

◆ Court REPORT ◆

Wayne Bryan - Clinics at BETC! September 11 - 13, 2009



BETC is extremely excited to announce a very special event coming your way: Wayne Bryan, father and coach of perhaps the greatest doubles team of all time, the Bryan brothers, will be "in the house" September 11-13th.

He will be running four clinics over the weekend, three of them focusing on doubles strategies for adults, and one for our competitive junior players.

The clinics will include:

- Four hours of informative and entertaining tennis with Wayne (4 per court max)
- Saturday Night Dessert Bar and Presentation – 6:30pm – 8pm.
- An autographed copy of Wayne's book, "Raising Your Child to be a Champion".
- A commemorative t-shirt



Junior Champs	Friday 5pm-7pm and Saturday 3pm-5pm
Adults 2.5-3.0	Friday 7pm-9pm and Sunday 10am-12pm
Adults 3.5	Saturday 10am-12pm and Sunday 12pm-2pm
Adults 4.0 & up	Saturday 12pm-2pm and Sunday 3pm-5pm

BETC is offering a "pay together...play together" special to our USTA teams, Cup teams and league participants. *What a great opportunity to work on your game with your teammates!* Four members signing up together pay only \$600 per court (individuals are signing up \$160 per person).

Exclusive BETC registration begins July 1st. Registration will open to the public August 1st. Full payment must be made at time of registration. No refunds will be given but substitutions may be made. Space is limited (only 4 per court) so make your plans to register early!

Wayne Bryan has been called one of the best and may be the most entertaining coach in the game...here's your chance to come out and see for yourself why!

Hope to see you on the courts!





REPORT

Court



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253-872-5545

J Sez

Submitted by Janet Best, Manager

Thank you to the following volunteers who helped me paint the court sidewalls: Ingrid Bakke, Mike Colacarro, Jerry Pfeiffer, Steve Kono, Bill Taylor, Jan Falkenhagen, and Charles Trayford.

Court resurfacing is August 10 - 23. The first week courts 7-9 will be done and the second week 1-6. The leagues within this time frame are all cancelled. Coordinators of each of the block times have been contacted and the block was either rescheduled or a skip inserted. A schedule of the block time changes is available on the What's Happening Board or under the glass at the reservation counter.

A new membership class (USTA) was recently created to recognize (in part) people who may already belong to another club but still want to participate on a BETC USTA team. A player could participate in the teams workouts or practices and not pay the guest fees. The membership is \$106.38 a quarter. The privileges allow the player to participate in any workout, reservation or match organized by others - good deal huh?...Others do the work and you play!

There are a number of special events planned at BETC this coming fall. It's a great time to be a member of BETC so please review Dee Dee's column for specifics.

Lesson brochures for the fall programs are available at the front desk or at our website.

This fall BETC is going to be more ecologically responsible and set up recycling containers. When recycling, deposits absolutely have to be "clean" which means, pop cans or coffee cups must be completely empty.

Report submitted by Janet Best, Manager

Tennis Tip

Submitted by Bill Bartlett, Head Assistant

The "Heal Toe" Rule

I will often see a player hit a shot which looks like good technique but the result is a shot that is

weak and ineffective. The player then wonders what went wrong. The problem is subtle and can be corrected fairly easily. The problem is caused by the player transferring his body weight into his shot too early.

The proper sequence of a groundstroke is to prepare for the shot. Then the player should first step into the shot just before hitting the ball. This last step is critical. If the player makes this last step with the majority of his weight landing on his toes or front part of his foot then his body weight will immediately transfer. This quick weight transfer will occur before the player can swing his racket into the ball. This will create too early of a weight transfer.

To accomplish the correct weight transfer a player should make his final step with his heel landing first. This will enable his body weight to remain on his back foot. The heel acts like a brake to stop the weight from transferring. Once the heel hits the ground then the toes should hit the ground. It is simply like walking into the shot. The easiest way to accomplish this is to say to yourself "heel toe" as you make your last step. I call this the "heel toe rule." Finally, the player can swing his racket into the ball while transferring his weight from his back foot to his front foot. The "heel toe rule" applies to ground strokes and not volleys.

