

REPORT

Court

February, 2007
Volume 13 Issue 2

www.betonline.net

253-872-5545

J Sez

If there is a member who has a hardship with the assessment, will you please contact me. I will do my best to determine how the club can assist you.

As some may know the BETC Board of Director minutes are posted on the wall in the front foyer. Some members have said that they would like to receive the club minutes via email. If you are one who would, please send me an email and I will create a distribution list.

When it comes to distributing this newsletter, we have two lists. One is an email group and the other is a label printed to be sent via U.S. mail or a Boeing mail code. We use this same email distribution list when there are special announcements via the board of directors, operational hours, new leagues etc. If you would like to be added to the email distribution list, let me know. This would not keep those who receive the newsletter via hardcopy from getting it but just increase our communication with you. Email me if you would like to be added - Thanks - Health and happiness,

Submitted by Janet Best, Manager
253-872-5545 ext 22 janet@betonline.net

Tennis Tip

Submitted by Bill Bartlett

Components of the Modern Forehand

Recently the United States Professional Tennis Association (USPTA) sent me a DVD on its latest tennis instructional information. The USPTA is the largest tennis instructional organization in the world. Almost all the top professional tennis instructors and coaches belong to this organization including our own teaching staff here at the BETC.

After reviewing this DVD I was pleased to see that our staff is already implementing the latest tennis information in our tennis program.

In this DVD the USPTA did a good job in breaking down the modern forehand into three components that I thought would be helpful to you.

These components consist of load, explode and land. In the past the forehand was broken down into turn, step and hit. In today's game of tennis power is of utmost importance. That is why you will often see the pros leave the ground when they hit their forehand.

The term loading for the forehand simply means to place most of your weight on your back leg during your preparation. You will need to have your back leg bent to do this. At this stage of your back swing your shoulders should be facing perpendicular to the net. Once your weight is loaded on your back foot you will need to push off your back foot as you are uncoiling your shoulders and hips into the ball. This is called the exploding phase of the forehand. The force from your back leg pushing off the ground will cause you to lift off the ground an inch or two. Make sure you are not just jumping up to get off the ground. When you land, your body weight should be on your front leg. Your shoulders will have rotated a full 180 degrees. Remember not every forehand needs to have a full 180 degree shoulder rotation. (Continued on the next page)

From the Board

The club has held two member meetings on the roof and will be sending out an email or letter to all members the first of February that explains club finances in light of the assessment to replace the roof. The assessment of \$325 or first quarterly payment of \$55.00 is due February 1. The board is putting in place procedures to make sure that capital planning and funding are in place for future situations of this nature. The board is always looking for your comments. Thanks for your continuing support of BETC.

Continued from page 1 - Tennis Tip

After hitting your forehand, check to see if your shoulders have rotated 180 degrees. Roger Federer is a perfect example of the modern forehand. On almost every forehand that he hits, his shoulders will have rotated about 180 degrees. This shot can also be hit while your body is grounded. So the next time you try to hit the modern power forehand make sure you "load, explode and land".

Interclub Activities

Provided by staff member Margaret Fain

USTA Leagues

The season for USTA mixed leagues is winding down. Mary Whitener's team has won its last four matches and is currently in 1st place. Fumiko Lee, Don Branson, and Tim Colligan are undefeated in the three matches they have played.

W-L	Division	Captain
4-3	9.0	Lockhart
3-5	8.0	Battaglia
0-6	7.0	Wilson
5-1	7.0	Whitener

There aren't many home matches left, but if you want to support BETC teams, stop by the club on the following dates at 5:00 pm.

Date	Team
Feb.18, Feb. 24	Wilson
Feb. 17	Whitener

Cup Tennis

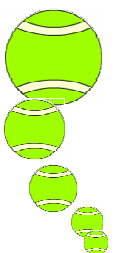
The long Cup season has a couple of months to go. Our Emerald Cup team is 5th of 24 teams. Kim Taylor has contributed with her consistent play and record of 6 wins, 2 losses and one tie. Our KingCo team is in 5th place of 13 teams. Our Classic, Challenge, and Rainier Cup teams are all in the middle of the group. Classic Cup player, Cecilia Burris, has helped her team by playing in 10 of its 13 matches. She has shared the court with 6 different partners and still has a winning record. Future home matches shown below:

Date	Time	Team
Feb. 1	11:00 am	Rainier
Feb. 2	12:30 pm	KingCo
Feb. 8	11:00 am	Classic
Feb. 9	12:30 pm	KingCo
Feb. 15	11:00 am	Classic
Feb. 16	12:30 pm	Emerald



