



REPORT

Court



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253-872-5545

J Sez

Submitted by Janet Best, Manager

Happy Holidays to you and your family! I hope the season brings you good health and happiness throughout it and the entire year!

The new USTA season is about to start. Team confirmation forms are being accepted through Friday, Dec 17th. Also relating to USTA, the year end ratings are available at <http://tennislink.usta.com/leagues/>. Congratulations to those members of ours who have played their way into a new and higher rating!

I would like to acknowledge a few members who have been very generous with their time and/or services for the betterment of BETC. They are...

For many years Michel Robert has donated very tasty sandwiches, pastries and cookies to many of our club or holiday tournaments. Michel owns LBA which is a wholesale food manufacturer in the SeaTac area providing delightful specialty items to restaurants, hotels, delis and in-store bakeries. If you have a business and would like to hire Michel, his number is 206-241-9343.

Chester Orint owns Northwest Flamespray and has been repairing our broken ball hoppers for the past few years. His business is a fabrication and coating business located in the South Park area. If you should need his services, please call 206-762-4144.

Over time, Steve Kono has coordinated our men's 3.0 singles and doubles leagues. Besides running these he is currently coordinating our Introductory league on Fridays at 6:30. This league is for 2.0—2.5 level players getting started in BETC league play. We have really appreciated Steve's volunteer spirit!

Linda Knapp and Shannie Presuhn have been the face of the relatively new Senior Doubles Tournament which is held after Thanksgiving. Between them they have done the draws, manned the tournament desk (with other great volunteers), sought out door prizes and put on just a great tournament for the seniors at BETC and local tennis community with all the proceeds going directly to BETC.

Thank you, Michel, Chester, Steve, Linda and Shannie for donating your time or services to the BETC! You are all great!

Tennis Tip

Submitted by Bill Bartlett, Head Assistant

Rafael Nadal is one of a few players in the history of tennis to win three grand slam titles in one year. One of the keys to his great success is his topspin forehand groundstroke. He hits it with incredible topspin, angle and power. The way he hits it is a little unusual. I would like to explain how he is able to get such topspin

on his forehand.

Rafael creates heavy topspin on his forehand by his extreme follow through. Most players follow through with their forehand across their opposite shoulder. Rafael finishes his forehand with his racket and arm finishing straight up on the same side of his body. His forehand follow through finishes straight up on the same side of his body almost like a follow through of a bowler. You can learn the Nadal forehand by imagining you are a bowler. The upward finish of your arm as you release a bowling ball is roughly the same follow through Nadal uses. Make sure you do not snap your wrist when attempting this shot. The topspin is created from the extreme lift of your arm and elbow not your wrist.

Once you feel comfortable with the Nadal follow through you will find that creating topspin will be easy. Another advantage of the Nadal forehand is on wide shots where you do not have time to follow through over your opposite shoulder. You can also incorporate the lifting effect of the Nadal forehand to your regular forehand. Simply copy the lifting effect of the Nadal forehand, but finish with your racket over your opposite shoulder. You will find your regular forehand will have more topspin.

Finally, to get more topspin, experiment with the Nadal forehand. Use it on wide shots and on shots that you need to have more topspin or angle. You will be surprised how easy it can be to hit an extreme topspin forehand.

From the Board

At our last board meeting, the board voted unanimously to approve the 2011 budget. The 2011 budget included raising rates for the lesson programs. These rates have not been raised in the past 3 years and this is part of the three year rotation plan of raising lesson rates, dues or court fees. These periodic increases will ensure the financial and structural health of the club. Please note as of January 1, 2011 lesson rates have increased.

Happy Holidays! Be safe, sane and injury free in order to play lots of tennis!

Interclub Activities

Submitted by Margaret Fain

USTA Senior Tennis

What an exciting month it has been for the BETC senior teams. Five of our senior teams made it to the regional playoffs and two BETC teams advanced to the sectional playoffs in June in Sunriver, Oregon. The weekend before Thanksgiving, plenty of BETC members were playing and watching some great matches at Harbor Square. Teams advancing to regional playoffs were: Di Brown's 3.0, Kris Tiernan's 3.0, Diane Euting's 3.5, Dave Herron's 3.5, and Roger Risch's 4.0. Dave Herron and Roger Risch's teams both made it to the finals, but lost in close matches. I heard that Zane Blegen subbed in at the last minute for the finals when an emergency came up on Dave's team. No pressure-just the finals. All three courts on Roger's team went to third set tiebreakers, but unfortunately, only one court won. Congratulations to all for making it so far!

