



# REPORT

*Court*



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[www.betconline.net](http://www.betconline.net)

253-872-5545

## J Sez

Submitted by Janet Best, Manager

Soon we will have available a BETC Participation Survey. The survey is very concise with just six questions; however, the survey will help us identify the demographics of our members and determine how the members most want to utilize BETC facilities. Members with family memberships are encouraged to fill out individual surveys as interests may differ amongst family members. Your assistance in this matter will be of great help to us in better serving the future needs of our members. Thanking you in advance for taking the time to fill out the survey and return it to the club.

The Club Staff has come up with a series of FAQ's for the junior lesson program. This is a great tool for parents answering a number of questions commonly posed to the staff or pros. The FAQ's are available in a printed version near court 7, on the club's website from the top navigation bar, or posted near the front entrance.

Anticipated expenses this year include re-lamping of the tennis courts, replacing the tables and chairs in the mezzanine/lower office area, replacing some backdrops, and painting and re-sealing the racquetball courts.

New to our league program is an introductory tennis activity for 1.5 to 2.5 level men and women. The new league is going to be offered on Friday evenings at 6:30 PM. Club member, Steve Kono, has volunteered to help the newcomers with scoring and rules of the game. If you are interested in participating, it is not too late to get on the sublist - contact Liz at the club.

## Tennis Tip

Submitted by Bill Bartlett, Head Assistant

### The Power Serve

To hit a powerful serve you need to use your core muscles. These include your legs, hips and shoulders. Top players like Roger

Federer and Justine Henin get the most out of their serve by coiling their hips and shoulders to get power. Justine Henin only weighs around 100 pounds but can hit her serve over 100 miles per hour. I would like to help you increase the power on your serve by explaining how to use your core muscles.

The first thing you need to do is bend your knees on your serve. As you toss the ball make sure you bend your legs about 6 inches or more. Both your knees should be bending down and forward. Your front knee and front hip should be bending forward enough to be positioned directly over the baseline. So if you are right handed your left knee and left hip should be positioned over the baseline. As you push you left hip forward over the baseline you will notice that your left hip will coil. The coiling of the front hip creates much of the power for the serve.

As the ball is released on the toss make sure your left shoulder is about six inches higher than your right shoulder. This will create a slanting of your shoulders. As you are swinging into the ball your shoulders will quickly slant in the opposite direction creating added shoulder rotation and power.

So to maximize the power on your serve make sure you utilize your core muscles. Bend your legs at least six inches. Push your front knee and hip forward over the baseline. And slant your shoulders on your toss. You will then notice more leg power. Your hips and shoulders will be coiled more for added power. And finally you will see increased power on your serve.

## From the Board

The folks in Olympia may decide to raise taxes in the future. This may affect costs of running BETC. If and when this may occur, the finance committee will monitor how this may impact our club and keep everyone informed.

## Interclub Activities

Submitted by Tracy Lockhart

### Cup News

The Cup teams had an extremely successful 2009/2010 season. Emerald Cup came in second place out of 22 Seattle area teams. Classic Cup secured 3<sup>rd</sup> place out of 22 teams. Rainier Cup finished respectfully in the middle of the pack out of 24 teams. Lastly, Challenge Cup came in 7<sup>th</sup> out of 22 teams. Challenge Cup Captain, Jan Ferrera, was quoted as saying, "this is the best finish for Boeing's Challenge Cup in several years and there were a lot of tough matches." Way to go ladies! Thanks for showcasing BETC's fantastic female competitive spirit.

### USTA Tennis

The men's and women's USTA seasons are quickly getting underway. The Boeing men have a total of eight teams this year beginning at the 3.0 level going all the way to 5.0. The BETC ladies are sporting nine teams ranging from 3.0 to 4.5. Below are lists of all the BETC USTA teams:

#### USTA Women

3.0 Karen Williams  
3.0 Julie Ikeda  
3.0 Kathleen Hughes  
3.5 Carolyn Cruzat  
3.5 Regina Bear  
3.5 Diane Euting  
4.0 Jan Yu  
4.0 Donna Sasaki  
4.5 Chris Zavada

#### USTA Men

3.0 Vinayak Rao  
3.5 Bill Sherman  
3.5 Jim Thorp  
4.0 Roger Risch  
4.0 David Renken  
4.5 Baraka Brown  
4.5 Mike Lockhart  
5.0 Dale Nguyen

Some teams have not even started their season; whereas, other teams have had four matches. Check out the "What's Going On Board" for schedules and results thus far.

### Noteworthy Team Successes

Jim Thorp's team won their first two matches only dropping one court in total. Carolyn Cruzat's team is 2-0. Baraka Brown's team was victorious in their first three matches. Diane Euting's team won their first three matches only losing one court total. Last, but not least, Julie Ikeda's team won their first two matches only losing one court also.

