

# The LA COSTA LIFESTYLE

A QUARTERLY NEWSLETTER FROM LA COSTA RESORT AND SPA

Fall 2000

## The Stars Come Out to La Costa

Guests of La Costa Resort and Spa enjoyed a good deal of stargazing this spring - during the daytime! La Costa is a favorite location for charity golf and tennis tournaments of all kinds and sizes. This spring La Costa was pleased to host three notable events, the NFL Celebrity Golf Shootout, the Carl Reiner Celebrity Golf and Tennis Tournament and the Junior Seau Golf Tournament. Each featured numerous celebrities of both screen and field and benefited worthy charities.

### NFL Celebrity Shootout

Held in early May, this is both the second year of the shootout, and the second time it has been held at La Costa. The event is comprised of three days of golf and entertainment, capped off by the comedy show/awards ceremony hosted by Tom Arnold. The entire event was filmed live for broadcast on FOX TV Saturday, August 26.

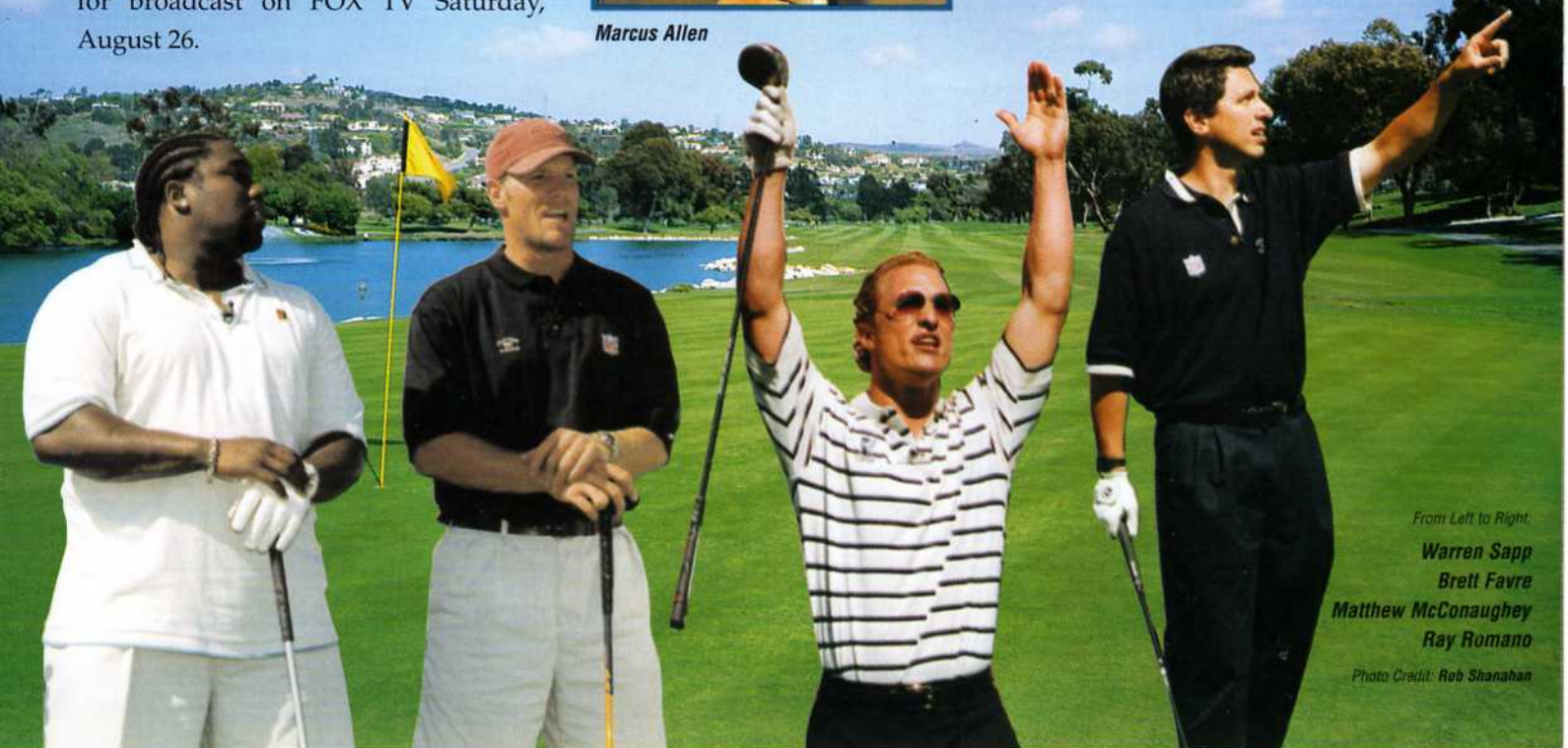


Marcus Allen

Notable names at this year's event include former and current NFL greats such as **Marcus Allen**, **Deacon Jones**, **Shannon Sharpe** and **Jamal Anderson**, plus film and television stars **Matthew McConaughey**, **David Arquette** and **Ray Romano**. All participants enjoyed golfing the various formats, such as the Derby Skills and the Scramble.

The event raised \$350,000 for Comic Relief, the non-profit organization created in 1986 by writer-producer Bob Zmuda to raise funds for, and awareness of, America's growing homeless population. A great time was had by

all and the fun atmosphere of the competition should make entertaining TV viewing. Of course, you'll want to catch all the action on the FOX broadcast, but we'll let the cat out of the bag a little. The winning team was **Tom Arnold**, **Brett Favre**, **Warren Sapp**, and the singer **Meatloaf**. Really!



From Left to Right:  
**Warren Sapp**  
**Brett Favre**  
**Matthew McConaughey**  
**Ray Romano**

Photo Credit: Rob Shanahan

