

# REPORT

*Court*

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253-872-5545

## J Sez

Submitted by Janet Best, Manager

If you play during the daytime, we have appreciated your patience while the new roof is being put on. Besides playing on a different court week to week, you have had to put up with the noise. Thank you!

Fall league sign-up sheets are currently posted and will remain up until Sunday, August 10th. For more information about the leagues offered, please phone Dee Dee Fisher, the Activities Coordinator.

We continue to accept fall lesson sign-ups - There are many openings available in adult and junior classes, so juniors, please contact the instructing pro, and adults, you may phone the front desk.

Wallyball - What do you think, have you ever heard of it? It is volleyball on a racquetball court. A net is suspended at regulation height and you play volleyball using the racquetball walls as needed or desired. There are still just 3 hits per side but sounds like a lotta fun, huh? With the racquetball court utilization so poor, we are looking at alternatives for the space. If you would like to try it, or know that you would support it, would you send me an email or give me a call - we'd like to get a feel on the numbers interested before making the decision. Thanks! [janet@betconline.net](mailto:janet@betconline.net)

## Tennis Tip

Submitted by Bill Bartlett, Head Assistant

### Power and Balance

Most players could use more power and balance in their tennis games. Recently I was watching a show on the Discovery channel on the knock out punch of a boxer. What I learned from that program was that the power of the knock out punch comes from the legs. The legs have some of the strongest muscles in the body. This program pointed out that the gluteus maximus is the strongest muscle of the leg. It

showed that when a boxer got his gluteus maximus into his punch he was able to create the knock out punch.

In tennis I have noticed that when Roger Federer or Rafael Nadal hit a very powerful shot, their stance is wide with their knees slightly bent. This stance enables them to activate the gluteus maximus just like the boxer. As a result, they create a lot of power. In addition this stance will facilitate balance which will enable a proper transfer of weight into the shot.

I also noticed a picture of Joe DiMaggio (one of the greatest hitters in baseball history). This picture has him hitting a home run. It shows him with a really wide and low stance. In this picture, if you took away his bat and replaced it with a tennis racket, his stance would be like Roger Federer's forehand stance.

As you can see in most sports including tennis, there is a common denominator to create power. And that is the wide stance with the legs slightly bent. So the next time you want to hit the power shot, set up with a wide and low stance. This will activate the stronger muscle groups, including the gluteus maximus. You will be surprised how easy it will be to create power on your shots and to have proper balance.

## From the Board

The club would like to recognize our club pro Jessie for receiving a USPTA 1 rating. He put in a lot of time and effort to receive this level of expertise. Congratulations!

The roof project is on schedule. Beginning July 22, the contractors will begin on courts 1 and 2 and work south. The roofing company's daily work schedule will conclude around 5 pm. Every league will operate close to normal. During our roofing experience we may be playing "under the stars." Be patient and have fun during this huge club improvement. Conclusion should be toward the end of August.

## Interclub Activities

Provided by Staff Member Margaret Fain

### USTA Adult Leagues

The Adult USTA season ended in June. The results are listed below:

<u>Team</u>	<u>Captain</u>	<u>W-L</u>
2.5W	Kathy Hughes	3-3
3.0W	Janice Raymond	4-6
3.0W	Carolyn Cruzat	9-2
3.0W	Diane Euting	6-5
3.5W	Shannie Presuhn	10-1
3.5W	Margaret Fain	3-7
3.5W	Cindy Nomura	8-0
4.0W	Jan Yu	5-2
4.5W	Ramona Schraeder	2-6
3.0M	Vinnie Rao	5-5
3.0M	Jim Thorp	9-1
3.5M	Bill Sherman	7-1
4.0M	Dave Renken	5-4
4.5M	Mike Lockhart	4-6

It was a winning season for many BETC teams and five of them played well enough to earn the right to play at the regional playoffs held in June at Central Park. Those teams were Carolyn Cruzat's 3.0, Shannie Presuhn's 3.5, Cindy Nomura's 3.5, Jim Thorp's 3.0, and Bill Sherman's 3.5. Congratulations to all of you for making it to the playoffs. Competition at the playoffs was tough. Several of our teams won matches, but only one was able to win their division.

Jim Thorp's Weekend Warriors once again showed their stuff and won the 3.0 division. They now move on to the sectional playoffs in Portland this August. I guess all of those lessons they have been taking and the practicing they did as a group throughout the season paid off. Congratulations to the whole team-Jim Thorp, Dan Benoit, Brad Belmondo, Paul Raftis, Steve Ikeda, Jim Thorp, Alan Henderson, David Herron, David Smith, Bob Jeter, Doug Layton, Joseph Engman, Darren Griffin, Jim Dugan, and Robert McLean.

