

How to Bring the Club to Your Members

March 24, 2020

Moderated by:

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Presented by

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Visit nationalclub.org/coronavirus for more information

Henry Wallmeyer

**President and CEO
National Club Association**



Visit nationalclub.org/coronavirus for more information

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A NATIONAL CLUB ASSOCIATION SUPPORT SITE

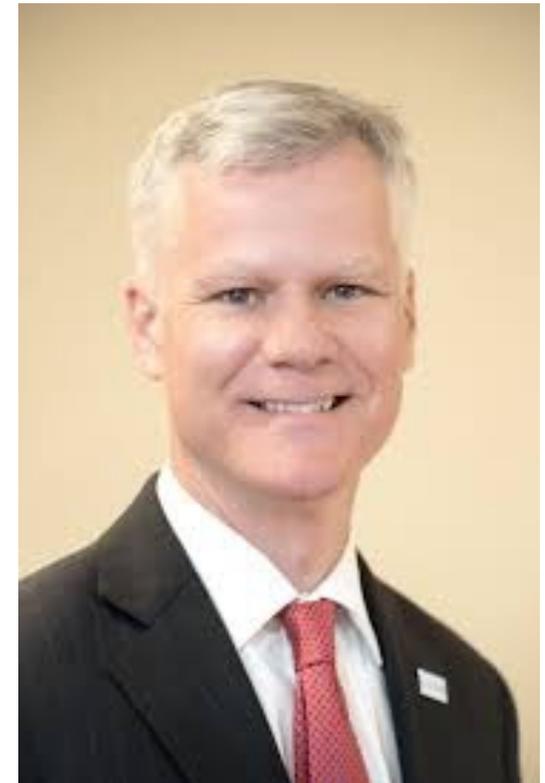
Coronavirus What Clubs Need to Know



Listen to NCA's Special Coronavirus Town Hall

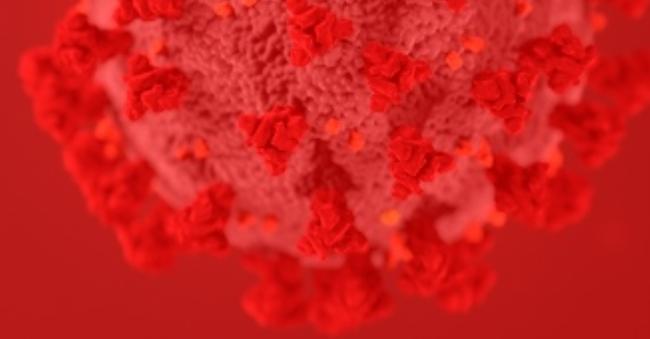
Joe Trauger

**Vice President of Government Relations
National Club Association**



Visit nationalclub.org/coronavirus for more information

Families First Act



- House Passed Friday, March 13 (363-40)
 - And again 3/17/2020 with amendments
 - Senate passed 3/18/2020 (90-8)
- Free COVID-19 Testing
- Paid Leave - amended
- Unemployment Assistance
- Nutrition Assistance
- Tax Credits
- Guidance From Treasury Department and Department of Labor

What's Ahead

- There have been two Coronavirus-related bills so far
 - \$8 billion for HHS response efforts
 - Families First Act
- Phase III Legislation has been released – CARES Act
 - \$2 trillion
 - Airlines
 - Small Businesses
 - Private nonprofit entities were eligible
 - Checks to taxpayers
 - Cloture vote failed Sunday and yesterday
 - Negotiations are close to final deal
 - Congress out until April 13 or 20?