Di Brown's team is heading to Sunriver after a narrow win in the finals, thanks partly to Kumiko Kamplaine and Pam Yorozu's 3rd set tiebreaker win. Congrats to the whole team: Di, Kumiko, Pam Yorozu, Jane Worden, Rita Holder, Cathy Hollar, Julie Ikeda, Izumi Sullivan, Carrie Simons, Diane Weiser, and Brenda Fournier. I bet we will be seeing them on the courts often between now and June.

Sally Wright's 4.5 team is also heading to Sunriver. Due to the small number of 4.5 teams, they didn't have to win the regional playoffs, but moved right to sectionals based on their 6-0 winning record in the regular season. On Sally's team were: Ramona Schraeder, Karen Gibbs, Brenda Williams, Ann Mehl, Laurie Furumasu, Jane Zielske, Cheryl Hainje, Liane Earl, Susan Regan, Lisa Politeo and Cathy Ramsay. Good luck to all in June.

Della McCleary's super senior 7.0 team just missed a trip to the playoffs. It came down to only one set more won by the team placing above them. There was an impressive number of undefeated players on Della's team though, including Della, Joan Edwards, Nyla Nakano, Martha O'Grady, and Mary Jo Leonardson.

The USTA mixed league season is underway. Expect league results for the mixed leagues in the next newsletter.

The Cup season keeps rolling along. Emerald, Classic, and Rainier are currently in the top of their divisions.

BETC Activity Corner

Submitted by Tracy Lockhart

Sign-ups for the Winter League Session will soon be coming to an end so be sure to get on the roster for your desired league. All sign-up sheets are posted on the "What's Going On" board upstairs through December 12th. You may sign up for TWO prime time leagues, but you must designate which league is your first priority. By prioritizing your league preference, you help us ensure that all members who sign up will obtain a spot in at least ONE prime time league.

Also ladies, remember there is a new 4.0/4.5 singles league on Saturdays at 12:30. If you find it difficult making an every Saturday commitment, then sign up to share a spot. Or, at the very least, put your name on the sub only list. More good news -- there is still space available on the sign-up sheet for the NEW 2.5 Ladies League on Thursdays at 8:00 p.m!

ATTENTION ALL JUNIORS: Do not miss the White Elephant / Cookie Exchange on **December 11, 2010, from 6:30 – 9:30 p.m.** Coach Jesse will be heading the event along with other talented BETC coaches. Kids, you will be assured a fantastic work-out and challenge while having loads of fun. This is a great way to celebrate the Christmas season with your tennis friends before everyone breaks for the holidays. Hurry and sign-up at the front desk before this special event fills.

It is hard to believe that we are already thinking ahead to 2011, but we will be holding the 19th Annual Club Doubles Tournament the weekend of January 28-30 and February 4-6 so mark your calendars accordingly. Entry forms for this tournament will be available after January 1.

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 on Monday night and a challenge court group on Thursday night. For more information, please call Larry. What a great sport!

Lesson Programs & Pro Activities

Submitted by Allan Overland, Head Professional

Members - on behalf of our entire club staff, I'd like to wish everyone a very happy holiday season! To help you celebrate in style, we have some great special events coming your way this

month. For all members ages 18 years of age and up, BETC is pleased to present it's annual Mid Day Holiday Tennis Party potluck social on Wednesday, December 15th from 12:30-2pm. Join the pros for some very fun games and drills, and some great food and beverages. The cost is only \$7.00 per person.

Calling all juniors: BETC is also very pleased to present its annual Holiday Junior Tennis Camps, held Tuesday-Thursday, December 21-23. Champs (advanced) meet daily from 10-12pm, A's (intermediate) meet daily from 12-2pm, and Rookies (beginner) meet daily from 2-3:30pm. Whatever camp you participate in, you are sure to have a blast as the pros will unveil some new intensive drills and fun filled "holiday themed" games. Word has it that Santa will have some prizes to give away! Holiday treats and beverages will be provided each day. Don't miss out on all the fun!

