



# REPORT

*Court*



August 2010  
Volume 16 Issue 8

www.betconline.net

253-872-5545

## J Sez

Submitted by Janet Best, Manager

Sign-ups for the fall season begin the week of August 2. Each day (for leagues after 3:30) sign-ups begin at 2:00 pm and for those that are held prior to 3:30, sign-ups are after 8:00 am. Give us a call to sign-up!

As you will see from the Boards column, soon I will be asking your feeling about having your email and phone numbers available to other members online. The directory would be at our website and password protected so that only members would see the information. The goal is to share updated or new membership information with you without going to the expense of providing a directory.

## Tennis Tip

Submitted by Bill Bartlett, Head Assistant

Knuckles Up For a Better Spin Serve

Now that it is summer you are probably playing tennis outside more often. It is tougher to get your serve in while playing outdoors because of the wind. Adding spin to your serve will increase your serve percentage. I would like to give you an easy tip on how to get more spin on your serve.

As you take your racquet back on your serve make sure your knuckles are facing up toward the sky. This will ensure the racquet face will contact the ball at an angle, thus allowing for more spin on your serve. If your palm is facing up on your serve back swing then your racquet will contact the ball straight on. This will create a very flat serve.

Another advantage of the "knuckles up" back swing on the serve is disguise. With the "knuckles up" back swing you can wait to the very last second before you choose to hit either a spin serve or a flat serve. To hit a flat serve using the "knuckles up" back swing simply pronate your wrist just before contacting the ball.

So to add more spin and disguise to your serve remember to use the "knuckles up" on your serve. You will be surprised how easy it will be to improve your serve.

## Junior Results

Submitted by Bill Bartlett, Head Assistant

The 2010 NW Washington Champs tournament was held here at the Boeing Employees Tennis Club and

many of our juniors participated. Our juniors won four of the events and several others reached the finals and semis-finals. Way to go BETC juniors! Amie Vo won the Girls 18 singles. Matt Overland defeated Mitchell Thorp in an all BETC boys 18 singles final. Matt Overland then teamed up with Mitchell Thorp to win the boys 18 doubles. Joe Kwiatkowski reached the final of the boys' 16 singles. Joe teamed up with his brother Alan Kwiatkowski to win the boys 16 doubles over Alex Noyes of BETC. Jeremiah Bayna reached the final of the boys' 12 singles.

These juniors participated. Sho Kato, Kenny Kato, Henry Ly, Adrian Villanueva, Alex Yi, David Mardakov, James Dang, Paul Lennick, Cole Jeter, Zach Martin, Naris Anukornchaikul, Navin Anukornchaikul, Griffin Welsh, Jaedon McGraw, Daniel Ablog, Sam Bayna, Bryan Thornquist, Theresa Huang and Jasmine Singh.

Results of the Olympia Summer Champs:

Girls 18 singles: Jasmine Singh reached final.

Boys 18 singles: Matt Overland upset #1 seed. Nathan Anderson reached semi-finals.

Boys 16 singles: Alex Noyes reached semi-final and Cole Jeter won the consolation. Vincent Vilorio participated.

Boys 14 singles: Wyatt DeMulling reached semi-final. A correction from last month Nathan Anderson won the Washington State high school 1A, 1B and 2B combined events way to go Nathan!

## From the Board

The Board reviewed the BETC Survey results at the July 29 meeting. We are very pleased with the number of you who responded and are taking your input to develop actions plans with Janet and Allan. Hearing from you like this helps us tremendously to plan a solid future for BETC. You will be hearing more on this as we go forward. We are working with Janet to develop an automated online court scheduler. This should improve our efficiency and your ability to quickly schedule the court time you desire when you want to. Also, there was a lot of discussion of the pro's and cons of an electronic BETC member directory. The conclusion was that Janet will look to each member as to whether we should proceed with this initiative, considering privacy matters and whether or not the BETC membership will participate.

## Interclub Activities

Submitted by Tracy Lockhart

The Seattle City Open was held June 14-20. BETC pro Jesse Walters was the #1 seed and his student, Max Manthou, was the #3 seed in the men's open singles. Jesse and Max met in the finals this year. They had played one another in this tournament in the past and Jesse was the victor. This year, with a little twist of fate, Max came out on top winning 7-5, 6-1. Instead of being opponents, #2 seeds Jesse and Max teamed up in the men's open doubles. They resoundingly took the title winning the final match 6-3, 6-2.

The 120th Washington State Open Tournament will be played August 3-8th. As many of you know, this tournament is played at the beautiful Seattle Tennis Club which sports lake-side courts and beautiful views of Mount Rainier. It is a fantastic tournament for spectators and/or participants with great viewing areas. There are always a few Boeing members in the mix making the matches even more interesting. In addition to the open draws there will also be age group divisions.