Visit nationalclub.org/coronavirus for more information

Ryan Doerr

**President
Strategic Club Solutions**



Visit nationalclub.org/coronavirus for more information

Laura Leszczynski

**Vice President of Club Marketing & Branding
Strategic Club Solutions**



We had a psychological crisis BEFORE Covid-19

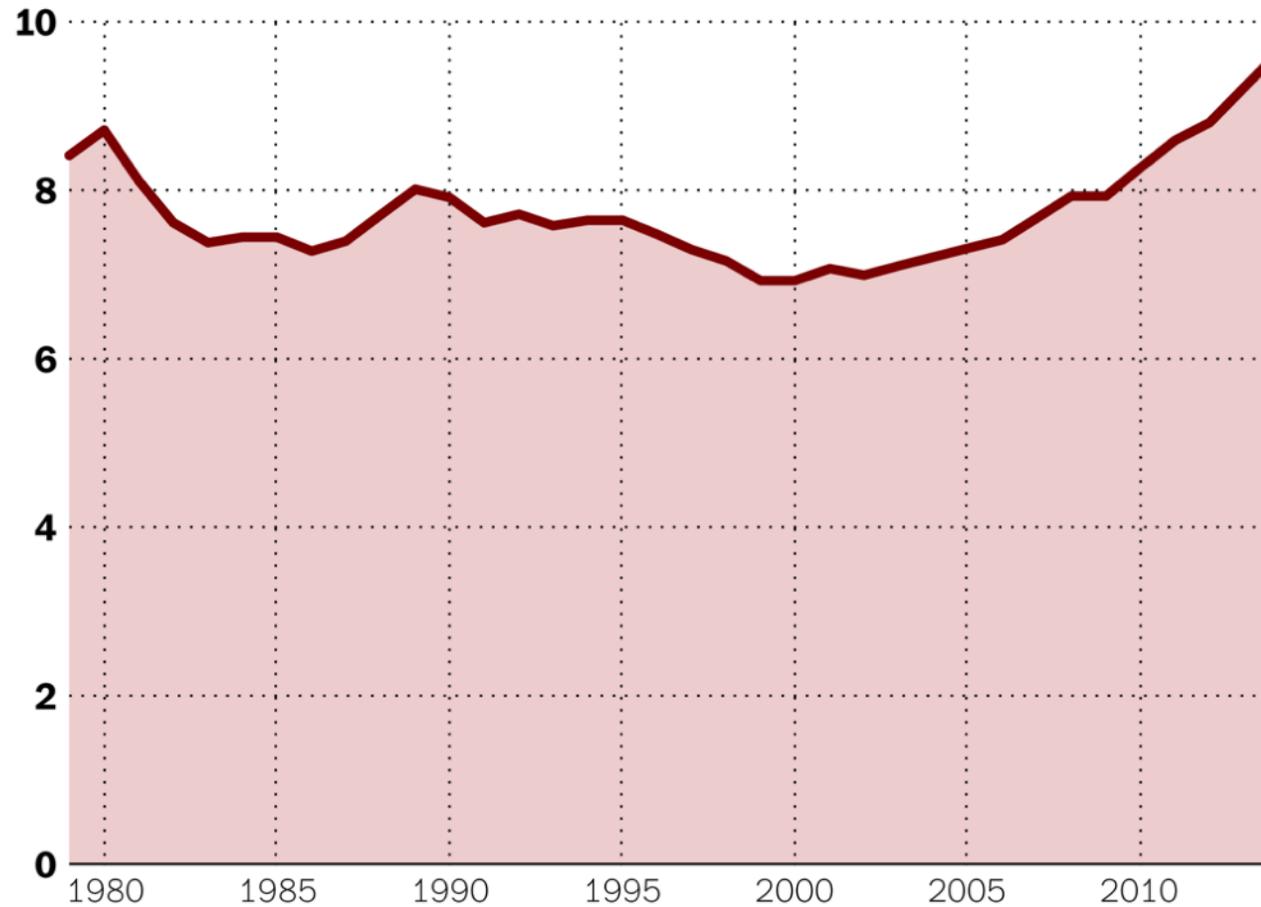
Dr. Niraj Nijhawan

Physician & Founder of Life
Ecology Organization

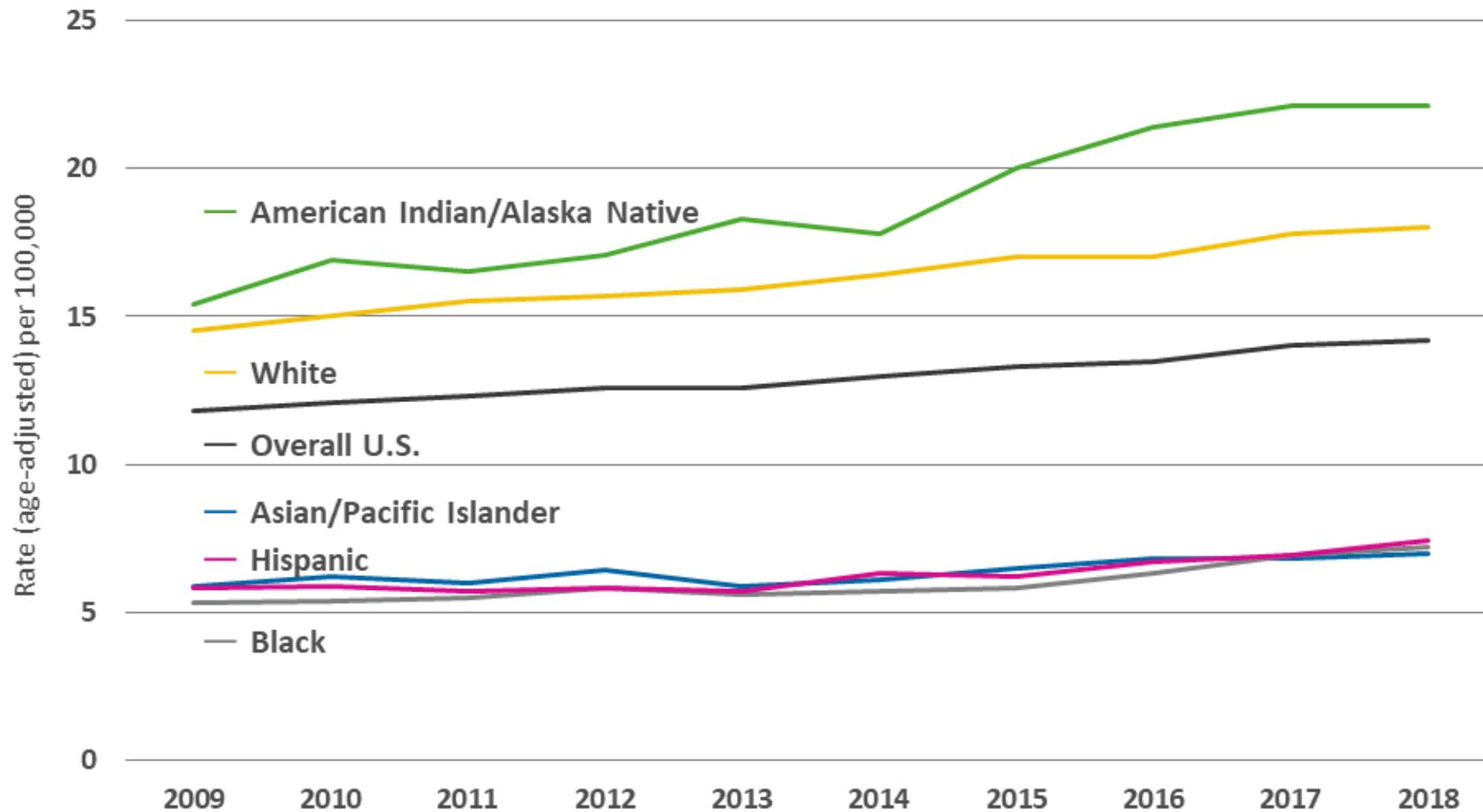
Evidence the world is getting destabilized.

Alcohol deaths reach a 35-year high

Deaths from alcohol-induced causes (excluding homicides, drunken driving and other accidents indirectly related to alcohol), 1979-2014, per 100,000 people