# Carl Reiner Celebrity Golf & Tennis Tournament

**S**tarted in 1974, this is the 27th straight year of the event, and the 26th time in a row it was held at La Costa. The tournament benefits the **Kayne-ERAS Center** in Culver City, CA, a school dedicated to the needs of children with learning disabilities. The creator of the event, **Mike Franks**, has a child with learning disabilities, and he continues to produce the annual event.

The three-day golf and tennis tournaments always draw numerous Hollywood celebrities, including this year **Robert Conrad, Peter Marshall, Cliff Robertson** and **Tom**



From Left to Right:

**Jason and Jeremy London**  
**Tom Arnold**  
**Chad Everett**

Photo Credit: *Katherine Dumas*

**Arnold** who hosted the awards show, plus sports stars like former San Diego Padre **Kurt Bevacqua**.

Although the benefiting charity, and most of the attendees hail from the Los Angeles area, Franks continues to insist the event be held at La Costa year after year. "La Costa has the best tennis facility in Southern California. Center Court is fabulous," he says. "I want to keep it there because there really is no other place that can do it."

Held over Memorial Day weekend, the event and auction attracted more than 500 guests and raised more than \$200,000 for the Kayne-ERAS Center.



# Junior Seau Golf Tournament

**J**unior Seau is much more than a local sports hero. A defensive lineman for the San Diego Chargers, the many-time Pro-Bowler is a true hero to thousands of children whose lives he has touched through the work of the Junior Seau Foundation.

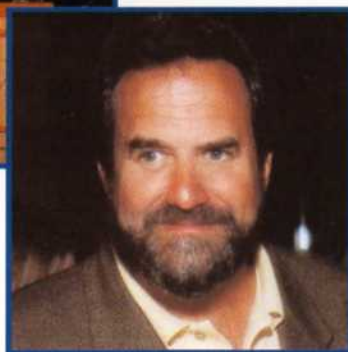
Established in 1992 by Seau and his wife, Gina, the foundation provides scholarships, supports child abuse prevention efforts, drug and alcohol awareness and anti-juvenile delinquency programs.

The foundation hosts several fundraising events each year, the flagship of which is the golf tournament, held every year at La Costa.

