



REPORT

Court



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253-872-5545

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Submitted by Janet Best, Manager

The year-end ratings are out and available at the link provided below. According to the USTA, approximately 93,000 players ratings out of 311,000 have been adjusted upwards. The USTA states the reason for this is to better conform with the General and Experienced Player Guidelines. We would suggest that you check your rating and if necessary adjust your league sign-up. The sign-up sheets will be posted for another week before they are distributed to the coordinators for the January start. If the BETC staff or myself maybe of assistance in this matter please call or email. To view the year end ratings, copy and paste the link provided into your browser: http://www.pnw.usta.com/Global/Custom%20Pages/USTA%20League/2440_Ratings.aspx

Are you a member without a USTA team to play on? If so, please phone me and I will take your information and make it available to other teams in the event they need more players – We will call you a Free Agent! With the new ratings given, some teams may be scrambling for players.

In late January we will offer our 18th Annual Doubles Club Championship and later this month we will host the Holiday Classic Tennis Tournament. USTA members may enter the events online and links to all the tournaments are available at the the clubs website - www.betconline.net

A special thank you to Steve Kono and Cathy Clark. The past several years each of them has helped decorate BETC by donating poinsettias (Cathy) and wreaths (Steve). These gifts are colorful and we appreciate it.

Tennis Tip

Submitted by Bill Bartlett, Head Assistant

The “One Inch Shoulder Dip” For A Better Backhand

Many tennis professionals find the backhand groundstroke to be technically easier to hit than a forehand groundstroke. This is because the forehand has 5 components to learn while the

while the backhand has only three components. Even though the backhand is easier to learn most club players prefer their forehands. The reason for this is the forearm muscles are stronger than the muscles used for the backhand. Since the muscles used for the backhand are weaker, more shoulder turn is needed on the backhand to generate power.

A lot of players find it awkward to get the appropriate amount of shoulder turn on their backhands. This is due to the tightness felt in the shoulder and neck muscles when attempting a full shoulder turn on the backhand. It is also difficult to look over your shoulder and track the incoming ball. Top players solve this problem by tilting their front shoulder about an inch downward. This will eliminate the tightness felt in the shoulder and neck area. Also it is easier to look forward over the front shoulder increasing the ability to track the incoming ball.

I call this the one inch tilting of the front shoulder on the backhand preparation the “one inch shoulder dip”. So the next time you want to get more power on your backhand with less effort, dip your front shoulder one inch as your turn your shoulder to prepare for a backhand. You will track the ball better and your shoulder and neck will be more relaxed. This will allow you to hit your backhand harder with less effort. With less effort you will gain added control and consistency. Remember the “one inch shoulder dip” the next time you play a match. You will then be able to turn your shoulder more on your backhand. As a result you will get more power, control and consistency.

From the Board

Election time is here! Please don't forget to vote for the open board member positions. Flood insurance has been purchased with the customary 30 day waiting period. This insurance was purchased to protect our vested interest in our club. Remember to check the clubs website for any closure periods in case of inclement weather during the winter months.

Interclub Activities

Submitted by Tracy Lockhart

Senior USTA

Kudos again to Dave Herron's Senior USTA team! In November they competed in the local play-offs and were successful. The Warriors won their first match on November 14th against Stanwood 2-1. They played in the finals on November 15th against Central Park and won again 2-1. All three courts played third set tie breaks. Doubles teams of Steve Ikeda/Jim Dugan and Lawson Mansfield/Manuel Arias conquered their opponents in the match finals advancing the team to sectionals in Sunriver, Oregon. BETC will be cheering on the Weekend Warriors!

Roger Risch's Senior team also competed in the local play-offs and ended up losing their first match 1-2. They had two exciting 10 point tie breaks winning one and losing one. BETC again would like to congratulate Roger Risch's team for advancing to the local play-offs.

Mixed USTA

The mixed USTA season is off to an exciting start. BETC has 5 teams competing in the mixed USTA league. The levels range from 6.0 to 9.0 with two 8.0 teams.

Scores:

Aragones 6.0 0-2
Benoit 7.0 1-0
Locsin 8.0 2-0
Enthoven 8.0 0-2
Brown 9.0 1-1

Cup Tennis

The Cup season is going strong and BETC teams are having fantastic results. The Emerald Cup team is in second place behind Amy Yee. They have one home match in December on the 18th at 12:30. The Classic Cup Team is also in second following closely behind Pine Lake. They have one home match in December on the 10th at 11:00. Finally, The Challenge Cup Team is in the upper middle of the pack competing fiercely to gain points. They also have one home match in December on the 1st at 12:30. Please bring some holiday cheer and come support our teams for the month of December.