So when you make your last step into your groundstroke make sure you step with your heel hitting the ground first, then your toes. Remember the "heel toe rule" and your shots will be more powerful and effective.

From the Board

Happy summer everyone! We are sure everyone is very busy and staying cool. The club has some very important activities coming around the corner. First of all, the court resurfacing project. Stay tuned for times and dates in the very near future Next, Wayne Bryan, will be here to provide a great doubles clinic in September and a new USTA Senior Doubles Tourney will be hosted by our club over the Thanksgiving weekend. Have a fun summer and hydrate up!

Interclub Activities

Submitted by Janet Best

BETC would like to recognize member, Karen Brady Smith, as the new President of the Ladies Cup Council. A number of issues have recently formed through the cup leagues and Karen's level head and negotiation skills will serve the cups and clubs very well. Thank you for being willing to fill the role and congratulations Karen!

The Senior season is fast approaching and BETC is ready for it. This year we anticipate having 13 teams - a baby booming record! Here is the breakdown and the captains for each:

Regular Senior (over 50): Dianne Brown/3.0, Bedia Olsen/3.0, Marissa Aragones/3.0, Steve Kono/3.0, Ann Larson/3.5, Barb Cotton/3.5, Mary Lynn Archer/3.5, David Herron/3.5, Roger Risch/4.0, and Bonnie Paasche 4.0.

Super Senior (over 60): Carol Samek McKinlay/6.0 and Mary Jo Leonardson/7.0.

Super Duper Senior (over 70) - Bedia Olsen/6.0

Information about registration for USTA Senior Mixed teams we anticipate will be out in the next couple of weeks.

Spotlight on Member Craig Riggs

This August will be the two-year anniversary of the day Craig Riggs' heart stopped. He suffered cardiac arrest right on the court at BETC in 2007. Craig was lucky in many ways: Pro Jim Robison started administering CPR right away, the medics arrived within 5 minutes with needed equipment, and a great cardiologist at Valley Medical was on staff when Craig arrived. Tests revealed that Craig had three arteries that were 90% blocked. Emergency surgery was needed and luckily, Craig's doctor at Valley talked his friend and one of the top heart surgeons in the country into performing the surgery. Craig woke up the following day and was told that he suffered had suffered from cardiac arrest and that surgery had already been done. Later, his doctor mentioned that 80% of the people who suffer this level of cardiac arrest don't survive.

Prior to Craig's heart attack, he had been an active man who liked to swim, bike, play tennis and who watched his diet. He had noticed that in playing doubles, he got short of breath, yet realized that the other players on the court did not. In looking back, he sees this as the clue that something was wrong. Genetics definitely came into play here-Craig's dad died of the same condition, within

5 days of the exact age that Craig was when he had his heart attack.

Once recovered, Craig went on to do fundraising events for the cause. Craig was recently asked to be a spokesperson for the American Heart Association. He went to Washington, D.C. in May for Lobby Day and spent the day talking to legislator aids in an attempt to raise awareness about the need for heart research. Heart Disease is one of the top medical killers, but receives only 4% of the medical dollars allotted. He loves talking about his experience and wants to pass on the importance of heart research.

Today, Craig is swimming about 3 miles per week. He played USTA doubles this year. When I last saw him, he was winning a doubles match even after a morning spent working in the yard and following a day of singles play.

BETC League Information

Submitted by Dee Dee Fisher, Member Services

FALL LEAGUES

Fall league sign up begins August 3rd and will continue until August 31st. The USTA early start ratings are out. I few people have inquired about using them. We do not use early start ratings. The reasons are that the ratings are temporary and we feel that placement in the leagues remains consistent by not using them. Please contact me if you have any questions about any of the leagues or the sign up process.

OUTDOOR TENNIS

Are you wondering what to do with your free time when the courts are being resurfaced? How about outdoor tennis? We'd like to coordinate a couple nights of tennis at local courts during the week of August 17th. (weather permitting). Please stop by or call the club by August 10th to sign up if you are interested. The nights will be Monday, August 17th @ 6:30pm and Wednesday, August 19th @ 6:30pm. It'll be a very relaxed format and a great way to meet other members. All levels are welcome!

Mark your calendar with these upcoming BETC events!