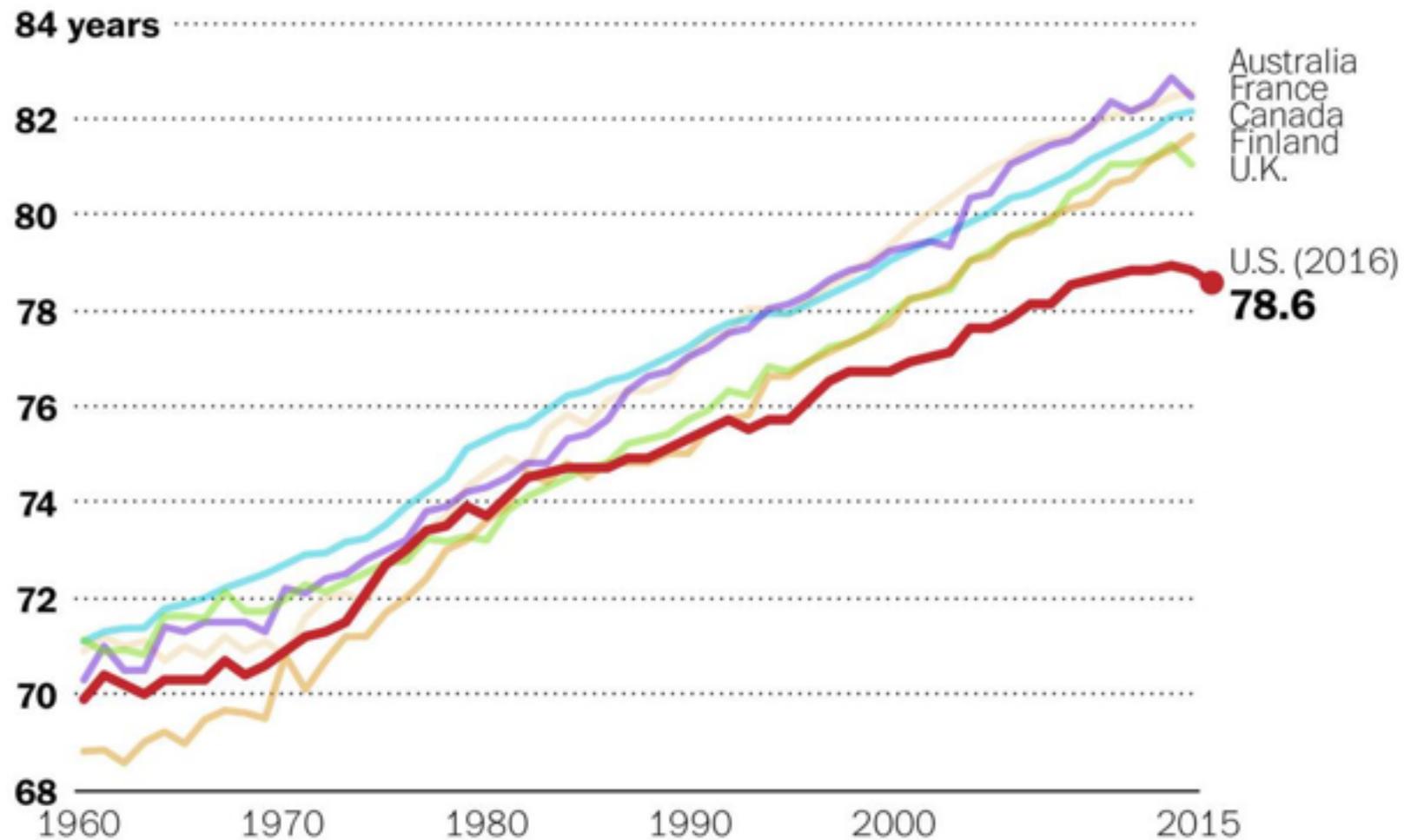


Rate of Suicide by Race/Ethnicity, United States 2009-2018



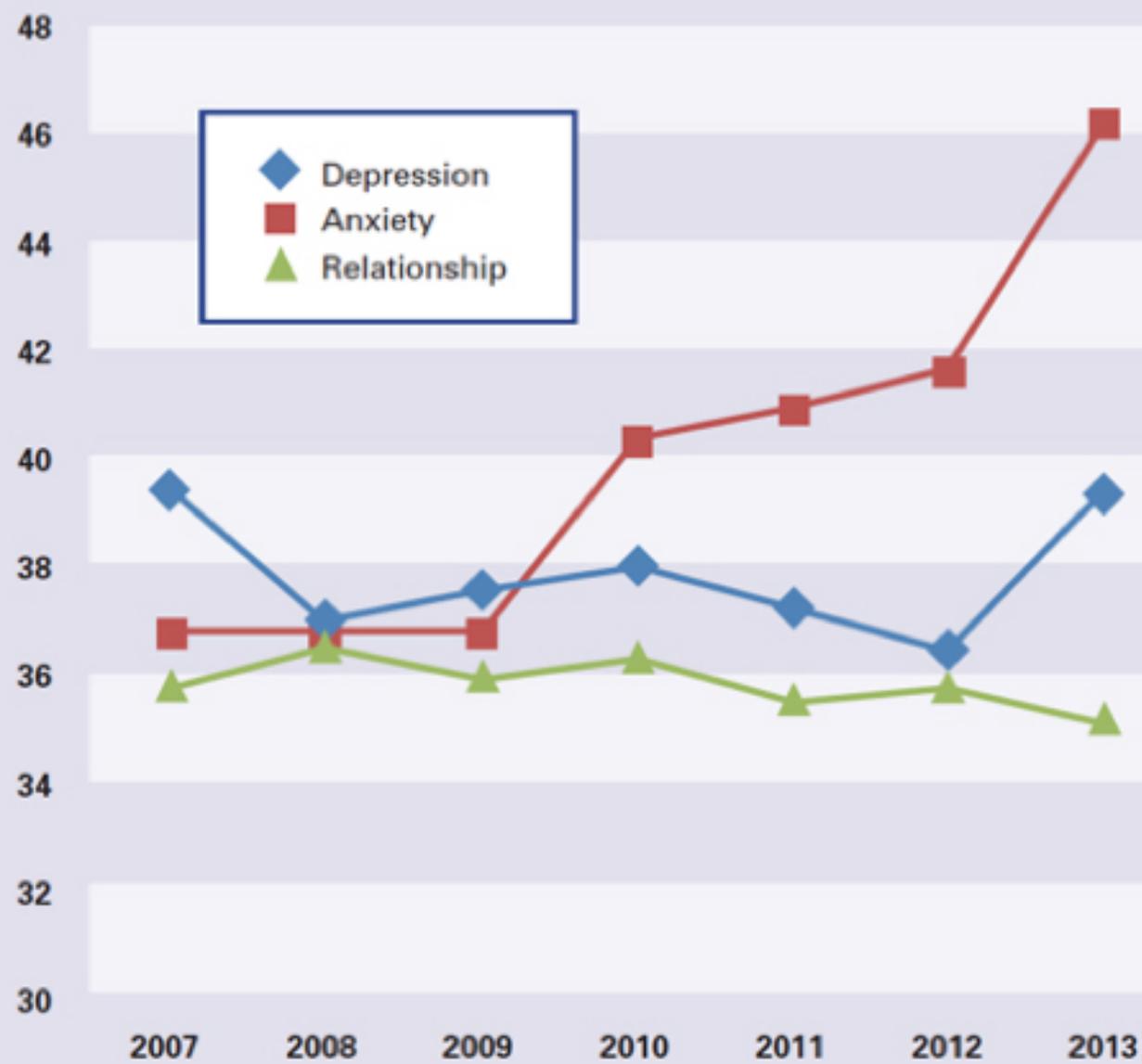
American exceptionalism

Life expectancy at birth, selected OECD countries



College and university counseling center presenting concerns

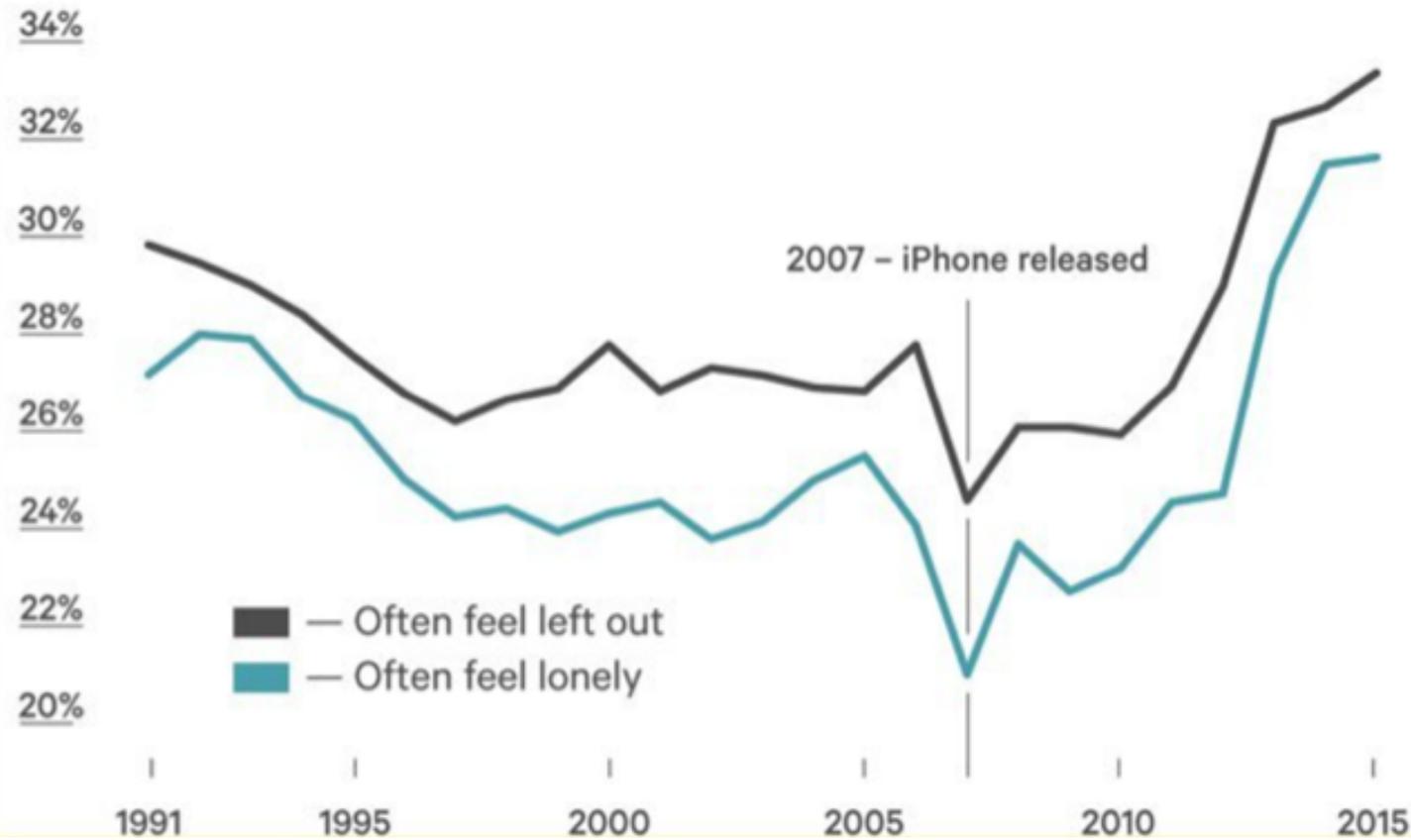
Percentage of students who presented with depression, anxiety or a relationship problem as their main reason for seeking help at a counseling center.



