



REPORT

Court



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www.betconline.net

253-872-5545

J Sez

Submitted by Janet Best, Manager

If you are using the online reservation system and want to change your assigned password to something that makes more sense to you, please follow these instructions:

- Log in to the online system as normal
- Go to My Profile (upper right of page)
- In the password area, type in the new password desired.
- Confirm the password by typing it in again and you are done.

If you want to begin using the online reservation system, go to www.betctennisbookings.com. Click on the "Create an Account" button and follow the prompts from there. We are sure you will enjoy it as much as we do.

Thank you for your patience while the new roof over courts 7-9 was installed last month. We anticipate the new roof keeping courts 7-9 warmer in the winter and cooler in the summer, just as the new roof over courts 1-6 does.

Did you know that BETC nows has WiFi? You are welcome to pick up our waves any time you need to. Sorry but the signal does not go as far as court 7-9.

I am looking for volunteers to help me plan our 35th Anniversary party. Please give a call or shoot an email as soon as possible. I'll need your help to plan a great party!

Tennis Tip

Submitted by Bill Bartlett, Head Assistant

Adding Power to Your Serve

Recently I watched Venus Williams serving at Wimbledon. She has a fluid and powerful serving motion. I would like to bring to your attention a technique she and many of the other top pros use to get added power on their serves.

Venus brings her tossing arm up first during the initial phase of her serve. Her racket is actually pointing toward the ground when the ball is released from her tossing hand. This has the effect of delaying her racket and arm. This delayed position of the racket and arm forces the racket to accelerate extremely fast at the point of contact on the serve.

You can practice this technique by imagining that you are tossing the ball on your serve. Stop at the point where you think the ball would be at about six inches up from your tossing hand. Then make sure your arm holding the racket and your racket head are pointing directly down toward the ground. After practicing this several times, get a tennis ball and try hitting your serve by delaying your hitting arm. You should feel like your racket accelerates quickly to catch up to the ball.

If you want more power on your serve try delaying your racket arm during the initial phase of your service motion. You will then be surprised how much pop you will have on your serve.

From the Board

" 35 Years" That's how long BETC has been thriving. That's alot of tennis balls. The Board would like to have a special event for this major anniversary. You'll hear more for something special in September. The roof project is finally complete. Courts 7-9 finished early and it looks great. Hopefully we won't talk about roofs for years to come. BETC is looking into implementing the Quick Start program for children under ten. The Board fully supports this program and it should be a fun way for your children to get introduced into tennis at BETC. The Racquetball courts have been marked for Pickleball. We will be introducing this popular sport in September so stay tuned. Finally, don't forget Fall League sign up starts next week."

Interclub Activities

Submitted by Margaret Fain

USTA Senior Leagues

The Senior Adult (50+) season for USTA is just around the corner. BETC is being represented by 11 adult teams this coming season. Captains on the women's side for the season are: Kris Tiernan (3.0), Julie Ikeda (3.0), Di Brown (3.5), Dina Benedetti (3.5), Ann Larson (3.5), Jan Finn (3.5), Debbie Herron (4.0), and Laurie Furumasu (4.5). Captains on the men's side are: Dave Herron (3.5), Roger Risch (4.0), and Al Sasaki (4.0).

Two Super-Senior teams will be playing for BETC as well. These are Pat Bode's 3.0 team and Della McCleary's 3.5 team.

Beginning in mid-August, there will be senior matches going on at the club every weekend through mid-October, with the exception of Labor Day weekend. Stop by the club to check out the action at the following home matches:

<u>Date</u>	<u>Time</u>	<u>Team</u>
8/14	5:00 pm	Debbie Herron's 4.0
8/14	6:30 pm	Tiernan's 3.0 "Racq Pacq"
8/20	3:30 pm	Al Sasaki's 4.0
8/20	5:00 pm	Laurie Furumasu's 4.5
8/21	12:30 pm	Di Brown's 3.0
8/21	2:00 pm	Julie Ikeda's 3.0
8/21	3:30 pm	Roger Risch's 4.0
8/27	12:30 pm	Nancy Lockett's 3.5
8/27	2:00 pm	Jan Finn's 3.5
8/27	3:30 pm	Julie Ikeda's 3.0
8/28	12:30 pm	Ann Larson's 3.5
8/28	2:00 pm	Di Brown's 3.0
8/28	3:30 pm	Debbie Herron's 4.0
8/28	5:00 pm	Laurie Furumasu's 4.5
8/28	6:30 pm	Al Sasaki's 4.0

Washington State Open and Seniors Tourney

If you would enjoy an afternoon or evening watching competitive tennis (sitting in the sun, hopefully) with a view of beautiful Lake Washington and Mt. Rainier in the background, then the 121st Washington State Open and Seniors Tournament is the place for you.