### Individual Successes

Diane Javelli and Joanne Chong played their first USTA match ever for Kathleen Hughes' team and won. Diane quipped, "It was fun and exciting." On Bill Sherman's team David Henley and John Rabara had never played doubles together and won their court for the match

on March 20<sup>th</sup>.

BETC member Jerry DiLeonardo plays on Vinnie Rao's 3.0 team and he had his first USTA match ever February 27<sup>th</sup>. Our own Julie Ikeda was kind enough to bring this to my attention and ask Jerry a few questions.

Jerry played singles in his first USTA match and that is what he is most comfortable doing. Jerry has subbed in the men's doubles leagues a few times, but said "he is always out of position at the critical point." Jerry really did not know what to expect for his first match. He wondered if the players did much sandbagging so they could dominate. Jerry says, "It does happen. I did not know if I would be facing a young gunslinger or a cagey old dodger. As it turned out my opponent was a little younger than me and a real good guy so the match went off without a hitch. The big difference with USTA vs. the BETC league is you know nothing about your opponent, especially being a new player, so you have to quickly make assessments about what will work for you and what won't." Jerry was asked if he felt any added pressure playing competitively. Jerry stated that, "he was a little anxious not knowing what to expect and wanting to do my part to help the team, but once it started it was really no different than the typical Thursday BETC league play." Jerry was also questioned as to how he liked playing no-ad. Jerry replied "[things are] definitely more stressful at the deuce points. Also, if you get behind in a game it is much tougher to come back. Since I am usually behind I didn't really like the idea, but I understand the time constraint issues."

Thank you very much to Jerry DiLeonardo for sharing his first USTA experience with the rest of the membership. Also, thank you to Julie Ikeda for setting up the interview.

## Online Banking BETC Address

A couple of months ago we asked the fire department to create a new street address for us. Our old street address was off of 204th sending emergency services into the Aerospace center. Since this new address would go directly to us, we also eliminated the need for a post office box. So, if you are a member, using online banking, will you edit our address to the following:

**6727 South 199 Place - Kent, WA 98032**

Thank you!

## Tennis Activities

Submitted by Liz Buck, Member Services

Women, intermediate beginners to 2.0 players, we are looking for you! BETC is starting an Evergreen Cup  
*continued on page 4*

### Lesson Programs

Submitted by Allan Overland, Head Professional

Members, we have some great events planned for both juniors and adults in April! On Monday and Tuesday, April 5<sup>th</sup> and 6<sup>th</sup>, BETC will be holding its annual Spring Break Junior Tennis Camps. We have three great camps for

players of virtually all levels of play. Champs (advanced) will meet daily from 10-12pm, Challengers (intermediate) will meet daily from 12-2pm and Rookies (beginner) will meet daily from 2-3:30pm. Whichever camp you choose, you are in for two action packed days of intensive games and drills. We will provide lots of Gatorade (and a few prizes)!

For adults 18 years of age and up, you are invited to join us for the One Point Tournament Night Social, held Saturday, April 24<sup>th</sup>, from 6:30-9pm. Join the pros for a night of great drills and games, and, food and beverages. Then, you can participate in our one point tournament: each match is decided by just one point! The winner of this event will win a special prize. This format is really fun and unpredictable. The cost is just \$7.00 per player. Please remember to bring a finger food to this pot-luck event; the club will cover the drinks. As ever, sign up for this and other activities and lessons at the front desk. See you on the courts!

### Junior Lesson Program

#### Level 1 - Beginner

A	Sat	10 - 11 am	4-6 yrs
B	Sat	11 - 12 pm	5-8 yrs
BB	Sat	11 - 12 pm	8-12 yrs
C2	Sun	9 - 10 am	12-18 yrs

#### Level 2 - Intermediate

D	Sat	12 - 1 pm	6-9 yrs
E	Sat	9 - 10 am	8-12 yrs
G	Fri	6:30 - 8 pm	12-18 yrs
H	Sat	10 - 11 am	12-18 yrs
C	Sun	10 - 11:30 am	12-18 yrs

#### Level 3 - Advanced Intermediate

L	Mon/Wed	5 - 6:30 pm	8-12 yrs
M	Sat	12 - 1:30 pm	8-12 yrs
N	Mon 3:30-5/Fri	5 - 6:30 pm	12-18 yrs
O	Thurs	3:30 - 5 pm	12-18 yrs
P	Fri	8 - 9:30 pm	12-18 yrs
P2	Sat	6:30 - 8 pm	10-14 yrs
	Sun	1:30 - 3:00 pm	
J	Sun	11:30 - 1 pm	12-18 yrs

#### Level 4 - Advanced

Q	Mon	7 - 8:30 pm	12-18 yrs
R	Tues	3:30 - 5 pm	12-18 yrs
S	Tues	8 - 9:30 pm	12-18 yrs
T	Wed/Fri	3:30 - 5 pm	12-18 yrs
U	Wed	6:30 - 8 pm	12-18 yrs
V	Thurs	8 - 9:30 pm	12-18 yrs
W	Sat	3:30 - 5 pm	12-18 yrs
X	Sat	6:30 - 8 pm	12-18 yrs
Y	Sun	8 - 9:30 pm	12-18 yrs