Source: Association for University and College Counseling Center Directors

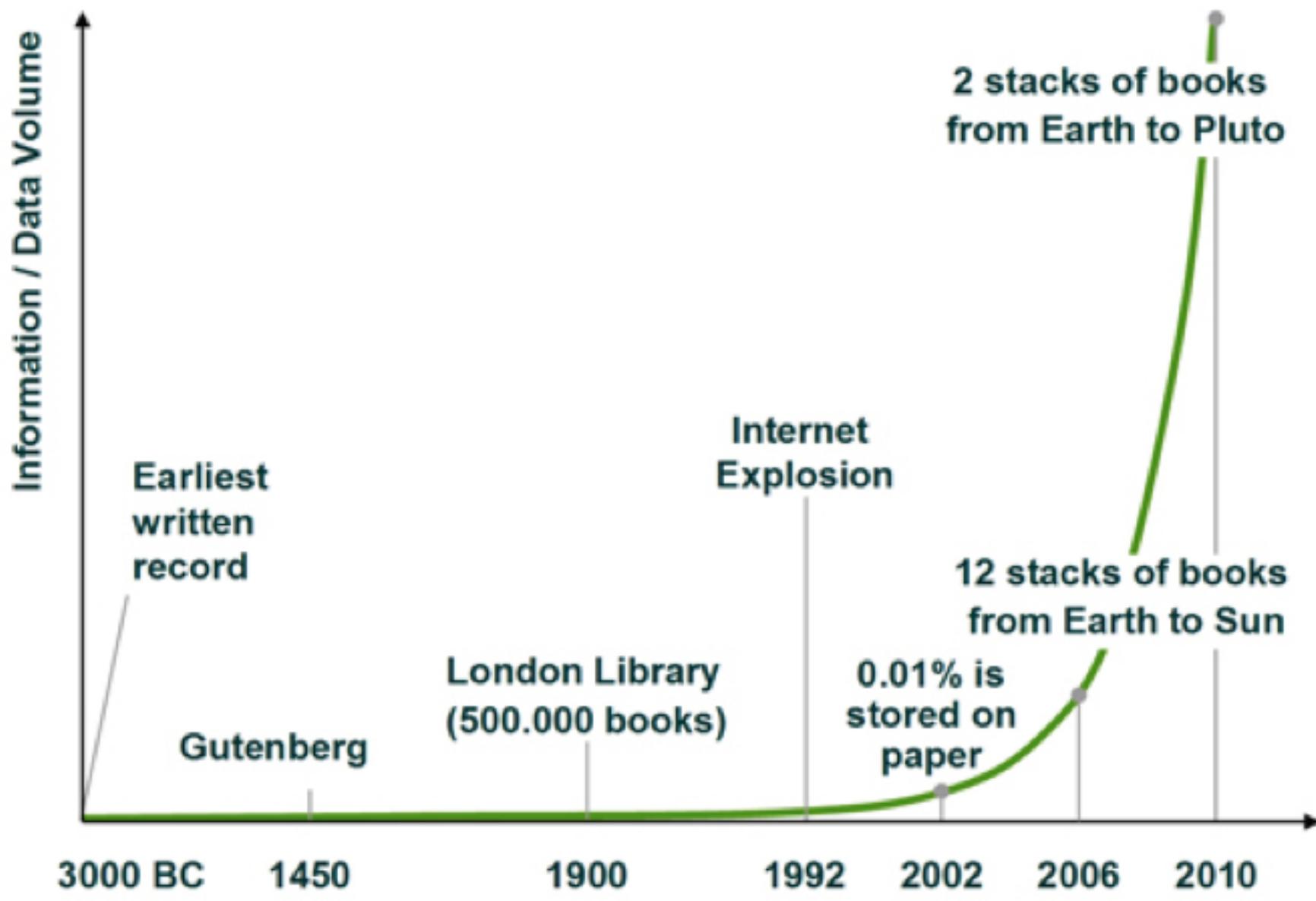
More Likely to Feel Lonely

Percentage of 8th-, 10th-, and 12th-graders who agree or mostly agree with the statement “I often feel left out of things” or “A lot of times I feel lonely”



Anxiety is colliding with
the age of acceleration

— Dr. Raj



Research shows your members, clients,
prospects and staff are bombarded with
commercial messages



3,000 per day

Anxiety was at an all time high.

anx·i·e·ty

/aNG'zɪədē/

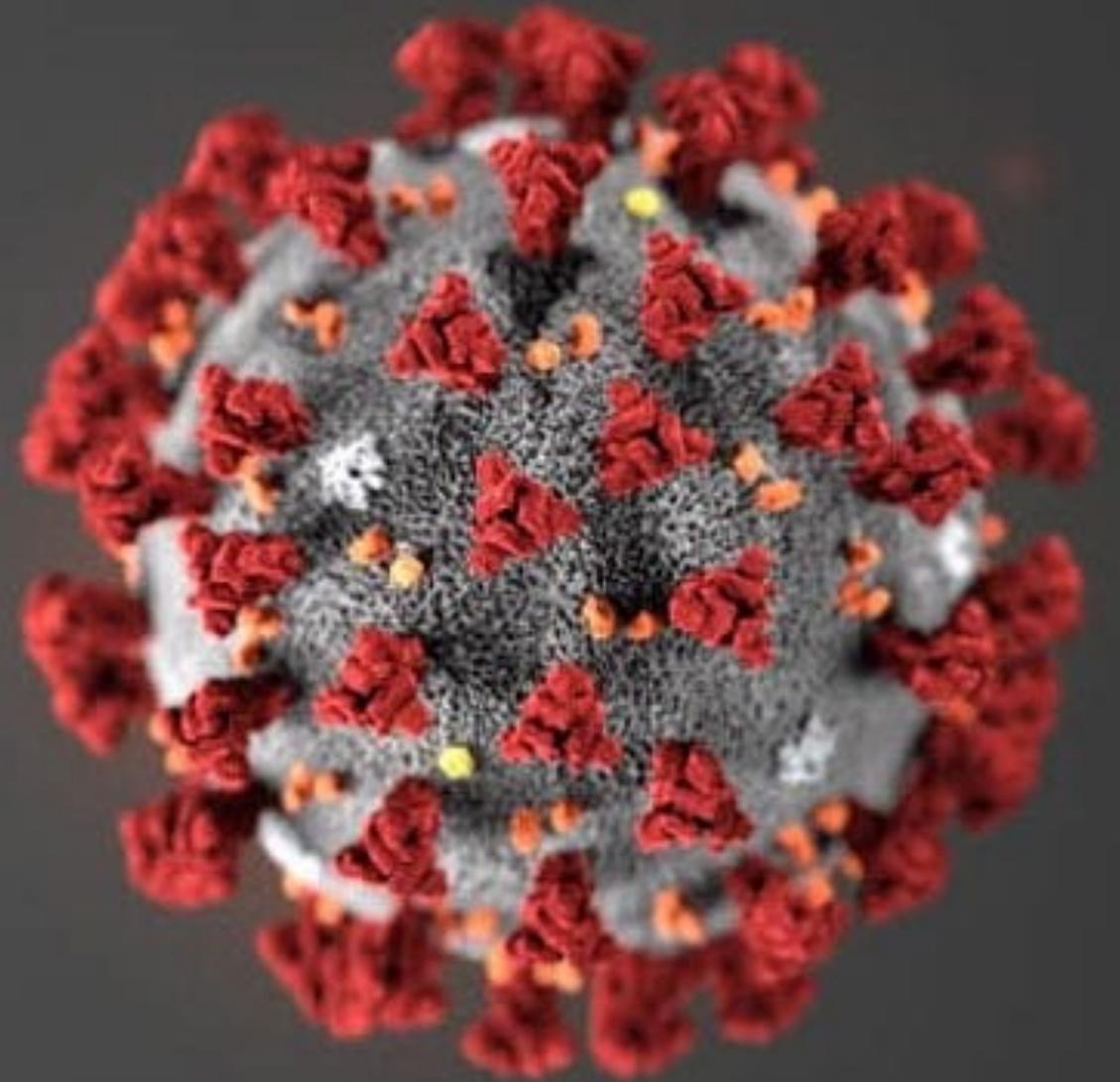
[Learn to pronounce](#)

noun

a feeling of worry, nervousness, or unease, typically about an imminent event or something with an uncertain outcome.

Simply, anxiety is the fear of the unknown.

And then this just made things worse



According to the CDC

Stress during an infectious disease outbreak can include

- Fear and worry about your own health and the health of your loved ones
- Changes in sleep or eating patterns
- Difficulty sleeping or concentrating
- Worsening of chronic health problems
- Increased use of alcohol, tobacco, or other drugs





So, what's a solution?

