

REPORT

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Volume 14 Issue 1

www.betconline.net

253-872-5545

J Sez

Submitted by Janet Best, Manager

Earlier this month, to our email group, I announced that Dee Dee Fisher has been hired to replace Rich Cornwell in administering BETC's leagues. Rich had been running the leagues since he retired as a school principle in 1992! Besides overseeing the leagues, Dee Dee will run the 2 Club Championships. Dee Dee will also have a short shift at the front desk. Rich will retire for the second time this summer, but in the meantime, he will continue to manage the membership accounts. Welcome aboard Dee Dee!

Thank you for your food bank donations. We delivered at least 200 pounds to the Kent Food Bank.

We added a new service at the club's website to help you find a player for a match. Appropriately, it is called Match Finder. The first time you log in you will need to establish a user name and password but after that, you can search the database for a Club member in your skill level.

This announcement comes to you from Kim Niino, the League Coordinator with the USTA: Players appealing their rating online may only do so ONE TIME. The online appeal button was not intended to allow players to see how close they are to a different level and that is why USTA National instituted the ONCE ONLY policy. It is very important for all players to read the appeal process at pnw.usta.com prior to appealing their rating.

Effective the spring 2008 league season, any member with an appealed USTA rating must also receive a club rating. Once the appealed rating rolls into a computer rating, the club rating will be removed.

Tennis Tip

Submitted by Bill Bartlett, Head Assistant

The Footwork Sequence

To play your best tennis at any level you need to have good footwork. Good footwork simply means having your feet positioned in the best possible place just before you hit your shot. There are several common mistakes that players make with their footwork. The most basic problem with footwork is that players tend not to move their feet after they hit a shot. They often get a little lazy and just watch where their shot is going. Instead, they should be moving their feet. Top players are constantly moving their feet. Keep your

feet moving after you hit your shot. This will enable you to be more prepared for the next shot. Once you stop moving your feet, it is difficult to get them moving again.

Another mistake players make in footwork is that they sometimes plant their feet too soon. The problem with planting your feet too early is you eliminate your ability to make last second adjustment steps. Finally, players sometimes neglect the split step or they miss time their split step. It is important to know that you need to split step every time your opponent hits a shot. This will give you the ability to change directions. To execute a perfect split step, your feet need to hit the ground at the exact moment your opponent's strings hit the ball. You will need to jump forward as your opponent is starting their swing. This will allow your feet to hit the ground at about the same time your opponent is hitting the ball.

The bottom line is you need to constantly move your feet. The only time you can stop is for a split second after you hit your own shot. This will give you a chance to hit with balance. There is a sequence to achieving good footwork. First start moving your feet, then split step as your opponent is hitting their shot. Start moving to the ball. Stop for a split second when you hit the ball. Finally, start moving again to get ready for the next shot. To abbreviate the above information I have made an equation for the sequence of footwork (move-split step-move-stop-move).

So the next time you play a match, remember to move your feet constantly. Split step as your opponent is hitting their shot. Stop only to hit the ball. Finally, keep moving after you hit your shot. If you remember this footwork sequence you will enable yourself to play your best tennis.

From the Board

We would really like to thank Laurie Furumasu and Dan Miller for their years of service to your Board of Directors. They are being replaced by Chuck Hilsinger and Paul Kartinen for the next 2 years and Ed Baker and Linda Knapp were re-elected. The club has continued its financial recovery for 2007 with a small profit, which will probably be required for the re-roofing project as some of the bids have grown. We look forward to working on this large project for 2008 and the great improvement it will make in our club. As always, let us know if any suggestions you would like to see addressed. Hope everyone had a great holiday season and tournament!

Interclub Activities

Provided by Staff Member Margaret Fain

Cup News

The Emerald, Rainier, and Challenge Cup teams are still about in the middle as far as wins and losses go. The Classic Cup team is in 2nd place of 20 teams and the Kingco team is towards the lower end while facing lots of tough competitors. On Emerald Cup, Jesse Chute is playing tough with a 4-1 record and Karen Williams is 3-0. On the Rainier team, captain Karen Brady Smith has a 6-3 record and 2 ties. In Challenge Cup, Liz Buck is 4-1 with one tie, Tracy Lockhart is 2-0, and Janell Olson is 4-2. Melisa Biscayno has a 2-0 record on the Kingco Team. There have been plenty of exciting matches that weren't decided until the final bell rang. Our Cup teams often linger after their matches chatting and snacking, which is definitely part of the fun. The BETC staff has appreciated the leftover treats! Want to snoop around and see how a BETC team is doing? Go to www.cuptennis.com to find all sorts of Cup Tennis information.

USTA Mixed Leagues

Jesse Chute's 6.0 team is 2-1. Mary Jo Leonardson, Jesse Chute, and David Foss all have 2-0 records on that team. Lisa Battaglia's 8.0 team is 1-4. On Lisa's team, Kent Smith has a 2-0 record and Mary Rorvik is 4-1. Michael Nguyen's 8.0 team is 3-1. Michael is 2-0, Shannie Presuhn is 3-1, and Dustin Hedger is 2-0 on that team. Mike Lockhart's 9.0 team is 1-3.