Labor Day Tournament	September 3 rd – 7 th
Wayne Bryan Event	September 11 th - 13 th
BETC Calcutta	September 25 th – 26 th

Please feel free to contact me if you have questions about any of the activities here at the club. I'd be happy to help you get involved - 253-872-5545 ext 24.



Lesson Programs

Submitted by Allan Overland, Head Professional

Summer tennis is in full swing at the club! For juniors, our summer teams are still going strong through the month of August. Check out these classes: Rookies (beginner) Team I, Monday/Wednesday, 2-3:30pm, Rookies (beginner) Team II, Wednesday, 3:30-5pm and Friday, 2-3:30pm, A's (intermediate-advanced intermediate) Team, Tuesday- Friday, 11-12:30pm and Champs (advanced) Team, Tuesday- Friday, 12:30-2pm. Players get to train with one of the best coaching staffs in the Northwest, play in lots of intensive games and match play. Everyone also receives a cool team t-shirt. To get in on these and other group lessons and workouts, consult our summer junior lesson brochure (copies are available at the front desk, call the club at (253) 872-5545 and simply contact the pro of a class or team desired, and you will be helped! Allan = ext. 31, Bill = ext. 32 Jim = ext. 33, Jesse = ext. 34, Ingrid = ext. 35 and JJ= ext. 36

For adults, we have two new great classes coming your way on Saturday mornings- taught by USPTA certified pro Jim Robison; one for all levels, and one for you hot shot players rated 4.0 and higher. Advanced players can work on perfecting one special skill shot each week at the "Skill of the Week" class, running 8-9am. And players of all levels can get a great weekend morning workout in when they attend the "Cardio Tennis" class, held from 9-10 am. Each new class is a weekly workout, which means you can sign up on a weekly "drop in" basis for either one. Only six students max will be taken for each workout, so make sure to sign up early for the ones you want!

And for adults and juniors, hang on to your hats: world- renowned coach Wayne Bryan is coming to BETC on the weekend of September 11-13! Wayne is not only the father and coach of the long time world # 1 doubles team the Bryan brothers, he is also a three time World Team Tennis Coach of the Year (where he has coached such stars as Andy Roddick, Venus Williams and Andre Agassi have played for him), and a celebrated author. He has been hailed as one of the best AND most electrifying coaches in the game by the likes of Stan Smith, Vic Braden and Butch Buchholz. Tennis Channel founder Steve Bellamy stated that Wayne "is simply one of the greatest teachers of making human beings the best they can be." And the Los Angeles Times recently noted: "Bryan can please the most passive spectator and coax enthusiasm out of the most aloof superstar!" Don't miss out on this truly unique opportunity to personally train with Wayne. He will run four clinics, three for adults, and one for advanced junior players (only 4 players max per court will be taken). For more information, contact Allan at 253 872 5545 (ext. 31) or Dee Dee Fisher (ext. 24). **Please keep in mind that exclusive member registration ends on August 1st.** After that, guests of the club may sign up. See you out on the courts!

Junior Lesson Program

Level 1- Beginner

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

Level 2 - Intermediate

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

Level 3 - Advanced Intermediate

L	Mon/Wed	5-6:30pm	8-12 yrs
M	Sat	12-1:30pm	8-12 yrs
F1	Sat	6:30-8pm	10-14 yrs
N	Mon 3:30-5/Fri	5-6:30pm	12-18 yrs
O	Thurs	3:30-5pm	12-18 yrs
P	Fri	8-9:30pm	12-18 yrs
J	Sun	11:30-1pm	12-18 yrs
F3	Tues/Thurs	3:30-5pm	12-18 yrs

Level 4 - Advanced

F2	Sun	3-4:30pm	10-14 yrs
Q	Mon	7-8:30pm	12-18 yrs
R	Tues	3:30-5pm	12-18 yrs
S	Tues	8-9:30pm	12-18 yrs
T	Wed/Fri	3:30-5pm	12-18 yrs
U	Wed	6:30-8pm	12-18 yrs
V	Thurs	8-9:30pm	12-18 yrs

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W	Sat	3:30-5pm	12-18 yrs
X	Sat	6:30-8pm	12-18 yrs
Y	Sun	8-9:30pm	12-18 yrs