Club member Bonnie Paasche will be playing in the Washington State Open this year. She has been hitting the singles age group tournaments and is having a wonderful time. She loves the competition and is meeting some great people in the process. Bonnie was gracious enough to answer a few questions and share her interesting story with the members.

Bonnie enrolled in a beginning group class at BETC at approximately age 31. Bonnie moved up to the next level a few years later and now holds a 4.0 rating. In 1999, she entered the 3.0's in the BETC Singles Club Championship and won! Bonnie's name is forever etched on the plaque six additional times at the 3.5 level. (Anybody thinking of six time Wimbledon Champion Roger Federer?)

Bonnie began playing USTA about 10 years ago where she played mainly singles. Bonnie has been very active in USTA ever since. She has also experienced success with doubles playing in Senior USTA and on her 4.0 teams during this past season. Furthermore, Bonnie has been a great addition to BETC's Challenge Cup Team during the 2009-2010 season. Additionally, Bonnie has spent time taking private lessons from the BETC teaching staff adding dimension to her game.

Bonnie retired from the Highline School Dis-

trict as an elementary school counselor in 2009. Bonnie was a music teacher in the Renton School District for the first part of her career. She credits her music background for a few of her tennis strengths, i.e. hand-eye coordination and always looking ahead. Since retiring, Bonnie has increased her running to improve her fitness and she maintains that "running has always been an important part of my game." She hopes to log 1,000 miles for the year.

One of Bonnie's retirement ambitions has been to enter the sanctioned tournaments and compete with other women in her age category. Kay Lorrain her always been her hero. Bonnie says, "watching Kay compete and seeing her name as #1 in her age division" has spurred on her competitive nature and ambition in match play and fueled her desire for entering age group tournaments.

Bonnie entered a couple of California tournaments and found these women to be a very serious group of athletes who have played tennis all their lives. She says "it is a thrill to play against them to see how the game should be played. With the points earned for her successes in tournaments in Yakima, Tacoma, Seattle and Portland she has moved from the ranking of #11 to #2 in the Pacific Northwest for her age group, 55-59.

Bonnie and fellow club member, Shannie Pre-suhn qualified for the National Olympics in Texas next year in both singles and doubles. As Bonnie states, "even though it is not the pro circuit or televised Olympic Games, it gives senior players a chance to compete and still feel the thrill of victory or the agony of defeat!"

Bonnie's story is compelling and will continue to unfold with each passing year. Best of luck to all club members and pros who will be playing in the Washington State Open beginning August 3, 2010.



## The Best of BETC!

Ed Schroeder

I can't think of a better league coordinator than Ed Schroeder. He always has the best in mind for all the league participants and will go out of his way to get subs if a member of the league can not come up with one. He always has the next league schedule ready at least 2 weeks before the next league starts. He is willing to accommodate league members schedules and does it in a very friendly manner. He is a pleasure to work with and he makes our league great. This was submitted by Donald Coon. To nominate a member who you believe warrants the Best of BETC, contact Janet.



## Summer Hours



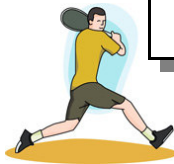
Sunday through Saturday (except Tuesday) 8:00 AM - 9:30 PM, Tuesday 6:30 AM - 9:30 PM

Don't miss the BETC Labor Day tournament (September 2-6) one of the biggest and best tournaments of the year! Events include 2.5-5.0 for men's singles and doubles and women's singles and doubles, and 5.0-10.0 combined mixed doubles. In addition, we will offer junior 13 & under divisions for boy's singles and doubles, and girl's singles and doubles. Players 14 years of age and up are welcome to play in the NTRP events. You can enter by going to our website [betconline.net](http://betconline.net). Once there, just click on the link to register online, or the other link to download an entry form to fill out and submit at the club's front desk. The entry deadline is Monday, August 23<sup>rd</sup>.

To help you get ready for the tournament, or just offer you a really fun social event to participate in, the club will be hosting an intensive pre Labor Day tournament workout on Saturday, August 28<sup>th</sup> from 5:30-8pm. The pros will put you through some fun and challenging games, and offer some great strategy tips while they are at it! The event is open to club members 12 years of age and up, and the cost is only \$7.00 person. Just bring a tasty finger food to this potluck social event, and we'll even throw in the beverages! Sign up ASAP at the front desk- or just call in at (253) 872-5545 (ext. 1). See you out on the courts!