The event is open to the public and the opportunity to play with such noted athletes as **Jerry Rice, Eric Dickerson, Rodney Peete, Kellen Winslow**, and of course, **Junior Seau**

is a popular ticket. The 18-hole tournament features longest drive, closest-to-the-pin and hole-in-one contests. Over the past seven years, the events have raised over \$700,000!

The night prior to the tournament, participants mingled with their favorite sports heroes at the Team Seau Reception, followed by a fabulous dinner and live auction. The event is capped off by the Seau Foundation party of the year, the "Legend's Party," held at Junior Seau's restaurant, *Seau's*.



From Left to Right:

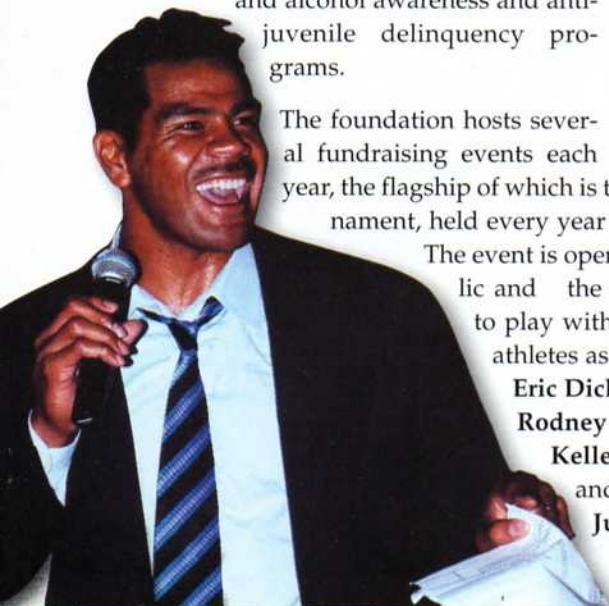
**Junior Seau**  
**Ronnie Lott**  
**Dan Fouts**

Photo Credit: *Douglas M. Berry*

## Upcoming Charity Golf Tournaments

**October 28, 29**  
Deacon Jones Foundation

**December 11**  
Helen Woodward Animal Care & Education Center



## Yonex Films at La Costa

La Costa's fairways are not just a popular venue for golf tournaments, they are sought out as the backdrop for numerous photo shoots and commercials as well. Yonex recently selected La Costa as the site for taping a 30-second commercial with Yonex advisor and staff player **Phil Mickelson** and his father, promoting the new Yonex Cyberstar irons and woods. The commercial will air in Japan only as the clubs will be introduced in that market exclusively.



Phil  
Mickelson

## September Special – Discover La Costa

September is an ideal time to visit La Costa. The summer crowds have returned home, the weather is ideal, and best of all, "Discover La Costa," one of the resort's most popular packages, is once again being offered.

For just \$155\* per person, per night, you can enjoy **Courtyard accommodations, 18 holes of golf per day, spa admission, unlimited tennis court time, and a buffet breakfast.** This incredible offer is valid through September 30, 2000 only, so make your plans now.

\*Rate based on double occupancy. Package features are per person, per paid night. Tax and gratuity not included. Not applicable to groups. Certain restrictions apply.

## Mark Moore's Golf Tips from La Costa Golf School

### Short Game

#### Chipping:

- When to chip - Just off the green (no more than five to six feet off green).
- What to chip - Low running shot that requires very little effort.  
\*It is easier for people to judge distance and effort needed to roll the ball to the hole than it is to fly the ball to the hole.

#### How to Set-Up:

1. Determine distance, slope and firmness of the green.
2. Choose a less-lofted iron for longer or more uphill shots; more lofted iron for shorter or downhill shots.
3. Position yourself with feet closer together. Your weight should favor your leading side.
4. Feet and hips may align slightly open; shoulders square to the target line.
5. Ball position should be center to just back of center.  
\*To help hit down and through the ball, set your left arm (right arm for left-handed players) and shaft in straight line from left shoulder to the ball. This will help keep your hands well ahead of the clubhead at impact.
6. Choke down on grip to help control club.
7. Aim clubface to target.
8. Keep hands, arms and shoulders relaxed.
9. Don't allow hands to crush the grip.

