

REPORT

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253-872-5545

J Sez

Submitted by Janet Best, Manager

Happy New Year! I hope that 2012 brings you many happy returns and lots of winners. If there is anything that we can do to make your BETC experience better, please let us know. All my best, and good health and happiness to you throughout 2012.

As most have heard, in early December, Bally's was bought by LA Fitness. LA closed the current Bally's locations in Federal Way, Tacoma and Olympia. Since the closures, BETC has benefited with 40 new memberships. As of the end of the year, we are at our limit of Associate members and now have a waiting list. Memberships are still available in the B330/A930, Weekend Warrior and USTA classes.

Coming up is our Doubles Club Championship. We are adding a few senior events so that you over 55 will have the opportunity to play your own kind :). Everyone who enters the tournament will receive a cool court towel with BETC's logo on it. These Club Championships are a real give back to the members so we hope you will be able to participate.

Last year at the this time, we added the online court reservation system. Since then we have been exploring online class and league registration applications but to no avail - we are still investigating and hope to be able to provide you with this capability before 2012 is over.

2012 is a lean year for capital improvements where we only plan to purchase 2 new ball machines and update some computers. The big improvement will be in 2013 when we gut the restrooms. In addition to new sinks, showers, and toilets, there will be new tile and carpet. Upon completion, both restrooms will look very nice. Thank s for your valuable input provided earlier in the year.

Tennis Tip

Submitted by Bill Bartlett, Head Assistant

Power has become a premium in today's

tennis. As I was watching Djokovic compete against Nadal at the US open I was amazed at how hard they were hitting their groundstrokes. At times they only had one second between each shot that they hit. The main reason they achieve this incredible power is from the kinetic energy they create from accelerating their racket into the ball.

It takes a lot of kinetic energy to create powerful groundstrokes. If you are aware of the physics formula of kinetic energy, kinetic energy equals one half mass times velocity squared ($kE=1/2m \times v^2$) it will be easier for you to create powerful shots. It is the kinetic energy imparted on the tennis ball that determines how fast through the air the ball will travel. The good news for the average player is the formula for kinetic energy ($kE=1/2m \times v^2$) is heavily weighted on velocity squared. What this means is you do not have to be big and strong to create kinetic energy. You just need to have proper technique, which will

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From the Board

We reported last month the investigation of misappropriation of BETC funds was ongoing. That is still the case, but we feel reasonably confident that the Board will be able to schedule a BETC town hall meeting in January to review the actions and impacts. This is a very arduous process, most of which is beyond our ability to control.

The election results for the 2012 BETC Board are complete and we want to welcome new board members Mike Emerson and Kevin Lee. Board members Lisa Battaglia and Kathie Weibel have re-elected for a second term. A big thank you to Chuck Hilsinger and Michael Franco for their service on the BETC Board.

For 2012, the Board has adjusted the monthly meeting schedule to meet on the third Thursday rather than the fourth Thursday of each month.

Interclub Activities

Submitted by Margaret Fain

USTA Mixed League tennis continues into February, 2012. Results so far are listed below:

<u>Level</u>	<u>Captain</u>	<u>W/L</u>
6.0	Brian Colby	2-2
6.0	Steve Kono	2-3
7.0	Debbie Herron	2-2
7.0	Steve Kono	2-2
8.0	John Enthoven	1-2
9.0	Ron Hodge	3-1

Stop by the club in January to check out some mixed league play. Below you will find dates and times. Come on the 15th at 8:00 pm and you can even root for two BETC teams at the same time.