## Lesson Programs & Pro Activities

Submitted by Allan Overland, Head Professional



### Juniors

#### **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

### Juniors Continued

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

### ADULTS

#### **Beginnner (1.0 - 2.0)**

Sunday	4:30 - 5:30 pm
--------	----------------

#### **Advanced Beginner (2.0 - 2.5)**

Sunday	3:30 - 4:30 pm
Monday	12:30 - 1:30 pm

#### **Intermediate (2.5 - 3.0)**

Sunday	1 - 2:30 pm
Monday	11 - 12:30 pm
Monday	6 - 7:00 pm

#### **Advanced Intermediate (3.0 - 3.5)**

Monday	5 - 6:00 pm
Tuesday	12:30 - 1:30 pm
Tuesday	7 - 8:00 pm
Wednesday	12:30 - 1:00 pm
Saturday	8 - 9:00 am

#### **Advanced 3.5 & Up Wimbledon Workout**

Saturday	1 - 2:30 pm
----------	-------------



**Fluid Replacement** - By Diane Javelli, RDCD  
Clinical Dietitian University of Washington Medical Center

The warm weather is finally here which makes it especially important to stay well hydrated during a match. Water is a vital nutrient that helps regulate body temperature, acts as a lubricant to cushion our joints, is a component of tears, sweat, body fluids, and helps us use food for fuel. Nearly 70% of our body is made of water and since we are constantly losing water through body functions it is important that we replace "ourselves" every day by drinking adequate fluids.

It is recommended that average sedentary adults consume about 6-8 eight ounce glasses of fluid every day. In warmer weather fluid needs may be even higher. Colder temperatures and indoor heating sources can cause fluid loss too, so it is always a good idea to drink up. Athletes need to pay especially close attention to fluid intake in order to prevent dehydration. Water loss for an athlete can be critical to performance and in extreme cases can lead to illness and death.

Water plays a vital role in the cooling system of the body by producing sweat to cool us off. Once dehydration sets in the perspiration mechanism shuts down in order to conserve water. When this happens, body temperature can rise to dangerous levels. Unfortunately thirst is not always a reliable indicator so it is important to recognize the signs of dehydration and take prevention steps.

Signs of dehydration include thirst, dry mouth, lightheadedness, head ache, fatigue, and muscle cramps. If you notice any of these symptoms stop playing right away and consume a minimum of two cups of fluid. Symptoms such as elevated body temperature, shortness of breath or nausea can indicate a dangerous condition and may require a trip to the ER.

**The American College of Sports Medicine recommends these tips to help you stay well hydrated:**

**Drink plenty of water prior to practice or a game:** at least 16 ounces of non-carbonated, non-caffeinated beverages two hours before a workout and about 4 to 8 ounces 15 minutes before game begins. Water, sugar free caffeine free soda, herbal tea, and diluted fruit juice are all good choices. Limit alcohol and caffeine because they can contribute to fluid loss.

**Drink frequently during the game:** Keep a water

bottle handy so you can consume 4 to 8 ounces every 15 to 20 minutes during play.

**Weigh yourself before and after your workout:** Replace lost fluids by consuming about 2.5 cups of fluid for every pound lost during a match. Replacement of lost weight should occur within 24 hours.



It is indeed possible to take in too much water. Hyponatremia (low blood sodium) is a dangerous condition that happens when you lose salt and fluids through sweat but only replace the fluid. Hyponatremia most commonly affects endurance athletes whose water intake over several hours far exceeds the amount of sweat they lose. Sport drinks were developed for just this reason; to replace lost electrolytes and also carbohydrate for fuel. Endurance athletes that play at a high intensity level for more than 60 minutes will likely benefit from a sports drink, but recreational athletes can benefit the most from just drinking plain old water.

**2010 Board Members:**

President	Jim Hornsby	253-740-2764 james.k.hornsby@boeing.com
Vice President	Shannie Presuhn	253-887-8486 allicatt@msn.com
Treasurer	Lisa Enthoven	206-878-9177 lisabattaglia@comcast.net
Co-Secretary/ Directors	Mike Franco	206-544-3298 bmr70@yahoo.com
"	Chuck Hilsinger	206-244-1588 cekahilsinger@msn.com
"	Robert Ingersoll	206-772-3351 robertji77@aol.com
"	Kathy Weibel	206-766-2334 kathie.s.weibel@boeing.com

**Club Contacts:**

Manager: Janet Best Ext 22 janet@betconline.net  
Head Pro: Allan Overland Ext 31 allan@betconline.net  
Bookkpr: Joanne Hanada Ext 23 joanne@betconline.net  
Leagues Tracy Lockhart Ext 24 tracy@betconline.net  
Membership: Debbie Herron Ext 24 debbie@betconline.net  
Pro Shop: Dave DeMulling Ext 25 dave@betconline.net  
Club Phone: 253-872-5545 Ext 1 - Front Desk  
Club Fax #: 253-872-9297  
Mailing Address: 6727 S 199 Place - Kent, 98032