



REPORT

Court



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J Sez

Submitted by Janet Best, Manager

A very hearty congratulations to our newest Club Champions. This was from the 19th annual Doubles Championship that was held early in February. Their names will be etched into BETC history on our perpetual plaque.

- Men's 5.0 Joe and Alan Kwiatkowski
- Men's 4.5 Joe and Alan Kwiatkowski
- Mixed 9.0 Ingrid Bakke and Benny Viloría
- Men's 4.0 Marc Fournier and Chan Han
- Women's 4.0 Tracy Lockhart and Sachiko Ishihara-Spray
- Mixed 8.0 Daniel and Barb Cotton
- Men's 3.5 Zach and Cameron Martin
- Women's 3.5 Katelyn Overland and Sarah White
- Mixed 7.0 Ping Schmidt and Jimson Tran
- Men's 3.0 Bojan Zlicaric and Dragan Jagnjic
- Women's 3.0 Katelyn Overland and Emma Brethauer
- Mixed 6.0 Mike Dillard and Cres Viloría
- Men's 2.5 Brian and Connor Cawthorn
- Mixed 5.0 Chris and Beata Willman
- 13 U B & G Jeremiah Bayna and Francis Viloría
- 13 U Mixed Ryan Meredith and Misa Takami

In October of this year will be our 19th Annual Singles Club Championship.

The steel for our new roof over courts 7-9 has arrived and is stored outside, near court 7. We purchased this early to avoid the April 1 price increase. Replacement of the roof will be in July.

Tennis Tip

Submitted by Bill Bartlett, Head Assistant

Use Your Hips for Power on Your Ground Strokes

In Tennis your core muscles are extremely important in achieving maximum power on your ground strokes. These muscles include your legs, hips and shoulders. Most people do not get their hips utilized properly on their ground strokes. I would like to help you to improve your hip snap on your ground strokes.

Assuming that you are right handed, your right hip should snap forward just before you hit your forehand ground stroke. To assure that you get the proper hip snap on your forehand you can apply the "toe snap technique". The "toe snap technique" is simply this. As you are just about ready to hit a forehand make sure your right toe is pointing toward

the right. The path of the incoming ball and your right toe pointing to the right should form approximately a 90 degree angle. At this time most of your body weight should be on your right leg as it is in a bent position. Your right toe should now snap forward about 90 degrees so that your right toe will now be pointing forward at the ball. This toe snapping technique will force your right hip into your forehand creating power, stability, and control. The toe snap should start just before you hit the ball. This will start a kinetic chain of energy starting from the court to your foot, to your hip and finally to the ball.

To simplify, remember to point your right toe to the right on your forehand ground stroke. Finish your forehand with your right toe pointing forward toward your opponent. For a backhand ground stroke point your left toe to the left. Finish your backhand with your left toe pointing forward toward your opponent. This "toe snap technique" will get your hips into your shot. You will then notice increased power, control and stability on your ground strokes.

From the Board

"The BETC Board met March 31, 2011. Some of the highlights of this meeting are as follows: You have all been notified of the upcoming roofing project on Courts 7-9. The materials have been purchased and will be stored near Court 7 until the work is accomplished this summer. By purchasing the materials now we are saving BETC considerable savings. In addition to the roofing the Court 7 heater will be re-worked so that it is more efficient and effective. A number of you have asked for the heater to be repaired. BETC's tennis court utilization is very high for 2011 and better than 2010 at this time. This leads to better financial performance and a healthier BETC. We always have room for a few more members and solicit existing members to bring your friends to BETC. Look for upcoming events, Allan has "Wilander on Wheels" coming this Fall but you need to sign up now in order to make it happen.

Interclub Activities

Submitted by Margaret Fain

USTA Adult League

Adult leagues are in play. Results so far are:

Level	Captain	Record
2.5 W	Jolene Parisio	1-2
3.0 W	Kumiko Kamplaine	3-0
3.0 W	Kathy Hughes	2-0
3.5 W	Carolyn Cruzat	0-1
3.5 W	Regina Bear	0-1
3.5 W	Diane Euting	0-0
4.0 W	Tracy Lockhart	2-0
3.0 M	Ren Ferrer	0-3
3.0 M	Vinayak Rao	0-3
3.5 M	Bill Sherman	1-0
3.5 M	Steve Ikeda	1-1
4.0 M	Al Sasaki	0-3
4.0 M	Dan Benoit	0-1
4.0 M	Risch/Fournier	3-1
4.5 M	Charles Trayford	1-0
4.5 M	Mike Lockhart	0-1
5.0 M	Michael Nguyen	0-2

Although it is early in the season, many players deserve mention. On Kumiko's 3.0 team, Cathy Hollar is 3-0 in doubles. In their first 3 matches, Kumiko's team is starting off strong by winning 12 of the 15 courts played. Pam Yorozu is 2-0 on Kathy Hughes' 3.0 team. She is showing her mental toughness by winning both of her matches in third set tiebreakers. Maybe she is just trying to get the most court time possible. On Ren Ferrer's 3.0 team, Bojan Zlicaric is still undefeated in singles in four matches.