<u>Level</u>	<u>Captain</u>	<u>Date and Time</u>
6.0	Colby	Jan 8 at 12:30 pm
7.0	Kono	Jan 8 at 2:00 pm
6.0	Kono	Jan 8 at 8:00 pm
8.0	Enthoven	Jan 15 at 2:00 pm
9.0	Hodge	Jan 15 at 8:00 pm
7.0	Kono	Jan 15 at 8:00 pm
7.0	Herron	Jan 22 at 12:30 pm
9.0	Hodge	Jan 22 at 2:00 pm
8.0	Enthoven	Jan 22 at 8:00 pm

CUP Tennis

Emerald Cup is still out in front of all other teams in their division. Debbie Lacayo has improved her record to 10-0. Classic Cup is still towards the bottom of the pack, but many individuals are having good seasons including Cathy Shaheen and Della McCleary. Rainier Cup is still occupying one of the top spots. Dina Benedetti's great lobs and tricky little angle shots at the net have baffled some of her opponents and she is off to a good season with 4 wins and one tie. Challenge Cup and Kingco are both in the middle of their divisions.

BETC Activity Corner

Submitted by Tracy Lockhart

It is time to get the bodies and racquets ready for the upcoming Adult USTA Season. The perfect tune-up is the 20th Annual Club Doubles Championship, which will be played over the weekends of January 27-29 and February 3-5. Look for the entry forms to be at the front desk and on our website after the 5th of January.

BETC's 3rd Annual Seniors Only Doubles Tournament was held November 25 – 27th. The tournament was a great success! Players and spectators alike had a fun time and many great matches were played.

The Champions are as follows:

Senior Women's 3.0:

Nancy Edwards / Pam Rasanen

Senior Women's 3.5:

Debbie Lacayo / Robin Noisette

Senior Men's 3.0:

Jerry Lilly / Steven Wall

Senior Men's 4.0:

Mike Davis / John Shelton

Senior 50 Mixed 7.0:

Cathy Hollar / Ron Linebarger

Senior 50 Mixed 8.0:

Sally Linebarger / Ted Hollar

Winter league play commences on Tuesday, January 3rd, with the only exception being the Senior Men's Doubles League, which begins play on Monday, January 2nd at 9:30 a.m. BETC Leagues will run through the 31st of March. Spring League Sign-ups will be from 2/20 – 3/11 so mark the dates on your calendar. Remember, we have many new members so please call them if you need a sub during this winter session as league sign-ups were over when the majority of them joined.

Lesson Programs & Pro Activities

Submitted by Allan Overland, Head Professional

On behalf of our great staff, I'd like to wish all of our members a very happy new year! For our junior program, we are pleased to announce a new junior member rating system in order to reinforce appropriate junior class levels- and give junior players feedback on where they are in their development.

Each student involved in the BETC lesson program will be given a rating that is based on the class scale of 1 through 6- if they are rated level 3 or higher. The rating for each player will be collectively determined by the teaching staff, and is based on the following description:

- Level 3 - Advanced Intermediate (high school J.V.)
- Level 4 - Advanced (high school varsity)
- Level 5 - Elite (PNW champs ranking)
- Level 6 - Premiere (high PNW champs or national ranking)

Note: a player that has been given a rating with a .50 (ie. 3.50) is eligible for a higher level class; that is, a 3.50 can apply for a level 4 class on a space available basis. But if a player with a level 4 rating applies to the level 4 class before it begins (for a month session), he/she has priority over a student with a level 3.50 rating. If you have any questions, please contact head pro Allan Overland at allan@betconline.net.

Adult players (2.5-3.0) looking to dramatically improve their footwork skills will have a great opportunity to train in our two day Adult Footwork Camp, held from 6-8pm on Friday, February 10th and 2-4pm on Saturday, February 11th. Participants will be exposed to the latest, most advanced footwork techniques in the game, including how to hit from the three modern hitting stances. Only 6 players will be taken to provide an excellent, smaller scaled experience.

