

REPORT

Court

August, 2006
Volume 12 Issue 8

website - www.betonline.net

253-872-5545

J Sez

Submitted by Janet Best, Manager

Lesson and league sign-ups are just around the corner. Here are some dates to remember:

Lesson program registration for the fall session (September through December) begins on the following schedule:

Tuesday, August 1 at 8:30 AM for beginner level juniors and adults. Wednesday, August 2 for intermediate level juniors. Thursday, August 3 for advanced intermediate and advanced level juniors. Please remember that during the first week of sign-ups, members may sign-up for a maximum of 2 classes. After the first week members may add additional classes. Workout registrations are for one month at a time and count towards the 2 class maximum. For any and all lesson programs, non members may sign-up one week in advance.

Monday, July 31 we begin registration for the fall league session. Sign-ups will continue through Sunday, August 14. You do not have to sign-up in person just phone us at 253-872-5545 ext 1 after 2:00 PM for leagues held after 3:30 or after 8:00 AM for daytime leagues and we will sign you up. The fall league season will begin on Tuesday, September 5th, the day after Labor Day.

This fall we are offering 4 new leagues. Please see page 2 for more information.

If it has been a while since you have been to the clubs website, please go take another look. The address is www.betonline.net. Once there, members will notice league and lesson schedules, entry forms for tournaments, links to draw sheets and much, much more. Any suggestions you have about the site I will gladly welcome.

Report submitted by, Janet Best Manager

Tennis Tip

Submitted by Bill Bartlett, Head Asst.

The Advantages of the Loop Backswing

Almost all the pros today hit their ground strokes with a semi-circle or loop backswing. There are three main advantages of a loop backswing. These advantages are power, topspin and timing.

To produce a proper loop backswing you need to raise your hand that is holding your racquet about six inches higher than your belly button as you take your racquet back. As you start your forward swing your racquet head should be slightly higher than your eyes. This will allow your racquet to generate more speed by moving down and then snapping up during your forward swing. This increased racquet acceleration is what creates added power and topspin.

The loop backswing will also help your timing by allowing you to adjust to slow or fast shots easily. If you are retrieving a slow ball simply use a slow loop backswing. For faster shots use a short quicker loop backswing.

An easy way to learn a loop backswing is to imagine a lower case c. Take your racquet back as if you are writing a lower case c. Stop about one third of the way through tracing the lower case c and you will create a perfect loop backswing. So if you want more power and topspin in your tennis game and improve your timing on your ground strokes,

From the Board

The cost saving programs have been going well and our income to date this year is in line with last year. The full memberships remain at maximum with openings in junior and before 3:30 PM memberships. The terms of 3 board members expire this year and nominations are being sought to fill these positions. If you are interested talk to Janet or a board member for more information.

Interclub Activities

Normally in this area of the newsletter, there is a report from member Jeanne Whitehurst about interclub activities or leagues held in part outside of BETC. As mentioned in last months newsletter, Jeanne and her husband Tom have decided to move to California permanently (rather than continuing as a snowbird). In Jeanne's absence, we will do our best to report to you about these activities. So in that spirit we will start with a couple of notes.

The Cups will begin their new season in mid September. The Cups are typically women's doubles competition for skill level from 2.5 to 5.0. Home matches will be held on the following days and times:

Challenge Cup Tuesday at 12:30 PM

Classic and Rainier Cup on Thursdays at 11:00 (weekly only one team will play).

Kingco and Emerald Cup on Friday at 12:30 (just as above, weekly only one team will play).

For more information about Cup Tennis, please go to the following link: www.tenniscoures.com

For those that are interested in the USTA senior doubles league please contact Janet Best at janet@betconline.net.

New Leagues

This fall we plan to start several new leagues. They include:

– **Family Doubles** – Held on Saturdays at 3:30 PM for parents and their children to team up together. .

– **A League of Their Own** - For our new B330 membership yet open to all classes of membership. This will be a mixed league held on Wednesdays at 12:30 PM.

- **Women's Partnered Doubles 8.0.** This will be a held on Thursdays at 9:30 alongside the Men's Senior Doubles.

- **Mixed 6.0 and up Partnered Doubles.** This league will help our Mixed USTA teams practice prior to the season - It will be offered on Saturdays at 12:30 PM.