Running August 2-7 at the Seattle Tennis Club, players travel from all over the country to play in this annual tournament and there is bound to be some awesome tennis. There is a huge Open tennis draw and senior competi-

tions up the the 80's. Several BETC members will be competing.

To the high quality tennis and spectacular northwest views, add in some Blue Angels flyovers over the weekend and you have a fun and inexpensive way to spend the day. To take a look at the tournament draws, go to <http://tennislink.usta.com/tournaments> Enter the Tournament ID # of 600800511, then click "Find It", which will take you to the tournament page.

All City Junior Tournament

The All City Summer tournament took place at Auburn and Auburn Riverside High School There were 14 teams from around the city taking part.

Congrats to our BETC juniors for outstanding wins in the All City tournament!

1st place trophy winners are:

Girls 10 singles - Erika Ito
 Girls 16 dbls - Katelyn Overland/Kyana Esber
 Girls 18 singles - Kara Ikeda
 Boys 12 singles - Wyatt Bakke
 Boys 14 singles - Rajiv Raina
 Boys 16 singles - Derek Welch
 Boys 18 singles - Paul Lennick
 Boys 18 doubles Daniel Ablog/Henry Ly

Along with the winners above, here are BETC juniors that also participated in the tournament:

14 boys singles - Philip Samarev and Nathan Schulz
 16 boys singles - Mark Reeves, Cameron and Zack Martin
 18 boys singles - Zane Nelson and Griffin Wood
 10 boys singles - Julian Orint
 12 boys singles - Ryan Meredith, Micah Tracy, and Colton Weeldreyer
 14 girls singles - Christine Ly
 16 girls doubles - Tracy Tran and Christine Ly
 18 girls singles - Kimmy Williams
 18 boys doubles - Kylan Vickers



BETC Activity Corner

Submitted by Tracy Lockhart

Fall league sign-ups run from August 1st through August 21st. The early bird gets the worm, so the sooner you sign up the better. This will increase your chances of getting on the final roster of your favorite league. It is a requirement for league players to have a current computerized USTA rating or club rating to participate in a "skill level specific" league. Fall leagues will begin as early as September 6th and play through as late as December 23rd. League start and end dates vary and such dates are reflected on the sign-up sheets.

Ladies, do not forget to sign up for daytime flights this fall. Flights are either at 11:00 a.m. on Mondays or 9:30 a.m. on Tuesdays. The fall flight session begins September 12th and runs through November 15th. If you have any questions regarding flights please contact our flight coordinator, Carrie Simons at 425-432-2527 or via e-mail at: simonscd@hotmail.com.

Juniors, save the date of August 27th from 12:30 – 3:30 for an awesome end of summer bash with Coach Jesse. There will be food, music, inflatables and tennis of course. Stay tuned for details.

2011 Board Members:

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Junior Results

Submitted by Bill Bartlett, Head Assistant

The Northwest Washington Champs tournament was held at the Boeing Employees tennis club in June. Twenty six of our juniors participated. Congratulations to Joe Kwiatkowski who won the Boys' 16 singles. Mitchell Thorp reached the final of the Boys' 18 singles.

These juniors participated: Ryan Meredith, Marcus Lee, Cameron Martin, Jack Smith, Griffin Welsh, Jeremiah Bayna, Bruno Hernandez-Sotres, Alan Kwiatkowski, Henry Smith, David Mardakov, Zachary Martin, James Dugan, Vincent Vilorio, Spencer Herron, Griffin Wood, Paul Lennick, Alex Noyes, Thomas Lowes, Misa Takami, Liezel Villanueva, Kyana Esber, Katelyn Overland, Maggie Henderson, Kara Ikeda, and Sarah White.