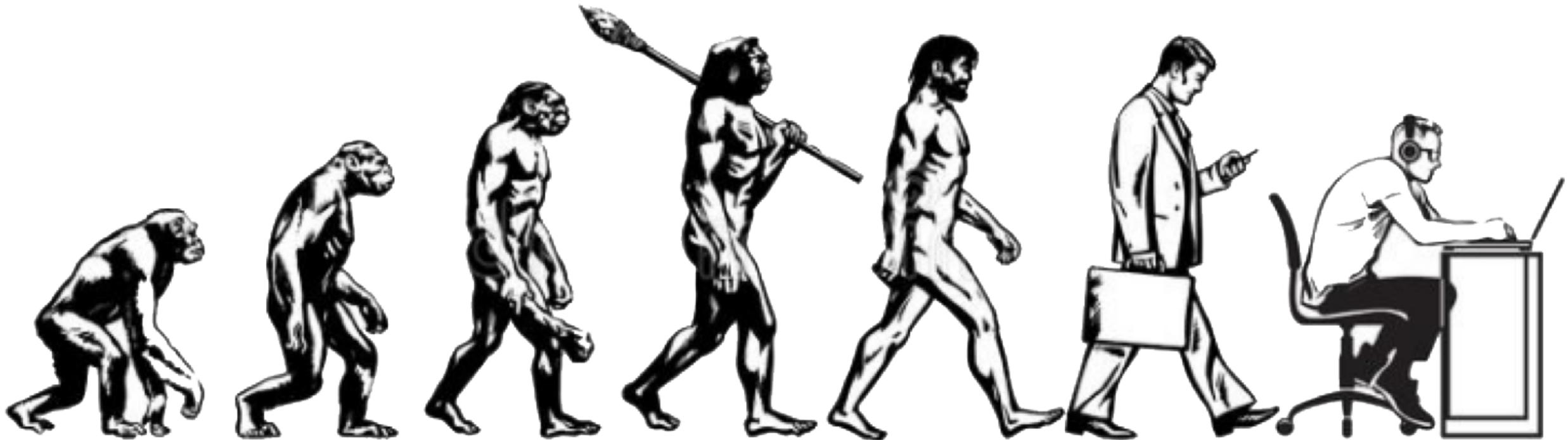
Look at the core problem. Not just the symptoms.

According to science and research

“Brains are operating with software from our hunter-gatherer days”

- Roger Dooley

PRIMITIVE DESIRE to be safe, healthy, happy and strong.



We all have a human desire to be better versions of ourselves



We have to get back to our tribes



and clubs are teed up perfectly to do so.



HARVARD
UNIVERSITY

A Harvard study examining the lives
of almost 3,000 people

Found that those who gather together to go out to dinner, play cards, go on day trips, vacation with friends, go to the movies, attend sporting events, go to church, and engage in other social activities **outlive their reclusive peers by an average of two-and-a-half years.**

Finding your tribe is not only fun. It can also save your life.

One study examining the people of Alameda County, California, found that people with the most social ties were **three times less likely to have died** over a nine-year period than those who reported the fewest social ties.

Those with **more social connections** were even found to **have lower rates of cancer**.



The Alameda County Study: A Systematic, Chronological Review

Jeff Housman and Steve Dorman

ABSTRACT

This study is a systematic review of the Alameda County study findings and their importance in establishing a link between lifestyle and health outcomes. A systematic review of literature was performed and data indicating important links between lifestyle and health were synthesized. Although initial studies focused on the associations between health outcomes and personal health habits known as the "Alameda 7," subsequent studies focused on the relationships between social variables, religiosity, several chronic health problems, and long-term health. Significant findings during periodic assessments of the original 1965 cohort yielded strong support for a link between lifestyle habits and long-term health outcomes. Additionally, social networks, religiosity, and several demographic variables were found to be associated with chronic disease development.

INTRODUCTION

In 1965, life expectancy reached a point at which quality, not merely existence, deserved attention. In an effort to discover the effect of personal health habits on quality of life, chronic conditions, and mortality, several researchers in California developed the Human Population Laboratory. The group of researchers decided on a design to measure select health practices among a probability sample of the population of Alameda County in California. The participants answered initial survey questions concerning their lifestyle habits in 1965 with subsequent collections taking place in 1973, 1985, 1988, 1994, and 1999.

DEVELOPMENT OF THE "ALAMEDA 7"

The 1965 panel, known as the Health and Ways of Living panel, included Lester Breslow, Nedra Belloc, and George A. Kaplan. Breslow and Kaplan became the principal investigators of the Health and

Ways of Living Study, with Belloc making major contributions to initial studies. Much of the continued study of health behaviors occurred at the Human Population Laboratory in Berkeley, California.

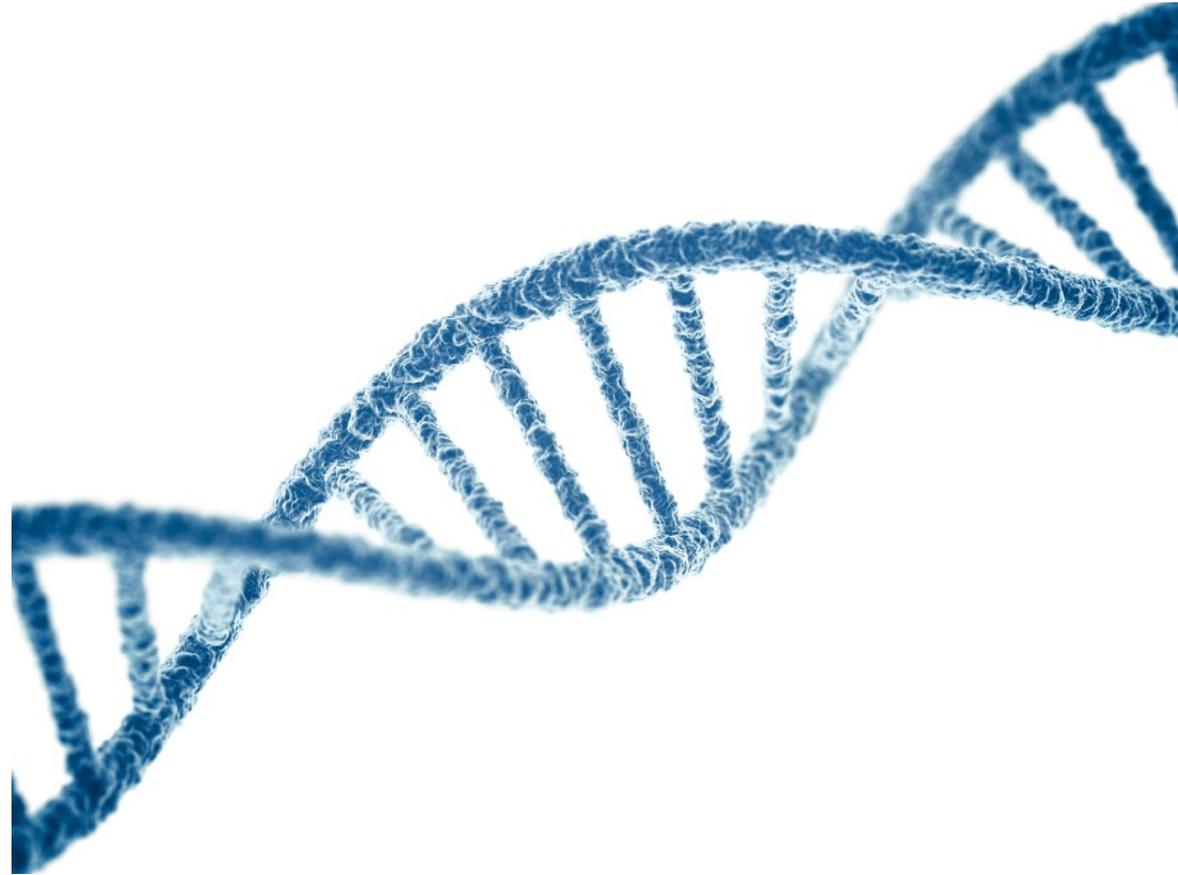
In an attempt to assess the effects of health habits and social relationships on physical and mental health, Belloc and colleagues' obtained information from 6,928 respondents in Alameda county. The probability sample included 3,158 men and 3,770 women. The sample included 360 men and 530 women over the age of 65. This sample would become known as the 1965 Alameda cohort. Each participant answered surveys regarding marital and life satisfaction, parenting, physical activities, employment, childhood experiences, and demographic data. In addition, participants were asked to report levels of disability "without complaints," "symptomatic," "chronic conditions," "disability-less," and "disability-severe." To summarize physical

health status of groups of individuals, weighted proportions were necessary. Therefore, each group was classified by a *ridit*, or Relative to an Identified Distribution, allowing feasible and meaningful comparisons between groups.