## Junior News

Submitted by Bill Bartlett, Head Assistant

### August Junior Report

The highlight for junior results during the month of July was that we hosted the 2008 NW WA Junior Championships. BETC Juniors won seven events without losing a set. We had a really good showing with 33 juniors participating. We are also hosting the Summer Challenger Classic August 1-3. Make sure you come out to watch our juniors participate.

Here are the results for the 2008 NW WA Junior Championships held at BETC:

Max Manthou won the boys 18 singles. Matt Overland reached the final of the boys 16 singles. Jordan Smith won the boys 14 singles. Angela Chen won the girls 16 singles. Amie Vo and Angela Chen won the girls 16 doubles. Andrew LaCava and Jason Bediones won the boys 18 doubles. Matt Overland won the boys 16 doubles. David Mardakov won the boys 14 doubles. Sam Bayna and Alan Kwiatkowski won the boys 12 doubles.

These juniors participated: Jason Lim, Travis Hanley, Dean Kamplaine, Josh Jeter, Carter Lim, Thomas Lowes, Vineeth Omkaram, Zach Chen, Howard Lin, Alex Yi, Mitchell Thorp, Cole Jeter, Vincent Lin, Nicolas Fisher, Henry Smith, Jeremiah Bayna, Wyatt DeMulling, Naris Anukornchaikul, Cameron Martin, Tess Manthou, Amber Eastham, and Alyssa Nagai.

## BETC League Information

Submitted by Dee Dee Fisher, Activities Coordinator

Sign ups for Fall leagues are underway. The deadline to sign up is August 10<sup>th</sup> with league play beginning September 2<sup>nd</sup>. Stop by or call the club to sign up. Just a reminder that you need a current USTA rating or club rating in order to play in a "skill specific" leagues. **Early Start ratings cannot be used** and USTA ratings supersede club ratings unless you have a self-rated USTA rating. In that case, a club rating is required. If you have any questions please call Dee Dee at ext 38 or email me at [deede@betconline.net](mailto:deede@betconline.net).

League fees have been standardized effective the Summer session. Doubles league fees are \$4.25 per week and singles are \$7.75 per week. The leagues that follow the Independent Schedule along with Midday Doubles are \$3.25 per week (tennis balls not included).

The biggest concerns brought to my attention regarding league play are tardiness and no shows. As a courtesy to the other members, please be on time and make sure to get a sub when you need one.

## Lesson Programs

Submitted by Allan Overland, Head Professional

Members, if you looked around the club recently, you may have seen a flyer hinting that the club has two VERY special events coming soon. The first event, recently featured on a new tripod announcement board, is a series of three- one hour clinics based directly on the teachings of Jose

Higuera. The Jose Higuera camps will be held on the following days: 2.0-2.5 levels = Sunday, July 27<sup>th</sup> from 12:30-3:30pm, 3.0-3.5 levels = Sunday, August 10<sup>th</sup> from 12:30-3:30pm and 4.0 levels and up = Sunday, August 17<sup>th</sup> from 12:30-3:30pm. While Jose won't be there personally, you will feel like he is because head pro Allan Overland just spent a week personally training with him (about five hours per day) and will pass on many of Jose's best coaching ideas. Jose is a former top ten player, and the former coach of Jim Courier, Michael Chang, and Todd Martin, among others, and is the current coach of Roger Federer and Robbie Ginepri. Allan can truly show you, in depth, the drills that these players utilize and work on daily. A special handout of what is covered will be included. Don't miss an opportunity to really learn some amazing tips from a legendary coach. At the time of writing, the camps are over half filled up, so sign up ASAP at the front desk to reserve a spot.

While Jose Higuera is recognized as one of the very best coaches in the world, Wayne Bryan, father and coach of the amazing Bryan brothers (and three time World Team Tennis coach of the year) is recognized as one of the best coaches and authors in the game- and one of the most entertaining. The Los Angeles Times recently noted about him: "Wayne Bryan is more than a good coach. He is also an entertainer who can please the most passive spectator and coax enthusiasm out of the most aloof superstar." Because of this, and because he is a good friend of BETC member Ray Broome, Wayne has accepted an invitation from us to make an appearance right here at our club for two days in the fall. I am happy to report that we will host three camps for our members over Saturday, September 20<sup>th</sup>, and Sunday September 21<sup>st</sup>. Junior champ level players will go daily 9:30-12pm, Adult players level 4.0 and up will go daily 12:30-3pm and adult level players 3.0-3.5 will go daily 3:30-6pm. In order to insure that you will get a great workout, and have some time to get to know Wayne a bit, only 24 members will be taken for each camp, with a maximum of only four players per court. All of the fantastic BETC pros will be on hand, so a pro will help assist Wayne on each court. The camp will also include a commemorative t-shirt! The cost for this camp is \$180.00 per person. Please note that this special event will require you to put down a deposit of \$87.50 at the time of sign up, which is based on a first come first served basis (you can sign up as of Friday August 1<sup>st</sup> at 10am.). The remaining balance of the fee (\$90.00) is due at least 30 days in advance. 50% of the camp fee is refundable if cancelled 15 days in advance, with no refund 14 days from the start.