Upcoming Matches at BETC

Team	Date	Time
Nguyen 8.0	Saturday, 1/5	5:00
Battaglia 8.0	Sunday, 1/6	2:00
Challenge Cup	Tuesday, 1/8	12:30
Rainier Cup	Wednesday, 1/9	12:30
Kingco Cup	Friday, 1/11	12:30
Chute 6.0	Saturday, 1/12	5:00
Challenge Cup	Tuesday, 1/15	12:30
Rainier Cup	Wednesday, 1/16	12:30
Emerald Cup	Friday, 1/18	12:30
Nguyen 8.0	Saturday, 1/19	5:00
Battaglia 8.0	Sunday, 1/20	2:00
Kingco Cup	Friday, January 25	12:30
Lockhart 9.0	Saturday, 1/26	5:00
Battaglia 8.0	Sunday, 1/27	2:00
Rainier Cup	Wednesday, 1/30	12:30

Junior News

The following are results of our BETC juniors as provided by teaching professional, Bill Bartlett.

Sprinkler Challenger:

Boys 14 singles: Nicolas Fischer participated.

Girls 12 singles: Kezia Crawley reached the final of the consolation.

December Bally Olympia Champs:

Boys 10 singles: Congratulations to Jack Smith who won the consolation event. Jeremiah Bayna participated.

Boys 12 singles: Henry Smith and Samuel Bayna participated.

Boys 14 singles: Congratulations to Dragos Puscalau who won the main draw. Spencer Herron reached the final of the consolation event. Jordan Smith and Thomas Lowes participated

Boys 16 singles: Congratulations to Nicholas Kamisar who won the event.

Girls 14 singles: Nicole Mamprejew participated.

Girls 16 singles: Amie Vo participated.

Girls 18 Kendall Bielinski participated.

Bally Christmas Challenger:

Girls 14 singles: Maggie Henderson participated.

Girls 18 doubles: Molly Henderson and Cara Usher participated.

Boys 12 singles: Jeremiah Bayna reached the final of the consolation event. Matthew Lee participated.

Boys 14 singles: Thomas Lowes reached final of the main draw and Samuel Bayna reached the final of the consolation event. Cole Jeter participated.

Boys 14 doubles: Jeremiah and Samuel Bayna participated. Matthew Lee and Erik Takami also participated.

Boys 16 singles: Congratulations to Thomas Lowes who won the consolation event and Sho Kato reached the final of the consolation event. Sam Andres participated.

Boys 18 doubles: Sho Kato and Sam Andres participated.

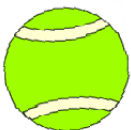
Doubles Club Championship

The first 2 weekends in February every

year are reserved for our Doubles Club Championship. This tournament is for BETC members only and those special members are treated to at least two matches, a t-shirt uniquely imprinted with the club's logo, tennis balls for their matches, and snacks throughout the event! Sounds like fun? That's not all - Those members skillful enough to win their event will have their names immortalized on our perpetual plaque! To enter, forms will soon be available at the front desk. Those members who are also USTA members will be able to enter online.

Last year we congratulated the winning members below so here is one last hurrah for them:

Jon Campbell and Lawrence Chan, Matthew Rorvik and Rick Dahlen, Dee Dee Fisher and Lawrence Chan, Marc Fournier and John Maldon, Dee Dee Fisher and Debbie Herron, Debbie and Andrew Herron, Wayne Brown and Craig Riggs, Mary Lynn Archer and Tracy Lockhart, Melissa Nguyen and Trevor Takami, Dean Rupert and Paul Yi, Diane Euting and Kim Taylor, Celia Forrest and James Cheng, Julie Ikeda and Sandy Belmondo, Spencer Herron and Mitchell Thorp, Kara Ikeda and Maggie Henderson, Maddie Belmondo and Mitchell Thorp.



Lesson Programs

Submitted by Allan Overland, Head Professional

On behalf of the entire staff here at BETC, I'd like to wish everyone a very happy new year! We plan on celebrating the new year in style, by bringing back two very popular events at your club: Prince Demo Night, and our Club Doubles Championships. At the Prince

Demo Night, held 6:30-9pm, Saturday, January 26th, members will once again get the rare opportunity of trying out the latest new Prince racquets- that have literally come off the 2008 showroom floor! Knowledgeable Prince rep Bruce Levell and long time pro shop owner Dave DeMulling will both be on hand to answer any questions you might have about these fantastic new frames, or other top of the line Prince equipment. They will be joined by the entire pro staff, which will run you through lots of different, fun-filled games so that you can try these new frames hitting all the shots. And don't forget that participants will get a special 10% discount on any Prince product! And don't miss the Club Doubles championships, with 2.5-4.5 & junior events held Friday-Sunday, February 1-3, and 3.0-5.0 events held the next Friday-Sunday, February 8-10. Your \$18.00 entry fee gets you a free tourney t-shirt, snacks and beverages and comes with a guarantee of at least two matches! Look for entry forms at the front desk soon.