Holiday Classic Tennis Tournament Results

- Boy's 13 & under - Scott Singleton defeated Wyatt DeMulling 6-2, 6-3
- Girl's 13 & under - Kara Ikeda defeated Maggie Henderson 6-4, 6-3
- Men's Open singles - Jesse Walter beat Bradley Bator 6-4, 6-3
- Women's Open singles - Stefi Gjine beat Stephanie Davison 6-3, 6-2
- Men's Open doubles - Jeffrey Rice & Hao Nguyen beat Jesse Walter & Bryan Thorp 6-7, 6-3, 7-6
- Women's Open doubles - Carla Lyons & Ann Whitney beat Amanda Mankovits & Monica Neveklovaska 6-4, 6-4
- Open Mixed doubles - Kyle Schraeder & Monica Neveklovaska beat Ryan Pang & Stefi Gjine 6-2, 6-7, 6-3
- Men's 2.5 singles - Michael Okinaka over Chase McLaughlin 6-3, 6-2
- Women's 2.5 singles - Julie Williams over Pamela Esber 7-6, 4-1 retired
- Men's 3.0 singles - Alan Hall over Paul Yi 7-5, 3-6, 6-4
- Women's 3.0 singles - Mary Jo Leonardson over Mary Liu 6-4, 6-3
- Men's 3.5 singles - Ryan Paul over Chris Holt 7-5, 6-3
- Women's 3.5 singles Bonnie Paasche over Marie Harper 6-1, 6-2
- Men's 4.0 singles - Kenny Fritschy over Michael Ahn 7-5, 6-1
- Women's 4.0 singles - Kimberly Quach over Patricia Ferrer 6-4, 7-6
- Men's 4.5 singles - Greg Stapp over Steven Miyauchi 7-5, 7-6
- Men's 3.0 doubles - Scott Garcia & Don Scarberry defeated R. Dawson & A. Ware 6-4, 7-6
- Women's 3.0 doubles - Jacqueline Deleon & Eileen Francisco defeated Sherry Hartley & Shauna Eggen 6-0, 6-4
- Men's 3.5 doubles - Nathaniel Carpenter & Camilo Sealey defeated Donald Hall & Garrett Ballou 6-4, 6-1
- Women's 3.5 doubles - Lisa Debiec & Catherine Green defeated Cindy Nomura & Janell Olson 6-3, 6-4
- Men's 4.0 doubles - Chris Yoon & Kenny Fritschy defeated Ted Hollar & Stuart Thompson 5-7, 7-5 retired
- Men's 4.5 doubles - Andrew LaCava & Steven Miyauchi defeated Todd Conley & Charles Trayford 7-6, 6-4
- 6.0 Mixed Doubles - Donald Craig & Mary Guptill beat Kevin Eggen & Lindsey Holtgraves 6-3, 5-7, 6-3
- 7.0 Mixed Doubles - Andrew & Gail Zorich beat Perry Cooper & Vicki Moll 4-6, 6-3, 7-6
- 8.0 Mixed Doubles Robert Schulze & Patrice Dicasparro beat Mike & Tracy Lockhart 1-6, 6-1, 7-5
- 9.0 Mixed Doubles - Andrew Cho & Melissa Biscayno beat Mike & Tracy Lockhart 6-0, 6-3



Lesson Programs

Members, one of our best special events of the year is coming up this month. On Saturday, February 24th, from 6:30-9pm, the club will be holding its annual Prince Night for members 10 years of age and up! If you've attended this event in the past you know how fun it is. If you haven't, here's what takes place: you'll get to participate in some great games and drills with the pro staff, try out the incredible BRAND NEW Prince racquets that have just come to market for 2007, ask Prince PNW rep. Bruce Levelle any questions you may have about the new Prince racquets- or other products and try your hand at winning lots of cool Prince prizes at the prize round! The cost is only \$6.00 per person, and because this is a potluck social event, please bring a tasty finger food or beverage. This event typically fills up fast, so please remember to sign up ASAP to make sure you have a spot. Hope to see you there.

Submitted by Head Professional Allan Overland

Juniors - Beginner

Mar 3-31	Saturday	10-10:30AM	\$32.50	Little Stars 4-7 yrs
Mar 3-31	Saturday	10:30-11AM	\$32.50	Little Stars 4-7 yrs
Mar 3-31	Saturday	11-12PM	\$53.00	Super Stars 4-8 yrs
Mar 3-31	Saturday	10 - 11 AM	\$53.00	Young Guns 8-12 yrs
Mar 4-25	Sunday	10 - 11 AM	\$53.00	Big Shots 12-18 yrs

Intermediate

Mar 3-31	Saturday	12-1 PM	\$53.00	Little Studs 5-8 yrs
Mar 5-28	Mon/Wed	5-6:30PM	\$103.50	Jr Challenger Team
Mar 3-31	Saturday	9 - 10 AM	\$53.00	Crushers 8-12 yrs
Mar 3-31	Saturday	11 -12 PM	\$53.00	Crushers 8-12 yrs
Mar 2-30	Friday	6:30 - 8 PM	\$68.90	Slammers 12-18 yrs
Mar 3-31	Saturday	10 - 11 AM	\$53.00	Slammers 12-18 yrs
Mar 3-31	Saturday	11-12PM	\$53.00	Slammers 12-18 yrs
Mar 4-25	Sunday	11 - 12:30 PM	\$56.20	Slammers 12-18 yrs