- **Look for these sign-up sheets the week of July 31!**

Junior Tournament Results

NW Washington Junior Champs at the BETC:

Girls 18 singles: Kelsey Richardson and Chelsea Bailey participated.

Girls 16 singles: Kimberly Quach and Melissa Nguyen each won a match.

Girls 14 doubles: Congratulations to Nicole Mamprejew and Anna Lambert for winning the event.

Girls 12 singles: Nicole Mamprejew participated.

Boys 18 singles: Congratulations to Max Manthou who won the event. Bryan Thorp reached the final and Frederick Walsh reached the semi-final. Aaron Gottlieb and Christopher Bailey participated.

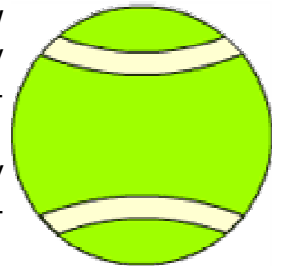
Boys 18 doubles: Congratulations to Taylor Ballou and Nicholas Gourley for winning the event.

Boys 16 singles: Connor Thorp, Luyang Gai, Yuhta Kayama, Trevor Thompson, Zack Ahyat and Ryan Vo participated.

Boys 16 doubles: Congratulations to Max Manthou and Frederick Walsh for winning the event. Trevor Thompson and Chris Martin participated.

Boys 14 singles: Zachary Chen reached the semi-final. Matthew Overland, Jonathan Hwang, Anthony Dimitrov and Garrett Ballou participated.

Boys 14 doubles: Anthony Dimitrov and Matthew Overland lost in the finals.



Tennis Can Recycling

Member Karen Brady Smith saw an article recently in Tennis Times, about tennis cans. She contacted Allied Waste (Rabanco) to see if the ball cans are recyclable. They told Karen that they'll recycle anything that has a number on it, 1 through 7. Karen noticed that the lids have a 4 on them and the cans have a very small 1 on one of the five "legs" at the bottom of the can. The lid does not have a number but is embossed with aluminum recycles. So, the entire tennis can is recyclable! If you are not able to recycle the cans at home, bring them back to the club and drop them in the bin near the front door and we'll recycle them for you.

Special Events and Junior Lesson Programs

Hey members, check out some of the great events we have planned for you in August. For adults, levels 3.5-4.0, we are running a great tennis camp just for you 6-8pm on Friday, August 4th, and 2-4pm on Saturday, August 5th. The focus of the camp will be on two goals: great competition and extensive conditioning. To accomplish both objectives, players will hit hundreds of balls in very intensive game settings. To insure an awesome workout, the camp will be limited to only 6 serious participants! And juniors, our summer junior teams will still be going strong throughout the month. A's (intermediate) team runs Monday- Thursday from 11am- 12:30pm, Champs (advanced) runs Monday- Thursday 12:30- 2pm. And there is also the Elite (PNW ranked players) team that is held Tuesday and Thursday from 3:30- 5pm. As ever, don't forget to sign up ASAP to make sure you have a spot for these and other events and lessons!

Juniors - Beginner

Sept 9-30	Saturday	10-10:30AM	\$25	Little Stars 4-7 yrs
Sept 9-30	Saturday	10:30-11AM	\$25	Little Stars 4-7 yrs
Sept 9-30	Saturday	11-12PM	\$41	Super Stars 4-8 yrs
Sept 9-30	Saturday	9 - 10 AM	\$41	Young Guns 8-12 yrs
Sept 10-24	Sunday	10 - 11 AM	\$41	Big Shots 12-18 yrs