#### Level 5 - Elite

Z	Tues / Thurs	8-9:30/5-6:30 pm	12-18 yrs
Z1	Fri	6:30 - 8 pm	12-18 yrs
Z2	Tues/Thurs	3:30-5 pm	12-18 yrs

### Junior Results

Submitted by Bill Bartlett, Head Assistant

High School tennis is starting again. Many of our juniors have made varsity and junior varsity tennis teams this spring. Way to go players! Congratulations to Max Manthou for winning the High School 4a tennis tournament and being a member of Kentwood's 4a state basketball championship team. Max had a great article written about him in the Seattle Time's sports section. You can check it out at:



[http://seattletimes.nwsourc.com/html/highschoolsports/2011270544\\_boynotes06.html](http://seattletimes.nwsourc.com/html/highschoolsports/2011270544_boynotes06.html)

There were a few endorsement tournaments held this winter. At the Olympia boys and girls 14 singles endorsement Joe Kwiatkowski and Jamie Thorp had a very exciting match where Joe won 7-5, 3-6, 10-6. Jamie was seeded second in the event. Vivian Glozman won two matches in the Girls 14 singles.

At the Tacoma Lawn Tennis Club boys 12 endorsement Alan Kwiatkowski won three matches and Wyatt DeMulling won one match.

#### Free Guest Pass

- Present this coupon to the front desk and your
- guests guest fee will be waived. Court fees still ap-
- ply, coupon expires 4/30/2010 and only one coupon
- may be submitted per membership. Enjoy!

Membership Name

**Adult Lesson Programs:**

Sunday	4:30 - 5:30 pm	Beginner 1.0-2.0
Monday	12:30 - 1:30 pm	Advanced Beginner 2.0-2.5
Sunday	3:30 - 4:30 pm	Advanced Beginner 2.0-2.5
Monday	11- 12:30 pm	Intermediate 2.5-3.0
Monday	6 - 7 pm	Intermediate 2.5-3.0
Sunday	1 - 2:30 pm	Intermediate 2.5-3.0
Monday	5 - 6 pm	Advanced Intermediate 3.0-3.5
Tuesday	12:30-1:30 pm	Advanced Intermediate 3.0-3.5
Tuesday	7 - 8 pm	Advanced Intermediate 3.0-3.5
Wednesday	12:30-2 pm	Advanced Intermediate 3.0-3.5
Saturday	8 - 9 am	Advanced Intermediate 3.0-3.5
Saturday	1 - 2:30 pm	Advanced 3.5 & up Wimbledon Workout



Suggestions or ideas?... What's a great tip for a forehand slice or does that leaky faucet need fixing?... Just a couple of silly examples of suggestions that we could or should hear.... Please send an email to Janet or Allan at the links provided (janet@betonline.net - allan@betonline.net) or go to the website and fill out the form - www.betonline.net/contactus.php

**Wallyball Wednesday's -**

Come join us at 11:30 every week for a great workout in a game very similar to volleyball!

*Continued from page 2 - Liz Buck Member Services* to represent BETC beginning fall 2010. The Cup program is wonderful. It offers an opportunity for women in the greater Seattle area to play tennis in an inter-club daytime league that provides friendly competition with a social flare. After tennis the home team provides snacks. This makes for a great opportunity to get to know your teammates and players from other clubs. The members involved in our KingCo, Challenge Cup, Rainier Cup, Classic Cup and Emerald cup would tell you that the tennis is great for their game and the social time is good for the soul. Make room in your schedule this fall to play in our new Evergreen Cup on Mondays. Interested? Give me a call 253-872-5545 ext 24) or drop me an email (liz@betonline.net). I know you will be glad you joined the fun!

Thinking about graduation presents, Mother's Day or Father's Day? How about giving court cards or a BETC membership? For those already a member of BETC; court cards, gift certificates for a private lesson, ball machine or a gift certificate for a racquet stringing is always appreciated. Memberships are open. There are several levels of membership under Tennis, Racquetball and Handball Membership or the Racquetball and Handball Membership. Both types of memberships have the Share, Associate, B330, and Summer Membership programs. The Summer Membership runs from Memorial Day to Labor Day. There is also a Junio Affiliate Membership, USTA/Cup Membership and the GSA Membership. The Junior Affiliate Memberships are for those up to 21 years of age. The GSA is available to anyone that gets enrolled in tennis classes advertised in the lesson brochures. Give a gift that promotes health and fun! For more information you can visit the website www.betonline.net click on Membership or call Member Services at 253-872-5545 ext 24.

**Racquetball!**

If you have an interest in racquetball but do not know where to get started, please phone Larry Kucera at 206-662-7452. Currently there is an intermediate level league on Monday night and a challenge court group on Thursday night. For more information, please call Larry. WOW - What a great sport racquetball is!

**2010 Board Members:**

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