Advanced

Mar 3-31	Saturday	12-1:30PM	\$68.90	Studs 8-12 yrs
Mar 2-30	Mon 3:30-5PM	Fri 5-6:30PM	\$113.90	Jr. A Team
Mar 1-29	Thursday	3:30 -5:00 PM	\$68.90	Jr. A 12-18 yrs
Mar 2-30	Friday	8 - 9:30 PM	\$68.90	Jr. A 12-18 yrs
Mar 5-26	Monday	7 - 8:30 PM	\$65.60	Jr. Champ 12-18 yrs
Mar 6-27	Tuesday	8 - 9:30 PM	\$65.60	Jr. Champ 12-18 yrs
Mar 2-30	Wed/Fri	3:30 - 5 PM	\$132.80	Jr. Champ 12-18 yrs
Mar 7-28	Wednesday	6:30 - 8 PM	\$65.60	Jr. Champ 12-18 yrs
Mar 1-29	Thursday	8 - 9:30 PM	\$80.40	Jr. Champ 12- 18 yrs
Mar 3-31	Saturday	6:30 - 8 PM	\$80.40	Jr. Champ 12-18 yrs
Mar 1-29	Tues/Thurs	3:30-5PM	\$148.00	Jr. Elite 12-18 yrs
Mar 1-29	Tues 8-9:30 PM	Thurs 5-6:30PM	\$148.00	Jr. Elite 12-18 yrs

Adults - (Skill level in the far right column)

Mar 4 - 25	Sunday	3:30 - 4:30 PM	\$43.30	Beginner—1.0-2.0
Mar 4 - 25	Sunday	2:30 - 3:30 PM	\$43.30	Advanced Beginner 2.0-2.5
Mar 5 - 26	Monday	9:30 - 11:00 AM	\$56.20	Intermediate 2.5-3.0
Mar 5 - 26	Monday	6:00 - 7:00 PM	\$43.30	Intermediate 2.5-3.0
Mar 7 - 28	Wednesday	12:30 - 2:00 PM	\$56.20	Intermediate 2.5-3.0
Mar 4 - 25	Sunday	3:30 - 4:30 PM	\$56.20	Intermediate 2.5-3.0
Mar 5 - 26	Monday	11:00 - 12:30 PM	\$56.20	Advanced Intermediate 3.0-3.5
Mar 5 - 26	Monday	5:00 - 6:00 PM	\$43.30	Advanced Intermediate 3.0-3.5
Mar 6 - 27	Tuesday	7:00 - 8:00 PM	\$43.30	Advanced Intermediate 3.0-3.5
Mar 7 - 28	Wednesday	11AM - 12:30PM	\$56.20	Advanced Intermediate 3.0-3.5
Mar 3 - 31	Saturday	8:00 - 9:00 AM	\$53.00	Advanced Intermediate 3.0-3.5



**Boeing Employees
Tennis Club
P.O. Box 986
Kent, WA 98035**

**Presorted Standard
U.S. Postage Paid
Kent, WA
Permit No. 257**

Address Service Requested

- Membership Assessment - Hardship in paying it?
- Court Availability—www.betconline.net
- Components of the Modern Forehand
- Prince Night is February 24th

Page 4

Racquetball

Racquetball provides such a great workout opportunity and can be accomplished in just an hour! If you have an interest in racquetball but do not know where to get started, please phone Larry Kucera at 206-655-1630. Currently leagues are offered 3 nights per week!



Court Availability

This is the busiest season of the year. To keep up on tennis courts, go to our website and look for the link in the upper left hand corner. This is updated twice weekly! www.betconline.net

A rather expensive navigation system found - please call Janet to identify and claim the item. 253-872-5545 Ext. 22

2007 Board Members

President	Ed Baker	253-773-9851
	Edwin.T.Baker@Boeing.com	
Vice President	Dan Miller	253-862-8848
	jbmiller17@msn.com	
Treasurer	Linda Knapp	206-662-3805
	Linda.S.Knapp@Boeing.com	
Secretaries	Jack Bronger	253-839-1646
	jackbronger@hotmail.com	
	David Curry	253-657-5132
	David.M.Curry@Boeing.com	
	Laurie Furumasu	425-271-5509
	furumasu@aaahawk.com	
	Shannie Presuhn	253-887-8486
	allicatt@msn.com	

Club Contact Information:

Manager	Janet Best	253-872-5545 Ext 22
Email:	janet@betconline.net	
Head Pro:	Allan Overland	253-872-5545 Ext 31
Email:	allan@betconline.net	
Club Phone:	253-872-5545	Ext 1
Fax:	253-872-9297	
Mail Code:	85 - 45	
Website:	www.betconline.net	
Mailing Address:	P.O. Box 986 - Kent, WA 98035	