Lastly, be sure to sign up for the biggest and most festive tournament of the year, the 30th annual Holiday Classic, held December 18-30. Besides the great competition, a large number of events available to play in, all participants receive a special commemorative t-shirt and some special gift certificates. Awesome door prizes will be given away, and food and beverages will be provided daily. You can register online at the club's website betconline.net (if you have a current USTA membership) or pick up an entry form at the front desk. Don't wait because the entry deadline is December 8th. To sign up for our special events, call the club at 253 872 5545 (ext. 1), or simply sign up in person at the front desk. Hope to see you out on the courts!

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
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
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Z1	Fri	6:30 - 8 pm	12-18 yrs
Z2	Tues/Thurs	3:30-5 pm	12-18 yrs

ADULTS

Beginner (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



Free Guest Pass

Present this coupon to the front desk and the guest fee of your guest or guests will be waived for that court session. Court fees still apply and only one free guest pass per membership. Happy holidays and enjoy!

Print Membership Name
Coupon expires 1/31/11.

Junior Results

Submitted by Bill Bartlett, Head Assistant

The Boeing Employees Tennis Club Singles Championships was a huge success. Twenty-six juniors participated with 14 juniors either winning or reaching the finals of an event. Way to go juniors!

The longest and closest match of the tournament lasted over four hours with Sara White defeating Katelyn Overland in the final of the Women's 3.0 singles. The following six players won their event without losing a set. David Mardakov Men's 4.5, Jim Leeds Men's 3.5 singles, Greg Furamasu Men's 3.0 singles, Garrett Merz, Boys's 13 singles, Lauren Thornquist Women's 3.5 singles, Katelyn Overland Women's 2.5 singles.

Kevin Lau reached finals of Men's 2.5, Griffin wood reached the finals of the Men's 3.5 Vincent Vilorio won the Men's 4.0 consolation, Alex Noyes reached finals of the Men's 5.0 singles, Maggie Henderson reached the finals of the Women's 4.0 singles, Ashley Sun reached the finals of the Women's 2.5 singles, Emma Brethauer won the Women's 2.5 consolation, Jaedon McGraw reached the finals of the boys 13 singles, Bryan Thorquist won the boys 13 consolation

These juniors participated: Sam Verbon, Christopher Katsafanas, Amanda Lacayo, Harrison Sites, Nathan Schulz, Ryan Meredith, Francis Vilorio, Devon Colby, Bruno Hernandez-Sortres and Cooper Brethauer.

2nd Annual Senior Tournament

The results are in:
Another SMASHING success!

Linda and I want to thank those of you who participated in this BETC Board sponsored event. All of the proceeds go directly to our club. This is an ALL VOL-UNTEER tournament and we wish to thank the following members for helping us out during the tournament. They are Ed Baker, Bonnie Paasche, Cathy Gingras, Ingrid Bakke, Tracy Lockhart, Joanne Hanada, Lisa Battaglia and Karen Brady-Smith.

The players had the opportunity to have their picture taken with our million dollar champions check. One player thought that he would hear from his long lost relatives after they viewed this photo. It was a fun time.

We had many great sponsors such as Panera Bread, Prince, Escape Outdoors, Muckleshoot Casino, Starbucks, our own Dave DeMulling Pro Shop, AARP, and Highline Medical Center - just to name a few. We even gave away 2 North Face jackets and 12 months of bagels through our door prize drawings. Thank you to everyone that made door prize contributions and a special thank you to club member Michel Robert owner

of LBA Inc. for supplying us with sandwiches and cookies throughout this special weekend.

Many compliments were given regarding how well organized the weekend was. The matches were on time and the players were truly grateful. We appreciate our tournament desk wizard, Linda for making all the matches happen. What a team!

Looking forward to the Third Annual in 2011!

Shannie Presuhn and Linda Knapp, tournament directors.

The Best of BETC!

Chris Takami

One BETC member has single handedly helped to improve the tennis play of over twenty members this year! Chris Takami took on the job of organizing team practices this entire year, which everyone knows is a difficult and thankless job. Chris organizes not just one, but usually two or three quality weekly practices for members of her teams, as well as many other BETC members. She also sets up regular weekly group lessons with the pros. (Pros are happy about this!) Thank you Chris for making so many BETC members become better tennis players. We appreciate all your help over the year. Your dedication to excellence is contagious and your friendly, happy attitude reminds us that playing tennis is great fun!

Submitted by Gail Jenkins with the sentiments of many other ladies. If you would like to recognize a fellow BETC member, please contact Janet at the Club.

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