

Happy New Year

Here's to a great 2010!
Jim

All the best,
Allan

Happy New Year!
Bill

Happy New Year
& may 2010 be filled
with great returns!
Jeff

It's the most wonderful time of the year!
Ace's to all!
gretchen

Looking forward to seeing you at Hy-Front! You Best!
Barb

Happy 2010
Play lots of tennis!
Chris

Wishing you a wonderful 2010!
Janet

Yo - Have a good one!
Have a super New Year!
Jesse
DAVE

Rock & Roll on the courts in the new year!
Kay

Happy New Year!
JULIE

God Bless,
Bill

Have a happy & healthy 2010!
Janet

Best wishes,
Angie & Bob



REPORT *Court*



January 2010
Volume 16 Issue 1

www.betconline.net

253-872-5545

J Sez

Submitted by Janet Best, Manager

Please join me in welcoming long time club member Liz Buck to the BETC staff. Liz has been hired to fill our Member Services position and her responsibilities will include directing the annual club championships, administering the BETC activities and maintaining the membership share and dues accounts. Liz's experience in QuickBooks and tennis will "serve" the members well. Please look for Liz in the office area and say hello!

One of Liz's first tasks will be to run the Doubles Club Championship in late January. In this tournament members are guaranteed at least two matches, will receive a t-shirt and be treated with refreshments throughout the event. Winners will have their names engraved on the perpetual plaques dating back to 1993. The first weekend of the tournament (Jan 22-24) will be for the .5 skill levels (2.5 etc.), the juniors events for those under 13 and the mixed 6.0, 8.0 and 10.0 events. The second weekend (Jan 27-29) will be for the .0 events (3.0 etc.) and the mixed 5.0, 7.0 and 9.0. BETC's USTA members may enter online or all members may enter by dropping off their entry at the front desk. The entry deadlines are a little more than a week before each weekend so enter as soon as possible! If you would like to volunteer and help at the tournament desk, please contact Liz directly at ext. 23.

Thank you for your generous food bank donations that we received in December. As a result of your contributions we delivered 75 pounds of food. On behalf of the recipients, thank you!

Tennis Tip

Submitted by Bill Bartlett, Head Assistant

Three Drills to Improve Your Volley:

In October, I listed three of the drills that Wayne Bryan showed us during the tennis clinics that he conducted here at BETC. This month I would like to pass on to you three more drills that his sons use to perfect their volley skills. BETC's head tennis pro Allan Overland will be going over

these drills and more in February. Be sure to sign up at the front desk for this special two day tennis clinic held **Friday, February 12, 6-8 PM and Saturday, February 13, 2-4 PM.**

Here are the drills:

1) North Carolina Four Corners. This is a doubles drill that works on consistency, control and power. Start with both doubles teams at their own service line. One team must hit only down the line volleys while the opposing team must hit only cross-court volleys. Try to get as many in a row as possible or play for points. Practice hitting to your partners out side shoulder then switch and aim for their inside shoulder. This will force you to practice with greater accuracy.

2) RDC Running Volleys. This is a very aerobic drill that will help you with your lateral movement while volleying. Start with your right foot touching the doubles sideline and at the service line distance from the net. Your partner should start on the other side of the net with his right foot touching his opposite doubles sideline. With both players staying at the net simply start shuffling to the other doubles sideline. As you are shuffling across the court start the volley rally. Once you have reached the other doubles sideline shuffle back to your original starting point. See how many volleys you and your partner can get in a row then play for points. Continued on page 3



From the Board

Congratulations to our newly elected board members who will serve the club for the next two years. Welcome to Lisa Battaglia-Enthoven, Kathy Weibel, Mike Franco and Chuck Hilsinger. We will miss Linda Knapp and Ed Baker, as they have truly served the membership well. Their contributions to the club will extend well past their 4 year terms. At our January board meeting we will again elect the officers that will serve for 2010.

The board has unanimously approved a \$2.00 court fee increase commencing February 1, 2010. This increase will incorporate the sales tax increase that was not included before. We modeled our decision based on rates from the Robinswood Club and the Amy Yee Club. Even with our members paying monthly or quarterly dues, our club is still the best value in town.

