

# REPORT

*Court*

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[www.betonline.net](http://www.betonline.net)

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## J Sez

Leagues begin their winter session on Tuesday the 2nd of January. Since by the time that you receive this newsletter it will have been too late to sign-up as a regular, if you would like to sub in a specific league, please give me a call or email and I will contact the coordinator on your behalf.

I hope that this new year brings you all the things you desire. Health and happiness,

Submitted by Janet Best, Manager  
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## Safety Tips

Submitted by Allan Overland

As we welcome in 2007, I would like to remind our members of a few simple but important safety tips.

**"It's gotta be the shoes"** It is fashionable nowadays to wear sneakers very loosely (juniors, particularly), but this should never be done on the tennis court. Tie your shoelaces tight enough so that your feet do not move around in your shoes. By doing this, you will have excellent foot/ankle support, and will greatly reduce the chance of rolling your ankle. And don't forget to replace those old worn out shoes. You will reduce shock to your feet, and have better traction to boot, when you have a new pair on. Wear authentic tennis shoes; no cross training or jogging shoes!

**"Easy does it"** To avoid painful muscle pulls and strains, a good warm up is critical—especially when the weather is very cold. When you first start hitting, slow it down and stay relaxed; starting with a "short court" warm up is ideal (where the rallies are restricted to the service boxes). It is key that you gradually hit harder as you go. Don't sprint all out for any balls for the first few minutes. I like to stretch

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## Tennis Tip

Submitted by Bill Bartlett

### The Unforced Error

Most tennis players at some time have lost a close match. One of the major factors that contribute to a loss of a close match is the unforced error. I would like to give you a few tips on how to reduce unforced errors in your tennis game.

One of the common ways a player creates unforced errors is by hitting the ball too hard. To cut down on your unforced errors simply play within your limits. Every player has a certain power level they can comfortably hit a shot and expect it to go in. Roger Federer can probably hit his groundstrokes near 100 miles per hour and get them in. A 3.5 player may be able only to hit his groundstrokes at 40 miles per hour and expect them to go in. If Roger Federer or a 3.5 player tries to hit their groundstrokes 10 miles per hour faster than their comfort zone then unforced errors will start adding up. Make sure when you are playing in a match that you hit within your limits.

Another way players add up unforced errors is by aiming their shot too close to the lines. Try to aim your shots 3-5 feet from the line. If you are off by 3 or 4 feet your shot will still go in.

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## From the Board

By now all members should have been notified of the special assessment to replace the roof. The Board's goal over the years has been to keep the dues low. This philosophy requires special assessments for major repairs. The new roof will make our club a better quality place to learn and play tennis and is sorely needed for safety. The Board will continue to review the capital improvement plan and keep the members updated on pending items under review in the 3 to 5 five year period. Additionally we will be looking at all alternatives for generating funds including fundraisers and grants. Thank you for your continued support of the BETC.

**Junior Results**

**Bally Christmas Challenger:**

Boys 12 singles: Congratulations to Jamie Thorp who reached the finals.

Boys 14 singles: Mitchell Thorp reached the semifinals. Eddie Lin and Spencer Herron participated.

Boys 18 singles: Daniel Cotton reached the final.

**Sprinker Challenger:**

Boys 12 singles: Cole Jeter and Vincent Vilorio participated.

Boys 16 singles: Congratulations to Josh Jeter who won the consolation event.

**Bally Olympia Champs:**

Boys 12 singles: David Mardakov reached the semi-final.

Boys 16 singles: Anthony Dimitrov participated.

**Bally Thanksgiving Jr. Champs:**

Girls 16 singles: Congratulations to Chelsea Bailey who won the event.

Girls 18 singles: Kendall Bielinski reached the final of the consolation event.

**Bally Thanksgiving Challenger:**

Boys 12 singles: Alan Kwiatkowski, Vincent Vilorio and Cole Jeter participated.

Boys 14 singles: Eddie Lin, Kyle Woo and Bryon Guo played.

Boys 16 singles: Daniel Cotton, Nick Allan and Paul Yi played.



Cont. from page 1 - Safety Tips submitted by Head Pro, Allan Overland: out a bit after I have hit for about 10 minutes, when my muscles have had a chance to warm up. And don't forget to wear your warm-up suit. Put it on before, and immediately after you play.