Juniors - Beginner

Feb 2-23	Saturday	10-11 AM	\$43.30
Feb 2-23	Saturday	10-11 AM	\$43.30
Feb 3-24	Sunday	10-11 AM	\$43.30

Level 1 4-7 yrs
Level 1 8-12 yrs
Level 1 12-18 yrs

Intermediate

Feb 2-23	Saturday	11-12 PM	\$43.30
Feb 2-23	Saturday	9-10 AM	\$43.30
Feb 2-23	Saturday	11-12 PM	\$43.30
Feb 1-29	Friday	6:30-8 PM	\$75.50
Feb 2-23	Saturday	10-11 AM	\$43.30
Feb 2-23	Saturday	11-12PM	\$43.30
Feb 3-24	Sunday	11-12:30 PM	\$61.60

Level 2 5-8 yrs
Level 2 8-12 yrs
Level 2 8-12 yrs
Level 2 12-18 yrs
Level 2 12-18 yrs
Level 2 12-18 yrs
Level 2 12-18 yrs

Advanced

Feb 2-23	Saturday	12-1 PM	\$43.30
Feb 4-27	Mon/Wed	5-6:30 PM	\$113.4
Feb 2-23	Saturday	12-1:30PM	\$61.60
Feb 1-29	Mon 3:30-5 PM/Fri 5-6:30 PM		\$124.80
Feb 7-28	Thursday	3:30-5:00 PM	\$61.60
Feb 1-29	Friday	8-9:30 PM	\$75.50
Feb 4-25	Monday	7-8:30 PM	\$77.10
Feb 5-26	Tuesday	3:30-5:00PM	\$77.10
Feb 5-26	Tuesday	8-9:30 PM	\$77.10
Feb 1-29	Wed/Fri	3:30-5 PM	\$156.00
Feb 6-27	Wednesday	6:30-8 PM	\$77.10
Feb 7-28	Thursday	8-9:30PM	\$77.10
Feb 2-23	Saturday	3:30-5 PM	\$77.10
Feb 2-23	Saturday	6:30-8 PM	\$102.70
Feb 3-24	Sunday	8-9:30 PM	\$77.10
Feb 5-28	Tues 8-9:30 PM Thurs 5-6:30PM		\$189.00
February	Fridays	6:30-8PM	\$18/day
Feb 5-28	Tues/Thurs	3:30-5PM	\$189.00

Level 3 5-8 yrs
Level 3 8-12 yrs
Level 3 8-12 yrs
Level 3 12-18 yrs
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Level 4 12-18 yrs
Level 4 12-18 yrs
Level 5 12-18 yrs
Level 5 workout 12-18 yrs
Level 6 12-18 yrs

Adults - (Skill level in the far right column)

Feb 3 - 24	Sunday	3:30-4:30 PM	\$43.30
Feb 3 - 24	Sunday	2:30-3:30 PM	\$43.30
Feb 4 - 25	Monday	9:30-11:00 AM	\$77.10
Feb 4 - 25	Monday	6:00-7:00 PM	\$43.30
Feb 5-26	Tuesday	11:30-1:00 PM	\$77.10
Feb 6 - 27	Wednesday	12:30- 2:00 PM	\$77.10
Feb 3 - 24	Sunday	12:30-1:30 PM	\$43.30
Feb 4 - 25	Monday	11:00-12:30 AM	\$77.10
Feb 4 - 25	Monday	5:00-6:00 PM	\$43.30
Feb 5 - 26	Tuesday	7:00-8:00 PM	\$43.30
Feb 6- 27	Wednesday	11:00- 12:30PM	\$77.10
Feb 2 - 23	Saturday	8:00-9:00 AM	\$43.30
Feb 3 - 24	Sunday	4:30-6:00 PM	\$77.10

Beginner 1.0-2.0
Advanced Beginner 2.0-2.5
Intermediate 2.5-3.0
Intermediate 2.5-3.0
Intermediate 2.5-3.0
Intermediate 2.5-3.0
Intermediate 2.5-3.0
Advanced Intermediate 3.0-3.5
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Registration for these programs began in December '07. To check availability, please contact the front desk at 253-872-5545 ext 1.



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Included within this publication:

- 2008 Doubles Club Championship
- Food Bank Donations - Thank you!
- The Footwork Sequence
- New to the Club?
- Winter Leagues begin soon!

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Racquetball provides a great workout opportunity and can be accomplished in just an hour! It provides a nice social outlet and is fun! Equipment is inexpensive and court time is too. If you have an interest in learning more about the sport including how to play, but do not know where to get started, please phone Club Member Larry Kucera. Larry is ready and available to help any member become involved in this wonderful sport. His number is 206-655-1630.

Winter Leagues

Leagues will begin their winter session on January 2 for the men's singles at 3:30, men's 9.0 doubles (6:30), and the women's 4.5 doubles. The rest of the Wednesday leagues will begin on the following Wednesday, January 9. Leagues that are normally held on Thursday, Friday, Saturday etc. will begin the winter session after the 3rd.

New to the Club?

If you are new to the Club and would like to become more involved, please contact Dee Dee Fisher after the first of the year and she will help get you started. Also ask Dee Dee about getting a Club rating that you would need for some leagues.

2008 Board Members:

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