Several of the BETC juniors had a strong showing at the Washington State Champs tournament held at the Central Park tennis club. Angela Chen won the Girls' 18 singles and won the Girls' 18 doubles with Amie Vo. Jamie Thorp won the boys' 16 singles and won the Boys' 16 doubles. Wyatt DeMulling reached the finals of the boys' 14 singles. Alex Noyes and Thomas Lowes reached the finals of the Boys' 18 doubles. Henry Smith reached the final of the boys' 16 doubles.

These juniors participated: Spencer Herron, Bruno Hernandez-Sotres, Sho Kato, Paul Lennick, Ryan Meredith, Garrett Merz and Jaiya Virk.

The national US Clay court 18 and under singles championship was held in Del Ray Beach, Florida. Jordan Smith qualified and had several tough matches against very good clay court players.

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. For more information, please call Larry. What a great sport!

Lesson Programs & Pro Activities

Submitted by Allan Overland, Head Professional

For the month of August, there is still some room in our expanded BETC Summer Junior Teams, for juniors of virtually all levels, ages 8- 18 years. The Rookies Team (level 1) meets Monday- Thursday, 3:30-5pm, the A's Team (levels 2 & 3) meets Tuesday- Friday, 10:30-12:30pm and the Champs Team (level 4) meets Tuesday- Friday, 12-2pm. As ever, juniors get to train extensively with BETC's top rated USPTA certified staff, compete weekly in dual match play in the Auburn Valley Tennis League and receive a cool team t-shirt. In addition, we will also host two intra- squad tournaments, during which players are also treated to pizza and beverages.

And to give juniors even more great match play seasoning, we will again offer two match play workshops, coached by former junior US Open doubles champion, and former US junior #1 in singles, JJ Jackson. The Level 3 workshop is held Tuesday and Thursday, 12:30-2pm, and the Level 4 workshop is held Tuesday and Thursday, 2-3:30pm. For this year, a more tournament-like environment will be maintained, as a weekly standings list will be kept, with some nice tennis prizes awarded to the top 4 players at the end of each monthly session. Besides these great teams and workshops, we have a comprehensive program with something to offer everyone, so make sure to pick up a summer lesson brochure at the club front desk next time you are in the club!

On Saturday, August 30th from 5:30-8pm, we are pleased to present our first ever Ice Cream Social. Delicious ice cream and great tennis on a summer day- need I say more? All members ages 10 years and up are invited, and the cost is only \$8.00 per person.

Don't forget to sign up for these events ASAP. 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
E1	Sat	9 - 10 am	8-12 yrs
H	Fri	6:30 - 8 pm	12-18 yrs
I	Sat	10 - 11 am	12-18 yrs
J1	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
N	Fri	5 - 6:30	12 - 18 yrs
O	Thurs	2 - 3:30	12-18 yrs
P	Fri	8 - 9:30 pm	12-18 yrs
L	Sat	11:30 - 1 pm	12-18 yrs
P1	Tue/Thu	12:30 - 2 pm	12 - 18 yrs

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
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	4 - 5:30 pm	12-18 yrs

Level 5 - Elite

Z	Tues / Thurs	8-9:30/5-6:30 pm	12-18
Rookie Team	Mon - Thu	3:30 - 5 pm	
A 's	Tue - Fri	10:30 - 12:30 pm	
Champs	Tue - Fri	12:00 - 2 pm	
Elite	Tue - Thu	2 - 3:30 pm	

ADULTS

Beginner (1.0 - 2.0)

Sunday	5 - 6:00 pm
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Advanced Beginner (2.0 - 2.5)

Monday	12:30 - 2 pm
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Sunday	3:30 - 5 pm
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Intermediate (2.5 - 3.0)

Monday	6 - 7 pm
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Sunday	1 - 2:30 pm
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Advanced Intermediate (3.0 - 3.5)

Monday	11 - 12:30 pm
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Monday	5 - 6 pm
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Tuesday	12:30 - 2 pm
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Tuesday	7 - 8 pm
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Wednesday	12:30 - 2 pm
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Saturday	8 - 9 am
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Sunday	6 - 7:30 pm
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Advanced 3.5 & Up Wimbledon Workout

Saturday	1 - 2:30 pm
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