Club Singles Championships

The 2009 Singles Club Championship has been completed and there are several members to congratulate. Special thanks to Dee Dee Fisher who ran the tournament. Shown below are the champions, the runner-up and the consolation winner. Additional details for each round are available at the clubs website.

Women's Champions:

Girls 16 & under: Lauren Thornquist defeated Teresa Huang 7-6 (5), 4-6, 6-3. Consolation: Liezel Villanueva

Women's 3.0: Bonnie Lynn Robertson over Medea McGraw 6-2, 6-4. Consolation: Gina Layton

Women's 3.5: Vicky Tran won in a round robin of 3.

Women's 4.0: Sydney Codd defeated Tracy Lockhart 6-4, 4-6, 6-2. Consolation: Alyssa Nagai

Women's 4.5: Tracy Lockhart over Sydney Codd 6-2, 5-7, 7-5.

Men's Champions/Runner-Up:

Boy's 12 & under: Jack Smith over Griffin Welsh 6-1, 7-5. Consolation: Harrison Sites

Boy's 16 & under: Alexander Noyes defeated Henry Smith 7-6 (9), 4-6, 6-4. Consolation: Boris Oks

Men's 3.0: Rich Mursch won in a round robin of 3.

Men's 3.5: Huadong Gai defeated Alex Lin 2-6, 7-6 (3), 1-4 Retired Injury Consolation: Clay Hebbeler

Men's 4.0: Martin Antich over Jeff Stallman 5-7, 6-2, 7-5. Consolation: Rocky Gutierrez

Men's 4.5: Emile Allard defeated Dung Nguyen 6-2, 4-6, 6-1. Consolation: Martin Antich

Men's 5.0: Dung Nguyen over Travis Johnson 7-6 (3), 6-1. Consolation: Tucker Siegert

BETC Inaugural Senior

Doubles Tournament

Late last month BETC held its first ever senior doubles tournament. There were events for men, women and mixed doubles teams for all those over 50 years of age. The tournament was put on by the BETC Board of Directors and volunteers with special acknowledgement to Linda Knapp and Shannie Pre-suhn. Linda did a great job with the draws and scheduling while Shannie recruited several door prizes for distribution. The charter for this event was that any profits raised would go directly to the club so again - thanks to those that volunteered their precious time. Results of each event may be found on page 4 and photos of the champions will be posted soon at the club.

Adult Lesson Programs:

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	11- 12:30 pm	Intermediate 2.5-3.0
Monday	6 - 7 pm	Intermediate 2.5-3.0
Sunday	1 - 2:30 pm	Intermediate 2.5-3.0
Monday	5 - 6 pm	Advanced Intermediate 3.0-3.5
Tuesday	12:30-1:30 pm	Advanced Intermediate 3.0-3.5
Tuesday	7 - 8 pm	Advanced Intermediate 3.0-3.5
Wednesday	12:30-2 pm	Advanced Intermediate 3.0-3.5
Saturday	8 - 9 am	Advanced Intermediate 3.0-3.5
Saturday	1 - 2:30 pm	Advanced 3.5 & up Wimbledon workout
Saturday	8 - 9 am	Adv 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 there is an intermediate level league on Monday night and a challenge court group on Thursday night. For more information, please call Larry.

**Inaugural Senior Doubles**

Tournament Results

Results of the Inaugural Senior Doubles Tournament are shown below. Of the twelve events offered, BETC members won eight! WOW!!

Women's Doubles - Over 50

- 3.0 Carrie Bergquist/Janet Worden 6-1, 6-2.
- 3.5 Jan Ferrera/Sue Miele 6-2, 6-2
- 4.0 Bonnie Paasche/Shannie Presuhn 7-5, 1-6, 1-0.

Women's Doubles - Over 60

- 7.0 P. McGee/A. Ware 1- 1.

Men's Doubles - Over 50

- 3.0 H. Roe/C. Kenway 5-7, 6-4, 1-0.
- 3.5 Joel Leisy/ Lawson Mansfield 6-2, 6-3.
- 4.0 Ted Hollar/Sturart Thompson 6-2, 6-3.

Men's Doubles - Over 60

- 7.0 Craig Riggs/Rich Riotto 6-2, 7-6.

Mixed Doubles - Over 50

- 6.0 G. Stix/N. Stix 6-2, 6-2.
- 7.0 Ted and Cathy Hollar 6-4, 6-1.
- 8.0 Trish Graham/S. Sham 6-3, 6-7, 1-0.

Membership is open! Be sure to let us know if you refer someone because we'll set you up with \$25 bucks of free court time!

2010 Directory

We are accepting advertisements from you for the publication of our 2010 Membership Directory. Ad prices are: \$25/business card size, \$45/1/2 page and \$85/full page. Please contact Janet at 253-872-5545 ext 22.

2009 Board Members:

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