Belloc and colleagues' published the initial set of findings from the 1965 Alameda cohort. Self-reported disability data revealed fewer men were disabled than women, but the proportion of chronic diseases was nearly equal. Occurrence of disability and chronic disease increased with

Jeff Housman, MEd, is a graduate assistant, Texas A&M University Department of Health and Kinesiology, TAMU Mail Stop 4243, College Station, TX 77843; E-mail: jhousman@hkn.tamu.edu. Steve Dorman, PhD, MPH, is chair and professor, Texas A&M University Department of Health and Kinesiology, TAMU Mail Stop 4243, College Station, TX 77843-4243.

302 American Journal of Health Education — Sept/Oct 2015, Volume 36, No. 5



We humans are a social species,
tribal by [nature](#).

“Belonging,” our capacity and need
for [empathy](#), compassion and
communication, is in our [DNA](#).

- Saul Levine MD

Belonging to a tribe has enormous health benefits

Being part of a tribe is deeply engrained into the human experience.

Some psychologists call it 'The Four Bs', which relates to how we establish our self worth:

1. **BEING**: Self-acceptance (personal)
2. **BELONGING**: Member of one or more groups (social)
3. **BELIEVING**: Guiding values and ethic (ethical/spiritual)
4. **BENEVOLENCE**: Kindness and generosity

And the feel good factor is real.

Feeling a deep sense of belonging to a chosen tribe contributes to **proven positive health outcomes**:

- Long term wellbeing and happiness
- Is a stress buffer
- Protects against depression
- Improves performance and motivation
- Gives life meaning
- Provides continuity and expands thinking



Neuroscience has revealed that the brain responds to social rewards as found in a tribe with a sense of belonging in the same way it does receiving money.

The circuits and pathways in the brain are *also* similar to how we experience pain - which could explain why **being cut from a tribe causes us to feel an innate sense of pain.**

N**OW**
IS THE
TIME

to remind your Members how your Club will make their life better.

We've got to help them and
rethink Member engagement.

How can we bring the Club to them?

Quality programming
is so impactful

Difference is the quality of the program
and addressing
the needs of its members

MAR/APR 2020

SPEED NETWORKING
Thursday, Mar 5 | 5:30pm



UPCOMING EVENTS



**MARCH INTO THE MADNESS
WITH NCAA BASKETBALL**
Tuesday, Mar 24 | 7pm

It all starts with the Big-10 and Big East Tournament games on March 11 then the Big Dance the following week. Both Wisconsin and Marquette will be playing exact dates/times to be determined. Our clubhouse on Water Street is a great location to catch the action and grab something to eat or drink. No reserved seating so stop by a little early for the home town games.

BLOOD DRIVE
Wednesday, Apr 22 | 2-6pm



We'll help host a blood drive in partnership with MAC member Sergio Piraino to help save lives and raise money during his LLS Man of the Year Campaign. The drive will take place within same building as our interim clubhouse. Look to your inbox for more details and registration information.

KENTUCKY DERBY PARTY
Saturday, May 2 | Starting at 3pm

Block off Saturday afternoon May 2. Wear your finest, cheer for your favorites and help toast our annual Run for the Roses alongside the Milwaukee Riverwalk

\$15++ includes appetizer buffet

Contact bschendel@macwl.org



UPCOMING EVENTS



MAC CIGAR CLUB

Tuesday, Mar 3 | 5:45pm cocktails and 7pm dinner

Tuesday, Apr 7 | 5:45pm cocktails and 7pm dinner

Join members of the MAC Cigar Club for cocktails, dinner for a signature cigar, drinks, dinner and conversation once a month.

For more information and to RSVP, please call Brad at 414-274-0022 or email bschendel@macwl.org.

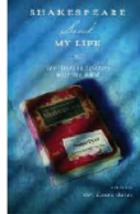


February Cigar Club Members enjoyed GRILLED HALLOUMI AND ROMAINE SALAD, PINE NUTS, GRILLED HALLOUMI, ROASTED CHERRY TOMATOES, ENDOIVE, GRILLED ROMAINE, AND LEMON VINAIGRETTE. HERB BALSAMIC GLAZED PORK CHOP SAUTEED SPINACH WITH CANNELINI BEANS, ROASTED BABY CARROTS AND HERB ROASTED PORK CHOP WITH DEMI GLACE.

MAC BOOK CLUB

"Shakespeare Saved My Life" by Laura Bates
Wednesday, Mar 4 | 11:30am

"Olive Kitteridge" by Elizabeth Strout
Wednesday, Apr 1 | 11:30am



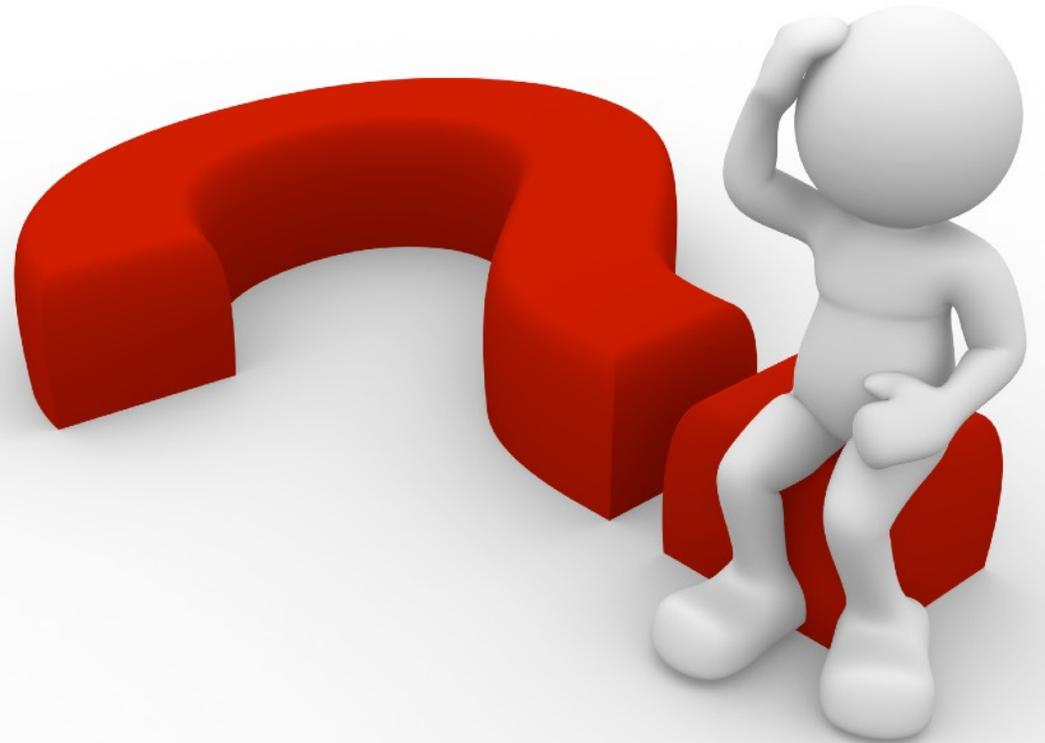
Please join us for what is sure to be a fascinating and informative discussion. There is no cost for attending MAC Book Club other than your lunch expense, which is generally no more than \$25. Location is MAC on Water Clubhouse.

Contact Maggie at mbloau@macwl.org or 414-273-4126 for any questions or to sign-up today!

5

What are their new problems the Club can solve?