**"I'll drink to that"** The need for adequate hydration is still often overlooked. While dehydration is more common during the warmer weather, it still can occur when it is colder. Drink at least two full glasses of water about one half hour before you play, and then drink only as much as needed at regular intervals while you play. Remember, don't drink too much and get waterlogged in the process. Also, eating a banana before you play is a good idea because it is a good source of potassium, which we lose a lot of when we sweat. If you sweat profusely or have a history of cramping, you should consider taking a multi-mineral or potassium supplement on a regular basis. —end—

Cont. from page 1—Tennis Tip submitted by Asst. Head Pro Bill Bartlett Finally you can cut down on your unforced errors by avoiding changing the direction of your shots whenever possible. If a player hits you a crosscourt shot it is much safer to hit it back crosscourt. When you change the direction of your shot the chances of creating unforced errors will increase.

So the next time you are playing a match make sure to play within your limits, avoid hitting for the lines and hit the ball back in the same direction whenever possible. If you apply these simple steps you will have fewer unforced errors and more matches won.

**Interclub Activities** - Provided by Staff Member Margaret Fain

**USTA Leagues**

The USTA mixed leagues are in full swing. Mary Whitener's 7.0 team is off to a 3 and 1 start and is currently 2nd of 11 teams. Other team records are as follows:

<u>W-L</u>	<u>Division</u>	<u>Captain</u>
0-3	7.0	Wilson
3-2	8.0	Battaglia
3-1	9.0	Lockhart

If you want to catch some mixed doubles matches at BETC, check the dates below. All matches for the dates listed are at 5:00 p.m.

<u>Date</u>	<u>Team</u>
1-20	Wilson 7.0
1-7, 1-21	Whitener 7.0
1-13	Battaglia 8.0
1-6	Lockhart 9.0

**Cup Tennis**

The Cup season is going strong and will continue through March. Our KingCo team is in third place of 13 teams. Our Emerald, Classic, Rainier, and Challenge Cup teams are all in the middle of the pack. Carolyn Cruzat has been a strong player on the Emerald team with 4 wins and 2 ties. Emerald co-captain, Nancy McMonigle, is off to a good start with a record of 3-0. Janet Stallman has an impressive 6-1 record on the Challenge Cup team. Keep up the good tennis!

Feel free to come support our teams at the following home matches.

<u>Date</u>	<u>Time</u>	<u>Team</u>
1-5	12:30 pm	KingCo Cup
1-9	12:30 pm	Challenge Cup
1-11	11:00 am	Rainier Cup
1-12	12:30 pm	Emerald Cup
1-18	11:00 am	Classic Cup
1-19	12:30 pm	KingCo Cup
1-23	12:30 pm	Challenge Cup
1-25	11:00 am	Rainier Cup



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## Lesson Programs

On behalf of the teaching pro staff, I'd like to wish all of our members a very happy new year! To help you celebrate 2007 in "extreme!" style, pros Allan Overland and Jesse Walter are holding a special, highly intensive mini tennis camp in late January for adults 3.5-4.0. The Winter Extreme Workout Camp will be held over two days; Friday, January 26<sup>th</sup>, from 6:30-8pm and Saturday, January 27<sup>th</sup> from 2-3:30 pm. The goal for the camp will be simple, to push players to their limits with high octane, fun games and drills. The maximum ratio of students to pro/court will be six to one to insure a great workout. And look for one of our popular pro socials on Saturday, January 27<sup>th</sup>, 6:30-9pm. We'll soon have flyers up around the club to detail what event it will be, so stay tuned! Please remember to sign up ASAP to make sure you have a spot for these and other events and lessons. Submitted by Allan Overland

### Juniors - Beginner

Feb 3-24	Saturday	10-10:30AM	\$26.60	Little Stars 4-7 yrs
Feb 3-24	Saturday	10:30-11AM	\$26.60	Little Stars 4-7 yrs
Feb 3-24	Saturday	11-12PM	\$43.30	Super Stars 4-8 yrs
Feb 3-24	Saturday	10 - 11 AM	\$43.30	Young Guns 8-12 yrs
Feb 4-25	Sunday	10 - 11 AM	\$53.00	Big Shots 12-18 yrs