CUP NEWS

Since the last newsletter, the Emerald, Rainier, and Kingco Cup teams finished their seasons. Emerald ended up in 3rd place of 25 teams. Kingco ended up in 6th of 14 teams with a strong finish. The Rainier team held on to its lead and ended the season in first! The "Rainier Cup" trophy will spend the year at BETC. Congrats, ladies, on a great season!

BETC Activity Corner

Submitted by Tracy Lockhart

The spring session for BETC Leagues started at the end of March and will continue through June 12th or 19th depending on your league. There is a Junior Challenger Tournament in June, which affects certain weekend leagues. If you have any questions regarding the end date of

your league please contact me at tracy@betconline.net or your league coordinator. Remember, if you are sharing a spot it is extremely helpful to inform the front desk how many weeks you are playing when paying for your league.

The week of April 18th through the 24th will be League Coordinator Appreciation Week at BETC. Our league coordinators definitely work over and beyond the call of duty so that we may enjoy our chosen league(s). It is time to show our appreciation! Therefore, during the week of April 18th, there will be treats each day of the week for our league coordinators and members. If you are so inclined, bring your coordinator a little surprise; i.e. coffee card, flowers, chocolates, socks, overgrip, dampener, a BETC court chit or a simple shout out.

In last month's article we told the membership to look for a junior social with Coach Jesse in April. The social has been changed to the month of May so keep your ears tuned and eyes open for the details and date of this spectacular junior event.

Junior Results

Submitted by Bill Bartlett, Head Assistant

Congratulations to Wyatt DeMulling for winning his first boys' 14 singles Champs tournament held at the Club Green Meadows in Vancouver Washington. Way to go Wyatt!

At the Kitsap County Jr. Champs Alex Noyes upset the number one seed 6-0, 6-4 in the semi-final in the boys' 18 singles and lost a close three set match in the final 3-6, 6-3, and 10-3. In the boys' 12 singles Naevin Anukornchaikul reached the final. Liezel Villanueva reached the final of the girls' 14 singles consolation.

These juniors participated: Henry Smith, Naris Anukornchaikul, and Angela Chen.

Congratulations to Ryan Meredith who won the boys' 12 singles event of the Sprinker Jr. Challenger tournament. Zachary Martin won the boys' 16 singles consolation event.

These juniors participated: Bruno Hernandez-Sotres, Harrison Sites and Stirling Sites.

Olympia 14 Endorsement: Henry Smith reached the semi-final of the boys' singles and Theresa Huang participated in the girls' 14 singles.

Member of the Month

Cathy Clark

Provided by Marissa Aragonas

If you want to see and meet Cathy, go and watch her on Mondays and Thursdays at 12:30 p.m. She organizes 4 courts of mixed doubles and ladies doubles. She is very shy but once you get to know her, she is a ball of fire. Cathy has been playing tennis since the mid-70's and has been a member of the club since 1980. She watched our club grow and has been involved since. She admits that tennis is one of her great passions. Of course, that's not to say that her husband Al is less of a passion for her. She loves them both – just can't figure which out which one she adores more ;)

Cathy is a wife, mother and grandmother. She has never worked outside of home but she lives a very busy life of taking care of her family. She is married to Al for 49 years. They have 3 children – a girl and two boys. The apple of her eyes are her two grandkids. She loves spoiling them along with some "grand"cats and a "grand"dog. Cathy was born and raised in Chiapas, Mexico and came here in the United States in the 60's. She met Al while visiting her sister here in Seattle.

For Al, it was love at first sight and never left her side. She was not good with conversational English when they first met, so Al always had with him a dictionary for translation purposes. They enjoyed rollerskating while dating and that dictionary has really helped their relationship in a very big way. Way to go Al!!!! Al is a Boeing engineer and has been with the company for 51 years. He loves and enjoys his job, and can't really see himself retiring anytime soon.

Cathy also enjoys spending time with her "girls" or lady friends. They enjoy going out for lunch or coffee after a game of tennis. She enjoys shopping for herself and her family. She also loves to garden. They have a backyard full of seasonal vegetables and fruit trees – figs, plums, and apples.

Cathy and Al have started and organized our monthly socials in the beginning. They used to call it a potluck where everyone brings a dish to share and played on a Friday once a month. She really enjoyed those days Cathy says she will always be playing tennis as long as she can!!!!

How Well Do or Did You Know the BETC Staff?

Priscilla Lee is the winner in our how well do you know the BETC staff contest with 7 correct answers. She will win a free court time and is deemed the Smartest Members at BETC. Stacy Ito and Diane Weiser tied for second with 5 correct answers.

The answers are on page 4 if you still want to give it a try... Match each fact with one BETC staff member: Allan, Barb, Bill, Cathy, Dave, Debbie, Ingrid, Janet, JJ, Jesse, Jim, Joanne, Julie, Kay, Kyle, Lawson, Margaret, or Tracy.