If you have any questions about these events, please feel free to contact head pro Allan Overland. We hope to see you out on the courts for these very special events!

### Juniors -

#### Beginner

Sept 6-27	Saturday	10-11 AM	\$43.30	Level 1	4-6 yrs
Sept 6-27	Saturday	11-12 AM	\$43.30	Level 1	5-8 yrs
Sept 6-27	Saturday	11-12 AM	\$43.30	Level 1	8-12 yrs
Sept 7-28	Sunday	10-11 AM	\$43.30	Level 1	12-18 yrs

#### Intermediate

Sept 6-27	Saturday	12-1 PM	\$43.30	Level 2	6-9 yrs
Sept 6-27	Saturday	9-10 AM	\$43.30	Level 2	8-12 yrs
Sept 5-26	Friday	6:30-8 PM	\$61.60	Level 2	12-18 yrs
Sept 6-27	Saturday	10-11 AM	\$43.30	Level 2	12-18 yrs
Sept 7-28	Sunday	10-11:30 PM	\$61.60	Level 2	12-18 yrs

#### Advanced

Sept 3-29	Mon/Wed	5-6:30 PM	\$113.40	Level 3	8-12 yrs
Sept 6-27	Saturday	12-1:30PM	\$61.60	Level 3	8-12 yrs
Sept 5-29	Mon 3:30-5 PM/Fri	5-6:30 PM	\$113.40	Level 3	12-18 yrs
Sept 4-25	Thursday	3:30-5:00 PM	\$61.60	Level 3	12-18 yrs
Sept 5-26	Friday	8-9:30 PM	\$61.60	Level 3	12-18 yrs
Sept 7-28	Sunday	11:30-1PM	\$61.60	Level 3	12-18 yrs
Sept 8 - 29	Monday	7-8:30 PM	\$77.10	Level 4	12-18 yrs
Sept 2-30	Tuesday	3:30-5:00PM	\$94.40	Level 4	12-18 yrs
Sept 2-30	Tuesday	8-9:30 PM	\$94.40	Level 4	12-18 yrs
Sept 3-26	Wed/Fri	3:30-5 PM	\$141.80	Level 4	12-18 yrs
Sept 3-24	Wednesday	6:30-8 PM	\$77.10	Level 4	12-18 yrs
Sept 4-25	Thursday	8-9:30PM	\$77.10	Level 4	12-18 yrs
Sept 6-27	Saturday	3:30-5 PM	\$77.10	Level 4	12-18 yrs
Sept 6-27	Saturday	6:30-8 PM	\$102.70	Level 4	12-18 yrs
Sept 7-28	Sunday	8-9:30 PM	\$77.10	Level 4	12-18 yrs
Sept 2-30	Tues 8-9:30 PM Thurs	5-6:30PM	\$208.10	Level 5	12-18 yrs
Sept	Fridays	6:30-8PM	\$18.00/day	Level 5 workout	12-18 yrs
Sept 2-30	Tues/Thurs	3:30-5PM	\$208.10	Level 6	12-18 yrs

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## Address Service Requested

### Included within this publication:

- Wayne Bryan at BETC! - Camps provided - WOW!
- League Information
- USTA Season Full Results
- Power and Balance by Bill Bartlett
- ? Wallyball - Maybe.....

### Welcome New Members!

Please join us in welcoming the following new members! Associates - George Alice Heusel. Summer members - Jasmine Singh, Nathan and Christina Anderson, and Natalie and Nelson Rivers.

### Upcoming Special Events

- |                           |                                                                         |
|---------------------------|-------------------------------------------------------------------------|
| August 1 - 3              | Jr Challenger Tournament run by Allan Overland                          |
| August 28 - Sept 1        | Labor Day Tennis Tournament run by Allan Overland                       |
| Sept 20 - 21              | Wayne Bryan Tennis Camps run by Wayne Bryan—Organized by Allan Overland |
| October 3 - 5 and 10 - 12 | BETC Singles Club Championships run by Dee Dee Fisher                   |

### 2008 Board Members:

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