### Intermediate

Feb 3-24	Saturday	12-1 PM	\$43.30	Little Studs 5-8 yrs
Feb 5-28	Mon/Wed	5-6:30PM	\$103.50	Jr Challenger Team
Feb 3-24	Saturday	9 - 10 AM	\$43.30	Crushers 8-12 yrs
Feb 3-24	Saturday	11 -12 PM	\$43.30	Crushers 8-12 yrs
Feb 2-23	Friday	6:30 - 8 PM	\$56.20	Slammers 12-18 yrs
Feb 3-24	Saturday	10 - 11 AM	\$43.30	Slammers 12-18 yrs
Feb 3-24	Saturday	11-12PM	\$43.30	Slammers 12-18 yrs
Feb 4-25	Sunday	11 - 12:30 PM	\$56.20	Slammers 12-18 yrs

### Advanced

Feb 3-24	Saturday	12-1:30PM	\$56.20	Studs 8-12 yrs
Feb 2-26	Mon 3:30-5PM	Fri 5-6:30PM	\$103.50	Jr. A Team
Feb 1-21	Thursday	3:30 -5:00 PM	\$56.20	Jr. A 12-18 yrs
Feb 2-23	Friday	8 - 9:30 PM	\$56.20	Jr. A 12-18 yrs
Feb 5-26	Monday	7 - 8:30 PM	\$65.60	Jr. Champ 12-18 yrs
Feb 6-27	Tuesday	8 - 9:30 PM	\$65.60	Jr. Champ 12-18 yrs
Feb 2-28	Wed/Fri	3:30 - 5 PM	\$120.70	Jr. Champ 12-18 yrs
Feb 7-28	Wednesday	6:30 - 8 PM	\$65.60	Jr. Champ 12-18 yrs
Feb 1-22	Thursday	8 - 9:30 PM	\$65.60	Jr. Champ 12- 18 yrs
Feb 3-24	Saturday	6:30 - 8 PM	\$65.60	Jr. Champ 12-18 yrs
Feb 2-30	Tues/Thurs	3:30-5PM	\$134.50	Jr. Elite 12-18 yrs
Feb 2-30	Tues 8-9:30 PM	Thurs 5-6:30PM	\$134.50	Jr. Elite 12-18 yrs

### Adults - (Skill level in the far right column)

Feb 4 - 25	Sunday	3:30 - 4:30 PM	\$43.30	Beginner—1.0-2.0
Feb 4 - 25	Sunday	2:30 - 3:30 PM	\$43.30	Advanced Beginner 2.0-2.5
Feb 5 - 26	Monday	9:30 - 11:00 AM	\$56.20	Intermediate 2.5-3.0
Feb 5 - 26	Monday	6:00 - 7:00 PM	\$43.30	Intermediate 2.5-3.0
Feb 7 - 28	Wednesday	12:30 - 2:00 PM	\$56.20	Intermediate 2.5-3.0
Feb 4 - 25	Sunday	3:30 - 4:30 PM	\$ 56.20	Intermediate 2.5-3.0
Feb 5 - 26	Monday	11:00 - 12:30 PM	\$56.20	Advanced Intermediate 3.0-3.5
Feb 5 - 26	Monday	5:00 - 6:00 PM	\$43.30	Advanced Intermediate 3.0-3.5
Feb 6 - 27	Tuesday	7:00 - 8:00 PM	\$43.30	Advanced Intermediate 3.0-3.5
Feb 7 - 28	Wednesday	11AM - 12:30PM	\$56.20	Advanced Intermediate 3.0-3.5
Feb 3 - 24	Saturday	8:00 - 9:00 AM	\$43.30	Advanced Intermediate 3.0-3.5



# BETC Mailcode 85-45

- Membership assessment notification
- Leagues start Tuesday, January 2
- Keeping it safe - Allan Overland
- The unforced error - Bill Bartlett

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## New Members!

Please join us in welcoming the following new members:

Share members: Jack Lawson, Larson and Belle Mansfield, Chien-Nan Yang and Jia Chyi Chiu, Mike and Vicki D'Annunzio, William and Susan Reilly, and Ken and Christina Cooper,

Associate members: n/a

B330 members: Jerry and June Akita, and Poppy and Carston Erickson.

Junior Affiliate members: Cale Skagen, Jason and Justin Rodjanapornyakul, Julian Orint, Rahul Raina, Vineeth Omkaram, Laureen Valentine, Benson Adam and Andrew Weeks, Alex and Phillip Ball, Alex Muir Matt and Jacob Lee, Renata, Jordan, Henry and Jack Smith, Brian Benshoof, Elliott Brossard, Justin Dubinsky, Lani Nunokawa, and Josh Ball.

## 2006 Board Members

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