Intermediate

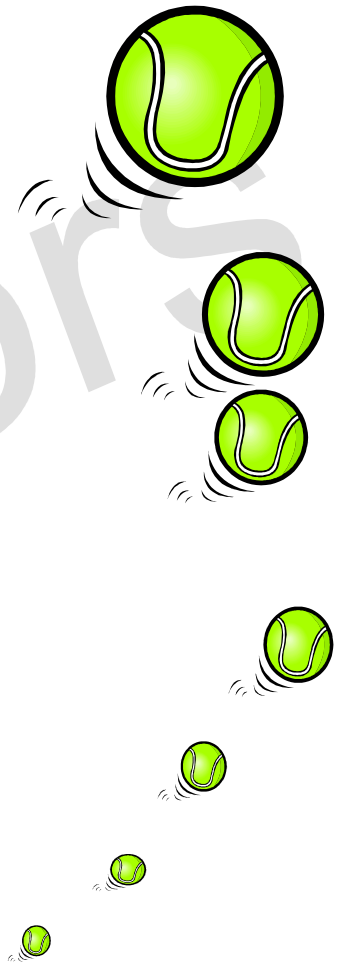
Sept 9-30	Saturday	12-1 PM	\$41	Little Studs 5-8 yrs
Sept 6-27	Mon/Wed	5-6:30PM	\$85	Jr Challenger Team
Sept 9-30	Saturday	10 - 11 AM	\$41	Crushers 8-12 yrs
Sept 9-30	Saturday	11 -12 PM	\$41	Crushers 8-12 yrs
Sept 1-29	Friday	6:30 - 8 PM	\$61	Slammers 12-18 yrs
Sept 9-30	Saturday	10 - 11 AM	\$41	Slammers 12-18 yrs
Sept 9-30	Saturday	11-12PM	\$41	Slammers 12-18 yrs
Sept 10-24	Sunday	11 - 12:30 PM	\$38	Slammers 12-18 yrs

Advanced

Sept 9-30	Saturday	12-1:30PM	\$50	Studs 8-12yrs
Sept 1-29 (skip 9/4)	Mon 3:30-5PM Fri 5-6:30PM		\$95	Jr A Team
Sept 7-28	Thursday	4:30 -5:30 PM	\$41	Jr. A 12-18 yrs
Sept 1-29	Friday	8 - 9:30 PM	\$61	Jr. A 12-18 yrs
Sept 11-25	Monday	7 - 8:30 PM	\$42	Jr. Champ 12-18 yrs
Sept 5-26	Tuesday	8 - 9:30 PM	\$54	Jr. Champ 12-18 yrs
Sept 1-29	Wed/Fri	3:30 - 5 PM	\$114	Jr. Champ 12-18 yrs
Sept 9-30	Saturday	6:30 - 8 PM	\$54	Jr. Champ 12-18 yrs
Sept 5-28	Tues/Thurs	3:30-5PM	\$116	Jr Elite 12-18 yrs
Sept 5-28	Tuesday	8 - 9:30 PM	\$116	Jr. Elite 12-18 yrs

Adults - See the skill level in the far right column

Sept 10 - 24	Sunday	3:30 - 4:30 PM	\$33	Beginner
Sept 10 - 24	Sunday	2:30 - 3:30 PM	\$33	Advanced Beginner
Sept 11 - 25	Monday	9:30 - 11:00 AM	\$38	Intermediate
Sept 11 - 25	Monday	6:00 - 7:00 PM	\$50	Intermediate
Sept 6 - 27	Wednesday	12:30 - 2:00 PM	\$50	Intermediate
Sept 10 - 24	Sunday	3:30 - 4:30 PM	\$33	Intermediate
Sept 11 - 25	Monday	11:00 - 12:30 PM	\$38	Advanced Intermediate
Sept 11 - 25	Monday	5:00 - 6:00 PM	\$33	Advanced Intermediate
Sept 5 - 26	Tuesday	7:00 - 8:00 PM	\$41	Advanced Intermediate
Sept 9 - 30	Saturday	8:00 - 9:00 AM	\$41	Advanced Intermediate



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New Members & the B330 Program

Please join us in welcoming the following new members:

Share members - Anya Chaliotis, Jeff and Maureen Melville, and Spray and Sachiko Ishihara.

Junior Affiliate members - Alex Wang was added to his brother's membership. Katie Hanson, Kelsey Robson, Andrew LaCava, and Chase Bentrott.

B330 member - Cori Johnson.

If you refer a new member (Boeing Share, Junior Affiliate or B330), the club will give you \$25.00 of court time. The new member should place your name on the application they submit for you to receive this.

We are still maintaining a waiting list for our Associate membership program. If you have a friend waiting to join the Associate program, encourage them to come in as a B330 member. They will gain immediate access to BETC if they participate before 3:30 any day!



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Address Service Requested

- ♣ Lesson registration begins soon!
- ♣ Fall league sign-ups begin Monday, July 31!
- ♣ The Advantages of the Loop Backswing