate your racket through the contact point toward your target. Developing good racket head speed will enable you to put spin on the ball. Spin equals better ball control.

**Fundamental #4** “Stick and move.” After you hit your shot immediately recover and get ready for the next ball. Don’t admire your shot and then suddenly remember you might have to play the ball that is coming back to you.

The most important six inches in tennis are between your left and your right ear. An early bad decision is better than a late good one. As soon as the ball leaves your opponent’s racket, you should decide what type of shot you want to execute and where you want to hit the ball. Early decision making will lead to better results, as you will be fully committed to your shot. The top players also use visualization skills to “see” the shot they want to play before they execute their swing.

Remember, improvement is a journey not a destination. Enjoy the process to get better!

See you on the court,

Captain Gully

---

Tom Gullikson is a Midtown tennis coach. He was ranked as high as #3 in the world in men’s doubles on the ATP tour, winning 16 doubles titles with brother Tim. He captained the US Men’s Davis Cup team between 1994 and 1999, capturing the Davis Cup as captain in 1995.
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Lourdes, how long have you been working for Midtown?
I’ve worked at Midtown for 16 years. I stay because I love Midtown, and I especially love my babies!

Anthony, what is it like to work with your grandmother?
Working with my grandma is really good and I’ve learned a lot. She has taught me to show every child love, and to look after your co-workers. I’ve learned to pay close attention to detail including care notes from parents. And to always get a good night’s rest before work!

Other than Kidtown, what is your favorite part of the Club?
Lourdes: I like the gym, but I only work out sometimes.
Anthony: I enjoy the pool and basketball courts. Over the summer, when I’m not in school, I try to exercise as much as possible. The hot tub is a perfect 10!

Do you have any funny stories about working side by side?
Lourdes: I love working with my grandson, he works hard but is always joking and making work fun.
Anthony: My co-workers joke with me and tell my grandma when I’m goofing off. She always gives me a lecture after that. We always have fun when we work together. We are a special duo. Like MJ and Pippen.

Lourdes, how has the Club changed over the years?
It has gotten so much bigger! I just want to keep spending time with my babies.
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Members captured the beauty of a summer sunset on SIX while experiencing Vinyasa Flow Silent Disco.

Photographs by Mike Anderson
ABBEY CULLEN, MEMBER SINCE 2018

Meet Abbey Cullen. Despite her sparkling eyes and petite frame, this high school assistant principal is not a person to mess with. From running the Boston Marathon, completing half ironmans, and her absolute commitment to cross-fit style exercise and lifting, when Abbey sets a goal, she reaches it. She’s a mom who proclaims, “If you’re going to be a bear, be a grizzly.” Fresh off a Midtown Challenge gold medal win, you will find Abbey in classes like Coach Ron’s tennis, Julian’s boxing, or Jared’s Field workouts.

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EXERCISES THAT STAND THE TEST OF TIME

BY ATHLETICO PHYSICAL THERAPY

Throughout the years we have seen fitness trends come and go, but some exercises stand the test of time. Incorporating classic exercises into your regular routine can help you build strength and stability, which minimizes the risk of injury. Consider taking your fitness routine back to the basics by adding some of these classic exercises:

Plank
This is one of the best exercises for strengthening the core. The core muscles are responsible for stabilizing the spine and the rest of your body when performing activities of daily living as well as more challenging activities, such as tennis. Planks can help prevent low back and hip pain.

- While lying face down, lift your body up on your toes and forearms
- Keep your shoulders, back and hips in a straight line
- Hold for 30 seconds, repeat three times

Squat with Overhead Press
Squats are great for strengthening leg muscles and training the body to generate power for activities like stair climbing and running. The overhead press component of the exercise helps keep the upper body strong to help you reach overhead, throw and push heavy objects.

- Start in a squat with arms at the side, as you stand up out of the squat press your arms towards the ceiling
- Perform three sets of 10 repetitions
- For increased difficulty, this exercise can be modified to include weights

Calf Stretch
Calf muscles are heavily utilized everyday due to their role in walking, running, standing on tiptoe and jumping. They often get tight and can lead to ankle stiffness and cramping. Stretching these muscles can help to prevent a number of injuries, including plantar fasciitis, calf muscle strains and other lower body injuries.

- Place hands on wall
- Step one foot forward so the front knee is bent and the back leg is straight
- Lean forward until a stretch is felt is the calf muscle of the back leg
- Keep the back heel on the floor to maximize the stretch
- Hold for 30 seconds, repeat three times

BACK TO BASICS
If you start feeling unusual aches or pains after exercise, make sure to schedule a free assessment* at a nearby Athletico clinic. Our team will take a look at your injury and recommend treatment options to help you heal.

*Per federal guidelines, beneficiaries of federally funded plans are not eligible for a free assessment.

ATHLETICO PHYSICAL THERAPY provides the highest quality orthopedic rehabilitation services to communities, employers and athletes in over 475 locations throughout twelve states with more than 5,000 employees. For more information visit www.athletico.com and follow us on Twitter at @athletico.
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“When I finished my medical training in 1989, I immediately joined Midtown!”

JAMES (JIMMY) COLLINS, MD

PHYSICIAN + CUBS FAN + MIDTOWN MEMBER SINCE 1989

Are you a Chicago native? I moved to Chicago after medical school to complete pediatric residency and neonatology fellowship training at Northwestern University.

What inspired your career? My father was a pediatrician and I’m sure his experiences ignited my aspirations to pursue a career in medicine. The relationships formed with the parents of critically ill infants are exceptionally fulfilling and inspire me.

What brought you to Midtown? When I finished my medical training in 1989, I immediately joined Midtown. Prior to that time, I could only afford to play tennis during the winter at the indoor public courts at McFetridge. I had visited Midtown a few times and was excited to join.

How did you start playing tennis? My father introduced me to the game. I played USTA junior tennis and in high school. For nearly 10 years, I was a volunteer boys’ assistant tennis coach at Evanston Township High School.

As your family grew, how did you balance kids, work and tennis? Married without children, I tended to play late nights and weekends. With young children, I started playing early evenings after work. With young and school age children, I started leaving work early to play mid-late afternoons. With kids USTA/College tennis, I started playing early morning. Recently, I committed to modernizing my strokes with a ball machine on an open court, usually on the weekends in the early AM.

Family
I have four children and our home is in Evanston.

Playtime
Tennis, live music, and sporting events. I grew up in Detroit, Michigan and am still an avid Detroit and University of Michigan sports fan. We’re huge Cubs fans!

Giving Back
• Jackson Chance Foundation provides free parking and transportation for parents with infants in our NICU at the Ann & Robert H. Lurie Children’s Hospital of Chicago.
• The Chicago Youth Program provides mentorship, educational experiences, and health care to underprivileged children.

Surprise Fact
I love driving vintage BMWs.
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Get slope ready at Brewski on December 5 with a free ski wax from Viking Ski Shop while you drink a cold beer. Learn more and register at midtown.com/events

TAKE THE TRIP ON SATURDAY, JANUARY 25

Get slope ready at Brewski on December 5 with a free ski wax from Viking Ski Shop while you drink a cold beer.

Learn more and register at midtown.com/events
History repeats itself nearly 50 years later. Midtown founder and chairman Alan Schwartz and his wife Ronnie, looking toward the future with a bird’s eye view of the Midtown Athletic Club construction site in 2017. The original goal to create the premier indoor tennis experience in 1970 ignited the transformation to create the world’s best urban sports resort today.
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