- Routines and conveniences have been taken away
- Stuck at home
- Have to cook, need to eat
- Need something to do
- Need to keep mind, body and soul fulfilled
- Need to minimize anxiety
- Need to stay connected



When developing programming strategies for your Club, focus on these 5 categories

1. Keep them **ACTIVE**
2. Keep them **FED**
3. Keep them **ENTERTAINED**
4. Keep them **POSITIVE**
5. Keep them **PRODUCTIVE**

1. Keep them **ACTIVE**

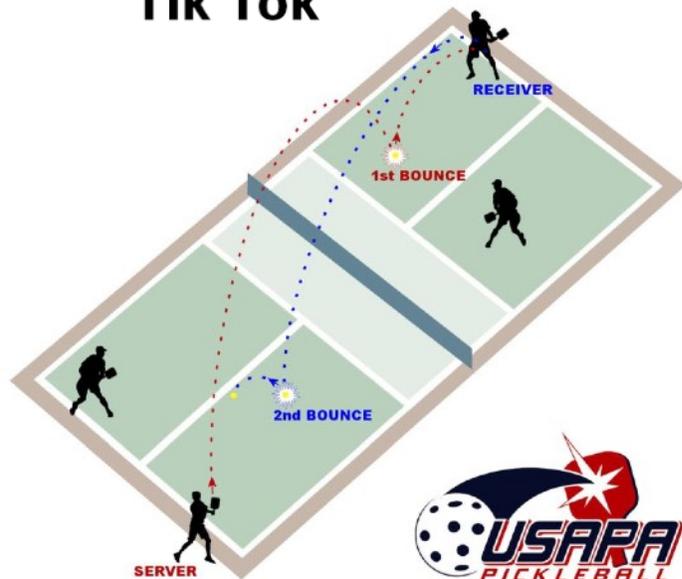
MENTALLY



Tik Tok

Learn something new,
perfect something you know

- Dancing classes
- Technology classes - Social, twitter, TikToc, FB, Instagram
- Golf Rules review
- Course etiquette
- Tennis basics
- Paddle Basics
- Pickle Basics
- Kids Etiquette Basics
- Food & Wine



1. Keep them **ACTIVE**

MENTALLY

**Learn something new,
perfect something you know**



- Key staff sharing their craft & expertise
 - cooking
 - baking
 - fitness
 - gardening
 - golf: swing stretches, short game tips
 - tennis
 - paddle
 - sewing
 - mixology

**Ask members who may have talents to
share that would want to teach**

1. Keep them **ACTIVE**

MENTALLY

Things for better at home living,
being a better you



- Work from home tips and strategies
- Tutoring your kids and at home school tips
- Personal growth tools
- Focus on gratitude and significance
- Puzzles and games for adults and kids
- 16 personalities, DiSC, Strengthsfinder
- Repurpose or share existing online content like Ted Talks

1. Keep them **ACTIVE**

COMMUNALLY



Online yet encouraging interaction

- Card games: Bridge, Mahjong, Poker
- Book Clubs
- Business Roundtable, Business Owner Forums
- Common Sense Media - Education Resource [commonsense.org](https://www.commonsense.org)

Ask: What existing and new programing can be activated online?

2. Keep them **FED**

Carry-out Options (where permitted)



- Fully prepared meals
- Take and bake
- Freezer meals
- Grocery items
- Bottled Water
- Beer, wine, and liquor (where permitted)

3. Keep them **ENTERTAINED**

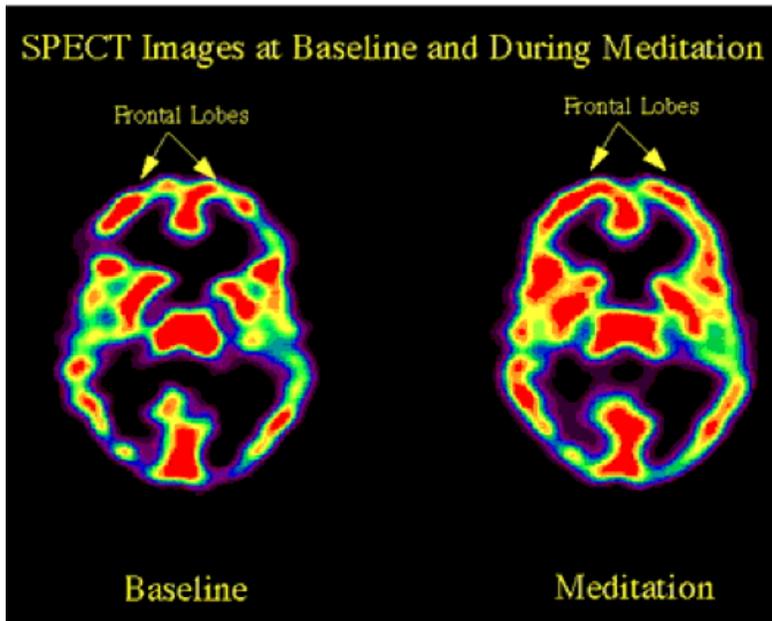
Ways to keep them smiling



- Deny Corby - Zoom magic show - Mention SCS or NCA and get for only \$250 and credit
- Cooking and/or mixology show
- Virtual bingo
- Random acts of kindness among Members
- Group kids craft project to combine later
- Drive-In Movie
- Virtual social happy hours – just to talk

4. Keep them **POSITIVE**

Help bring them joy and peace



- Virtual “Spring Cleaning” donation drive w/ local charity
- Send a word of Gratitude Daily
- Send self-help, psychology tips to minimize stress & anxiety
- Inspirational message daily
- Time lapse video of sunrise or sunset over the club property
- Handwritten Birthday and Anniversary Cards
- Send Photos of past events and remind them of the great times they have at the club.
- Meditation

5. Keep the Club **PRODUCTIVE**

Now is a great time to plan and prepare



- Preparation for further contingencies
- Further development of strategic and long-range planning
- What other projects at the Club need to be tended to?
- Virtual committee meetings
- Brush up your staff training program
- Record training videos
- Develop video education programs for programs and amenities

Ways to keep them CONNECTED



- MemberText – Mention SCS and get 60 days of free Texting
- Email
- Club Apps
- Social Media - FB, twitter, Instagram

- Online group meet/connection tools
- Google Hangouts - FREE
- Zoom - FREE (up to 100 participants and 40 min sessions)
-paid plans start @\$14.95/mo/host for more flexibility and features



Google Hangouts

Messaging, Voice and Video Calls

Give yourself permission to find new ways
to keep your tribe together.

They need you.

We're happy to help.

Thank you.

Ryan Doerr

President

Ryan@StrategicClubSolutions.com

O: 262-661-CLUB | C: 248-231-2195

Laura Leszczynski

VP Club Marketing, Branding & Strategy

Laura@StrategicClubSolutions.com

O: 262-661-CLUB | C: 414-587-9181

www.StrategicClubSolutions.com



strategic planning & surveys

membership engage & retain

food & beverage enhancements

training & development

employee search & recruitment

marketing & communications

club branding (2D & 3D)



Anne G. Stryhn, CCM

**Assistant General Manager
The Country Club of Virginia**



HOW TO BRING THE CLUB TO YOUR MEMBERS



The Country Club of Virginia
Anne Stryhn, CCM
Assistant General Manager



CCV STATS

- Located in Richmond, Virginia
- Dual-clubhouse facility (located seven miles apart)
- 7600 individual members/3900 families
- \$39 million annual operating budget
- Single-privilege membership



CURRENT OPERATING STATUS

- Currently closed except for curbside to-go dining services. . . with an asterisk. . .
- Members are able to play golf, tennis, paddle and use the adult lap pool if they are part of Polar Bear program. There are no services available for these amenities (restrooms, locker rooms, golf carts, water coolers, etc.) during the closure.
- ForeTees is being used for golf tee times and court reservations to help the members sort themselves out.
- Current usage totals
 - Curbside To-go: 250-350 covers daily
 - Golf: Full tee sheets daily
 - Tennis: 50-100 daily
 - Pickleball: 24-ish daily (limited capacity)



STRATEGIC APPROACH

- Do what we can, safely and within governmental restrictions and CDC guidelines
- Communications approach – 4 buckets
 - Messages from Leadership (President and GM, different from management messages, evoking a feeling, helping members connect with the community and providing insight into the decisions being made)
 - Operational (tactical things, what's open, what's closed)
 - Regular Cycle Emails (changing content as appropriate or not doing them if other emails more important)
 - Virtual Value (CCV With You, Daily Dining Bla



STRATEGIC APPROACH, CONT'D

- Member Information Hub
- Feedback Form
- Social Media

WHAT YOU SHOULD KNOW

The health and safety of members and staff is our first and highest priority.