#### Making the Swing:

- Your head and body need to remain still.
- The swing motion is done with your arms and shoulders.
- Your arms should pull the club back through grip first to your target.
- Hold your finish to check if hands are ahead of the clubhead.
- Club face should still be aligned to the target line.
- Your length of back swing should be no more than three feet and then three feet through on finish.
- Keep the clubhead low to the ground to avoid trying to help or lift the ball into the air.

# \$100 Gift Certificate

This gift certificate is yours to enjoy on your next overnight visit to La Costa. Just present this gift certificate when you check in, and you may use it toward any of La Costa's services or amenities, including golf, spa, tennis, food and items in the gift shop. Make a reservation personally or through your travel agent at La Costa Resort and Spa for a minimum two-night stay and tell the reservation agent that you have the "La Costa Valued Guest Gift Certificate." This certificate must be redeemed in person at the time of check-in and is not valid in combination with any other discount. Certificate is valid through March 31, 2001. Reservation and stay must be completed before that date. One coupon per stay. No cash value. Not applicable to groups.

The Legendary  
**LA COSTA**  
RESORT AND SPA

# Tennis Tips from Tennis Director Lynn Lewis

## Five Steps to Learning How to Serve and Volley in Doubles

*In doubles, it is essential that you learn how to serve and volley. Doubles is meant to be played aggressively and at the net. Your goal is to hit the ball low so that your opponent will hit the ball high. The best doubles players in the world are constantly forward, and the serve and volley is an important component to getting into the proper position. Once a team is able to take over the net, they have the edge on winning the point. The closer you are to the net, the easier it is to hit low, forcing your opponent to hit high, thus giving you more put-away opportunities.*

1. The decision to serve and volley should be made prior to the actual serve. A common mistake tennis players make is to watch and see the velocity of their serve and how their opponents react to it before they move forward. By waiting, they do not allow themselves time to get into proper position to hit a strong first volley.

2. Decide where to place your service. If you are serving into the deuce side of the court, your most effective serve is at the tee or into your opponent's body. Serving into the tee or body eliminates angle from your opponent's return, causing the ball to be hit closer to the middle of the court, as opposed to a sharp angle. Seventy to 80% of serves should be hit at the tee or into the body while 20 to 30% may be hit wide to keep your opponent off-balance.

The ad side of the court is different. Many right-handers do not care for serves out wide to their backhands. Use good variety on the ad side: hit the tee, go for the body, and go out wide. This will keep your opponent off balance and will help eliminate angles on the return.

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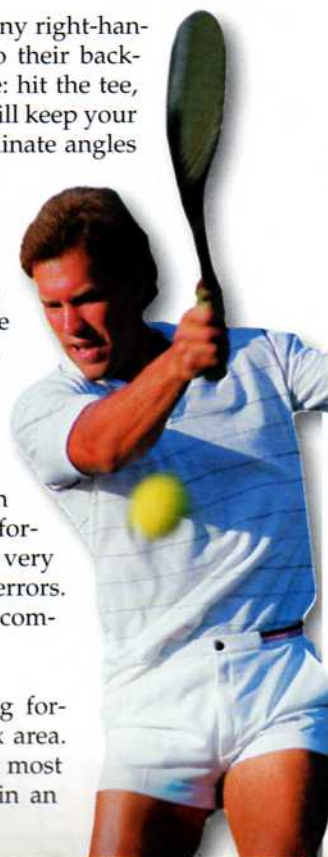
*“Doubles is meant to be played aggressively and at the net.”*

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3. As you serve, let your forward momentum help you move into mid-court quickly. The closer you are to the service line when you strike your first volley, the more effective you will be.

4. Carry your hands in front as you are moving forward. Swinging at the first volley is a very low-percentage choice and will lead to errors. Instead, hitting the volley in front with a compact swing will be most effective.

5. The final step is to continue moving forward; your goal is to reach the mid-box area. This position puts you in the best and most effective spot to hit additional volleys in an aggressive manner.



*The Legendary*  
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