Level 5 - Elite

Z	Tues / Thurs	3:30-5 & 5-6:30pm	12-18 yrs
Y4	Mon	12:30-2pm	14-18 yrs
Z1	Fri	6:30-8pm	12-18 yrs

Junior Results

Submitted by Bill Bartlett, Head Assistant

Several of our juniors competed in the Seattle City Open Championships. This tournament is open to top adults and tennis pros. Congratulations to Angela Chen for winning the women's open division and congratulations to Amy Vo and Steven Miyauchi for winning the open mixed doubles. Max Manthou reached the quarter-final of the men's open. Way to go juniors!

The BETC recently hosted the 2009 NW Junior champs tournament. We had over 20 juniors participate. Jasmine Singh upset the number one seed in the final. Joe Kwiatkowski won the boys 14 singles decisively with out losing a set. Ben Huang and Adrian Villanueva won the boys 16 doubles. They defeated the number one seed 10-8 in the third set tiebreaker in one of the most exciting matches of the tournament. Joe and Allan Kwiatkowski won the boys 14 doubles and Kimberly Quach won the girls 18 doubles.

David Mardakov won the boys 14 singles at the Bally Summer Champs. Jamie and Mitchell Thorp won the boys 16 doubles.

Adult Lesson Programs:

Wed	11-12pm	Cardio Tennis (all levels)
Thursday	11-12pm	Cardio Tennis (all levels)
Saturday	9-10am	Cardio Tennis (all levels)
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	6 - 7 pm	Intermediate 2.5-3.0
Tuesday	12:30 - 1:30am	Intermediate 2.5-3.0
Wednesday	12:30 - 2pm	Intermediate 2.5-3.0
Sunday	1 - 2:30pm	Intermediate 2.5-3.0
Monday	11 - 12:30pm	Advanced Intermediate 3.0-3.5
Monday	5 - 6 pm	Advanced Intermediate 3.0-3.5
Tuesday	7 - 8 PM	Advanced Intermediate 3.0-3.5
Wednesday	11-12:30pm	Advanced Intermediate 3.0-3.5
Saturday	8 - 9am	Advanced Intermediate 3.0-3.5
Sunday	5:30-7pm	Advanced Intermediate 3.0-3.5
Saturday	1 - 2:30PM	Advanced 3.5 & up Wimbledon workout
Saturday	8 - 9am	Advanced 4.0 & up Skill of the week workout

Racquetball!

If you have an interest in racquetball but do not know where to get started, please phone Larry Kucera at 206-655-1630. Currently we are offering intermediate level leagues on Monday and Thursday night.



Memberships Available!

To justify membership many will try an calculate how many times a month they would need to play to have the repeated guest fees offset the membership dues. We've made the calculations and here is the data:

Type of membership	Number of times to play to wash guest fee/dues
Share members	2.58
Associates	3.87
Summer regular	2.39
B330 regular	2.15
USTA regular*	2.96
JR 1	1.72
JR 2	1.18 each
JR 3+	1.03 each for 3

These calculations assume the capital fund fee is paid.

Of course with each membership class the league and reservation privileges vary. With more than one player in a family participate the offset comes sooner.

:Nota Bene Cellars

BETC Directory Sponsor

:Nota Bene Cellars features fine red wines from Washington State. "Individual small lot fermentations are the way we make :Nota Bene wine stand out from the rest." Members Tim Narby and Carol Bryant are the proprietors. Contact them at 206-459-2785 or on the web at www.notabenecellars.com

To make a suggestion regarding BETC policy, programming or other, please contact us via the following means:

Email - janet@betonline.net

Wed - <http://www.betonline.net/contactus.php>

Phone: 253-872-5545 ext 22

At Club: 3 suggestion boxes are around the facility for you to drop your comments into.

2009 Board Members:

President	Ed Baker	206-544-0451
	Edwin.T.Baker@Boeing.com	
Vice President	Shannie Presuhn	253-887-8486
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Head Pro: Allan Overland - Ext 31 - allan@betonline.net

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Bookkeeper: Joanne Hanada - Ext 23 - joanne@betonline.net

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