JUNIORS

Level 1- Beginner

A	Sat	10 - 11 am	4-6 yrs
B	Sat	11 - 12 pm	5-8 yrs
C	Sat	11:30 - 12:30 pm	8-12 yrs
D	Sun	9 - 10 am	12-18 yrs

Level 2 - Intermediate

E	Sat	12 - 1 pm	6-9 yrs
F	Sat	9 - 10 am	8-12 yrs
G	Fri	6:30 - 8 pm	12-18 yrs
H	Sat	12:30 - 1:30 pm	12-18 yrs
I	Sat	10 - 11:30 am	12-18 yrs

Level 3 - Advanced Intermediate

J	M/W	5 - 6:30 pm	8-12 yrs
K	Sat	10:00 - 11:30 am	8-12 yrs
L	Sun	11:30 - 1:00 pm	8-12 yrs
M	S/S	6-7:30/3-4:30 pm	10-14 yrs
N	S/S	7:30-9/3-4:30 pm	10-14 yrs
O	M/F	3:30-5/5-6:30 pm	12-18 yrs
OO	Thu	3:30 - 5 pm	12-18 yrs
P	Fri	8 - 9:30 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	W/F	3:30 - 5 pm	12-18 yrs
T	Wed	6:30 - 8 pm	12-18 yrs
U	Thurs	6:30 - 8:00 pm	12-18 yrs

V	Sat	3:30 - 5 pm	12-18 yrs
W	Sat	6:30 - 8 pm	12-18 yrs
X	Sun	8 - 9:30 pm	12-18 yrs

Level 5 - Elite

Y	T / Th	5-6:30 pm	12-18 yrs
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Level 6 - Elite

T/Th	3:30 - 5:00 pm	12-18 yrs
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ADULTS

Beginner 1.0 - 2.0

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

Sunday	3:30 - 5 pm
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Intermediate 2.5 - 3.0

Monday	12:30 - 2 pm
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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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Bill Bartlett Tennis Tip—continued from page 1 allow you to have good velocity of your racket. For example, Justin Henin who only weighed around 125 pounds, but had perfect technique and tremendous racket velocity on her groundstrokes was able to hit almost as hard as Nadal.

One of the most important aspects of gaining racket velocity or acceleration on groundstrokes is your preparation. It is imperative to have a bent elbow and arm on your back swing on ground strokes. This will keep your racket and arm close to your torso and your center of gravity. As you begin accelerating your racket, your arm will start to extend. This forces your arm and racket to travel away from your upper torso. This will also facilitate racket acceleration and velocity.

In summary, to get more power on your groundstrokes remember the power formula of kinetic energy. Focus on racket acceleration and velocity by starting your back swing with a bent elbow. As you start your groundstroke rotate your body and let your racket and arm accelerate away from your body. This will help you create optimum acceleration and racket speed. You will be surprised at how hard you are hitting the ball.

Wallyball/Pickleball

Help us make good use of the racquetball court space. On Wednesdays at 11:00 is a drop-in wallyball group. It's just \$2.00 for a couple of hours of great exercise. Pickleball lines and nets have been added to the racquetball court with paddles and balls available. If you cannot get a tennis court, check into booking a pickleball court, it's great fun!

Junior News
Submitted by Bill Bartlett

Several of our younger juniors participated in the Bally Champs tournament during the Thanksgiving week-end. Erika Ito who is only eight years old reached the final of the girls 10 and under division. Bryan Thornquist won the boys 12 and under consolation and Harrison Sites reached the finals. Liezel Villanueva won the girls' 14 consolation event. Lauren Thornquist, Stirling Sites, Ryan Meredith, Griffin Welsh, Francis Viloría, and Pranay Pradeep participated.

Sofia Antich tied for first place at the Sprinker junior girls' 10 rookie tournament. Mark Reeves and Brandon Lowry participated in the boys' 16 challenger event.

Thank you for the 150 pounds of food that you provided. We took it to the Kent Food Bank prior to the holiday.



2011 Board Members:

- President Ed Baker 206-544-6114
edsusan.baker@comcast.net
- Vice Pres. Robert Ingersoll 206-772-3351
robertji77@aol.com
- Treasurer Lisa Enthoven 206-878-9177
lisabattaglia@comcast.net
- Co-Secretary/Mike Franco 206-544-3298
- Directors puckmjf@gmail.com
- “ Chuck Hilsinger 206-244-1588
cekahilsinger@msn.com
- “ Linda Knapp 206-662-3805
lknapp99@yahoo.com
- “ Kathy Weibel 206-766-2334
weibelk@hotmail.com