MEMBER UPDATES

Friday, March 20 – Club Update
Tuesday, March 17 – Update – COVID-19 Club Operations
Saturday, March 14 – Updated COVID-19 Plan of Action
Friday, March 13 – COVID-19 Update
Wednesday, March 11 – Updated COVID-19 Safety Measures
Friday, February 28 – Important Flu and Coronavirus Information

CLUB OPERATIONS

Effective Monday, March 16, we will close our facilities and cease most operations for a two-week period. It is important to note that this is a proactive decision, as there are currently no known cases of COVID-19 associated with the Club. We hope that conditions permit us to reopen on Monday, March 30, though we will continue to evaluate and reassess our plans.

Cancellation Policy *Temporarily Relaxed*

Due to the rapidly evolving public health situation surrounding the novel coronavirus (COVID-19) and for the health and wellbeing of our members and staff, we are temporarily relaxing the cancellation policies for all CCV events and activities.

MEMBER INFORMATION

As a reminder, it requires a community effort to help combat the risks of COVID-19. Please follow the Centers for Disease Control and Prevention's *recommendations* to combat the spread of respiratory illnesses. Most importantly, do not come to the Club if you are sick or have been in regular contact with others who are.



CCV CARES

CCV Cares Is A 501 (C)(3) Tax-Exempt Foundation To Extend Financial Assistance To CCV Employees And Their Family Members Who Suffer Economic Hardships Arising From Unforeseen Events. Created As A Way For Employees To Help Employees, CCV Members Are Now Invited To Donate.

[Click to donate](#)

QUESTIONS?

If you would like to submit questions or have feedback please [click here](#).



COVID-19 INFORMATION

CORONAVIRUS FEEDBACK

Member Information

First Name

Last Name

Membership Number

Email Address

Comments:

LEADERSHIP & OPERATIONAL EMAILS



Update – COVID-19 Club Operations

Fore Tees Now Available

Tee times and court reservations are now available and are encouraged through ForeTees. While walk-up play is still welcome, members with tee times and court reservations will have priority. Please recall the parameters that have been set for use during our closure. We ask that you plan accordingly.

Golf

Golf play is permitted on both the Westhampton and Tuckahoe Creek Golf Courses. Golf carts are unavailable (players must walk the course). There are no staff members on hand to manage the first tee or to monitor play. Golf play is limited to members only (no guests).

The Westhampton Driving Range, James River Driving Range, The Westhampton Shop, JR Golf Shop, and on-course restrooms remain closed.

Golf maintenance staff will be working throughout the closure, and scheduled maintenance will occur as planned.

Tuckahoe Creek Course Closed for Greens Aeration: Monday-Friday, March 16-20
Westhampton Course Closed for Greens Aeration: Tuesday-Friday, March 24-27

Racquet Sports

Tennis, platform, and pickleball play will be permitted on outdoor courts. Please use ForeTees to reserve a court. Play is for members only (no guests). The Racquet Sports Pro Shop will be closed and no restroom facilities will be available. There are no staff members on hand to monitor play.

Dropping off Club Correspondence, Including Account Payments

A mail slot has been created in the valet hut door near the Club's main entrance to drop off any correspondence, including account payments. The room is secure and will be checked throughout the day.



Dear Members,

I begin this letter with concern for you and your family. I hope that each of you is well.

I think that most of us will struggle to remember a time in our lives with more chaotic and rapid change than the last 14 days. We started with the news that coronavirus was an epidemic in China, seemingly far away. Each day seemed to bring new cautions, adaptations, and closures, each adding new expressions to our vocabularies such as "self-quarantine" and "social distancing." CCV endures, but in a greatly reduced form.

I want to follow up on our communication of last Saturday which explained the plan to close the Club's facilities while providing limited services for our members. The announcement of our closure elicited perhaps 50 e-mails from members offering feedback. The responses sorted themselves into several buckets – concern for the health of our staff, fellow members, and the broader community; concern for the operations and financial stability of the Club; and concern for our valued staff.

Your responses were thoughtful, caring, supportive, and expressed the genuine importance of the Club in the lives of our members. With so many of the member comments focused on the financial wellbeing of our staff, I was extremely proud to be a member of our Club.

Club Operations will continue, albeit on a limited basis, as circumstances allow.

The safety and health of our members, staff, and the community are our greatest concerns and deserve our highest commitment. The local, state, and federal governments are quickly ramping up restrictions on activities and the gathering of groups of people, and we will move swiftly to comply with the letter and spirit of their directives. This said, our staff is committed to finding creative ways to deliver on the Club's mission and to offer member experiences that will not put anyone's health at risk during this period.

The Club's finances are very sound and are carefully managed. The Club's foundation has been built on patience, prudence, and a deliberate approach to governance and financial management. The Club's approach to its finances has emphasized the long term across multiple, and sometimes extreme, economic cycles. This philosophy has served CCV well, and today we enjoy the benefit of this, with no debt and with cash reserves sufficient to weather most storms.

MEMBER INFORMATION HUB

COVID-19 INFORMATION

< > 1 of 4

Member Information Hub

[Click Here For Details](#)

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[Click to donate](#)

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CCV WITH YOU

"DO WHAT YOU CAN,
WITH WHAT YOU'VE GOT,
WHERE YOU ARE"

— TEDDY ROOSEVELT

CCV

with you

YOUR CLUB, YOUR HOME

staying **STRONG**



Check the website for more workouts from our trainers on the Daily Workout Whiteboard.
[Click here](#)



In addition to a daily whiteboard workout, the Fitness department will be posting at-home exercise videos for an extra challenge. Check out this 12-minute as-many-reps-as-possible (AMRAP) workout from Katie Ledesma, GroupX Manager.



ASK A TRAINER

Should you have a question while you are doing your Fitness at Home, please email us at fitnessathome@theccv.org and include in the subject line "Ask a Trainer."

TENNIS TIPS with Rob Oakes



Have a junior tennis player at home? Here are some skills for at-home practice from your Director of Racquet Sports, Rob Oakes, and his son Hudson.

[Click to view](#)

DAILY DINING

 TEMPORARY
CURBSIDE TO GO



EXTENDED
WEEKEND HOURS

Brunch: 8:00 AM-4:00 PM
Dinner: 4:00-8:30 PM

new! GOLF & TENNIS BALLS TO GO

PROV1 Golf Balls - \$13.00/sleeve
NXT Tour Golf Balls - \$8.75/sleeve
Tru Feel Golf Balls - \$6.50/sleeve
Penn Marathon Tennis Balls - \$3.75/can
Viking Extra Duty Platform Tennis Balls - \$5.75/ball

To order and pick-up, please just pull up to the front of the Fitness/RS Complex during curbside to go hours.



Cookie Dough Kit - \$8

Let your little ones make their own cookie dough and cookies at home! Grab a kit with your curbside to-go order for some fun at home.

 menus

[Lunch Menu](#)

[Dinner Menu](#)

[Cool Fuel Menu](#)

[Weekend Menu](#)

daily specials

03/21/2020

Soups
Cold Soup

Gazpacho - \$4 (bowl), \$12 (quart)

Hot Soups

Bean and Vegetable - \$4 (bowl), \$12 (quart)
Curried Butternut and Apricot - \$4 (bowl), \$12 (quart)

Soups to Warm at Home

Mushroom Cognac - \$4 (bowl), \$12 (quart)

Entrées

Shrimp Salad Stuffed Avocado - \$6
with sliced tomatoes, served on a bed of mixed greens

Short-Rib Tacos - \$9
onions, cilantro slaw

Desserts

Lemon Macarons (2 per bag) - \$2

When you arrive, please remain in your car and a greeter will come meet you.

Westhampton Clubhouse
6031 Saint Andrews Lane
Richmond, VA 23226
(804) 288-2891

James River Clubhouse
709 South Gaskins Road
Richmond, VA 23238
(804) 287-1330

OTHER PROGRAMS

- New Member Outreach
- Elderly Member Outreach
- Cookie Kit To Go
- Adding where we are able (tennis balls, golf balls curbside)



FUTURE TOPICS FOR CCV WITH YOU

- More cooking demos
- More GroupX videos
- Author's Book Recommendations
- Interactive activities for families and kids – that link them back to the Club



Ben Lorenzen

**Creative Director and Director of Aquatics & Fitness
Champions Run**



COVID-19 Public Health Town Hall



Visit nationalclub.org/coronavirus for more information