1. I danced the hula and was a high school cheerleader.
2. I worked on the Alaska pipeline as a welder helper.
3. Once I was traveling in an RV, got hit by a semi truck and crashed. While crashing, the RV roof and walls fell off and we were all dumped onto the grass in the middle of the freeway median. Nobody was seriously hurt.
4. Used to trick my sister into doing my chores by singing a song about how strong she was. She fell for it every week.
5. I am the lead singer in 2 rock bands.
6. I was born with 11 fingers (it even had a fingernail). The doctor tied it with a string until it fell off. My brother wanted to take it to school for show and tell.
7. I hosted the Peter Poetry Show in which I made jokes of other school kids – imitating the voice of Peter Lorre...and I am a self confessed nerd!
8. Once on New Year's Eve, I was out with some friends. We heard fireworks and all of a sudden felt something hit me in the chest. I thought it was a firecracker but soon realized I had been hit by a pellet gun. We all bent down to look for the pellet to keep it for a souvenir. When a crowd of people asked what we were doing, we wanted to look cool so we told them we just lost our contact.
9. I drowned twice (but survived) before the age of two, by falling into our swimming pool and was a licensed butcher at the age of 18.
10. I taught Drew Bledsoe how to swim.
11. Once I was at a work function and was rubbing my husband's leg as he was standing beside me (I was sitting). To my horror, I saw my husband standing in a different spot smiling at me. I turned to look up at my "husband" who was also smiling at me. They all thought it was hilarious. I was mortified.
12. When I found out my sister-in-law could not carry a baby to term, I volunteered to do it for her. My niece is like a daughter to me!
13. I have a tiger tattoo. No, I will not tell you where.
14. I once shared a home with a baby kangaroo and two 3-month-old lion cubs.
15. I won a gold medal in the vault at my High School State Gymnastics Meet.
16. I used to country line dance every week.
17. I am a citizen of two different countries.
18. I grew up taking lessons at BETC and told my parents I wanted to be as great a player as Dave Demulling!

Lesson Programs & Pro Activities

Submitted by Allan Overland, Head Professional

Two of our best events of the year is headed your way this month! For juniors, BETC is pleased to announce the running of its Spring Break Junior Tennis Camps, held Tuesday- Friday, April 5-8. The Champs (advanced) camp runs daily from 10-

12pm, Challengers (intermediate) camp runs daily from 12-2pm and Rookies (beginner) camp runs daily from 2-3:30pm. Regardless of what camp you attend, you will be treated to four action packed days of intensive games and drills with BETC's fantastic pro staff. This is a great way for juniors to spend part of their week off from school!

On Saturday, April 30th, from 6:30-9pm, we are holding Prince Demo Night! For just \$7.00, each participant gets to play in some fast moving and challenging games with the pros - all the while trying out any of the brand new, incredible Prince frames. There will also be lots of great prizes given away, and Prince rep Erik Lange will be on hand, along with racquet shop owner Dave DeMulling, to answer any questions you might have about the racquets and which racquet would be best suited for your game.

Don't forget to sign up for these events ASAP- they will fill up! Just call the club at 253 872 5545 (ext. 1), or just sign up in person at the front desk the next time you are at the club. Hope to see you there!

JUNIORS

Level 1- Beginner

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

Level 2 - Intermediate

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

Level 3 - Advanced Intermediate

J	Mon/Wed	5 - 6:30 pm	8-12 yrs
K	Sat	12 - 1:30 pm	8-12 yrs
O	Mon 3:30-5/Fri 5	5 - 6:30 pm	12-18 yrs
OO	Thurs	3:30 - 5 pm	12-18 yrs
P	Fri	8 - 9:30 pm	12-18 yrs
M	Sat	6:30 - 8 pm	10-14 yrs
	Sun	1:30 - 3:00 pm	
N	Sat	7:30 - 9:00 pm	10-14 yrs
	Sun	11:30 - 1 pm	

Level 4 - Advanced

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

Level 5 - Elite

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

ADULTS

Beginner (1.0 - 2.0)

Sunday 5 - 6:00 pm

Advanced Beginner (2.0 - 2.5)

Monday 12:30 - 2 pm

Sunday 3:30 - 5 pm

Intermediate (2.5 - 3.0)

Monday 6 - 7 pm

Sunday 1 - 2:30 pm

Advanced Intermediate (3.0 - 3.5)

Monday 11 - 12:30 pm

Monday 5 - 6 pm

Tuesday 12:30 - 2 pm

Tuesday 7 - 8 pm

Wednesday 12:30 - 2 pm

Saturday 8 - 9 am

Sunday 6 - 7:30 pm

Advanced 3.5 & Up Wimbledon Workout

Saturday 1 - 2:30 pm



WALLYBALL

Join us on Wednesdays at 11:30 AM for a spirited game of Wallyball that is much like Volleyball. The cost is only \$2.00 for a great workout - Beginners to former volleyball players are welcome!



16. Ingrid	17. Cathy	18. Jesse
13. JJ	14. Jim	15. Lawson
10. Kay	11. Barb	12. Debbie
7. Allan	8. Bill	9. Janet
4. Julie	5. Kyle	6. Tracy
1. Joanne	2. Dave	3. Margaret

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How well do you know your BETC staff? Answers