Interclub Activities

Submitted by Tracy Lockhart

Mixed USTA News

The USTA mixed season is now in full swing. Our teams overall records clearly do not reflect how close BETC's matches have been thus far. Though Marissa Aragon's 6.0 team is 0-4 three of their five matches have been lost by just one court! On 12/20 they lost their match to Robinswood by losing two of the three courts in third set tie-breaks. Three of their five matches have been lost by just one court. Dan Benoit's 7.0 team is 1-2. On 12/05 they had a tough loss against the Pro Club. Robert McLean and Dana McLean had their game faces on, but lost in a third set tie-break. John Enthoven's 8.0 team has a record of 1-4. On 12/12 they had an exciting match against Robinswood. Andrea and Dustin Hedger won their court in a third set tie-break; Sachiko Ishihara-Spray and Roger Kriekenbeck took their court in two sets giving BETC the 2-1 win. Ramon Locsin's 8.0 team is 2-3. On 12/20 they had a close match against Sammamish losing 1-2. Liz Gorey and Josh Hershfield won in two tough sets, but it was not quite enough unfortunately, the other two courts lost in third set tie-breaks. Cheryl Stacey Brown's team is 2-1. On 12/05 they had a fantastic match against the Pro Club. Baraka Brown and Brenda Fitzgerald took their court in two sets. Laurie Furamasu and Emile Allard lost their first set, but ended up winning their court in a third set tie-break. Liz Gorey and Charles Trayford won the first set easily; the other team came back with a vengeance by winning the second set 6-0. Liz and Charles won their court in a third set tie-break as well securing a sweep for the BETC team.

Cup News

Rainier Cup is in the middle of the pack. Classic Cup is in second place nipping at the heels of Pine Lake Club 2. Emerald Cup is also in second place striving to catch Amy Yee Tennis Center 2. Challenge Cup has been holding steady in the middle ranks as well. There is still time for all teams to gain ground in 2010 as the season ends in March. Upcoming Matches at BETC are:

Date	Time	Team
01/09	5:00	Aragones
01/09	6:30	Enthoven
01/09	8:00	Locsin
01/12	12:30	Challenge
01/14	11:00	Classic Cup
01/15	12:30	Emerald Cup
01/17	2:00	Brown
01/21	11:00	Rainier Cup
01/22	12:30	Emerald Cup
01/28	11:00	Classic Cup



Bill Bartlett Tip from page 2 continued....

3) Forward Volley Drill. This drill is great for reflexes and it reinforces coming to the net. Start on the baseline and hit a deep high floating shot across the net that lands near your opponent's baseline. Both you and your opponent will hit volleys down the line while approaching the net. Your goal is to hit at your opponent and get to the net. Try to work on control and then power. After hitting down the line shots work on coming in on cross-court volleys. Make sure you run back to the baseline to start the next point.

I am sure these drills will help you improve your tennis game. I also would like you to be aware of how the cold winter weather affects the bounce of a tennis ball. During the winter the air temperature on the court can easily drop between 40 to 62 degrees. Recently a student of mine informed me of a science fair project his son did on the affect of cold air on the bounce of a tennis ball. I found these results very informative. A ball was dropped from a consistent 10 foot height. Measurements were taken of the bounce of a ball at 30 degrees, 40 degrees, 62 degrees and 110 degrees. A noticeable lower bounce occurred when the ball temperature was between 40 to 62 degrees. The balls lost approximately a third of their bounce in this 22 degree range.

This means during the winter months when our court temperatures can range between 40-62 degrees the ball will be bouncing much lower than usual. This is why in the winter it feels like the balls are dead. You will need to be prepared to bend a little lower and hit the ball a little harder in the winter. I want to thank Mack Duncanson for these results. I hope this will help you be better prepared for the cooler days of winter.

Club Champions - One Last Hoorah!

Below were the 2009 Doubles Club Champions. Please join us in giving them one more whoyah (!) before this years tournament starts in a couple more weeks - The champions are:

Men's 4.5 - Mike Lockhart/Andy Trinh

Men's 4.0 - Ted Hollar/Stuart Thompson

Women's 4.0 - Tracy Lockhart/Cindy Turner

Men's 3.5 - Chris Ball/Stuart Thompson

Women's 3.5 - Alyssa Nagai/Breanna Esber

Men's 3.0 - Kevin Lee/David Merz

Women's 3.0 - Kalany Benoit/Janet Rodebaugh

Women's 2.5 - Natalie Goode/Haley Zeylmaker

Mixed 9.0 - Mike Lockhart/Tracy Lockhart

Mixed 8.0 - Josh Jeter/Julie Williams

Mixed 7.0 - Ed Baker/Cindy Seims

Mixed 6.0 - Dean Kamplaine/Kumiko Kamplaine

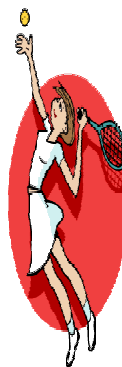
16/Under Boy's - Vineeth Omkaram/Paul Yi

16/Under Girl's - Maggie Henderson/Kara Ikeda

16/Under Mixed - James Dugan/Kara Ikeda

Adult Lesson Programs:

Sunday	4:30 - 5:30 pm	Beginner 1.0-2.0
Monday	12:30 - 1:30 pm	Advanced Beginner 2.0-2.5
Sunday	3:30 - 4:30 pm	Advanced Beginner 2.0-2.5
Monday	11- 12:30 pm	Intermediate 2.5-3.0
Monday	6 - 7 pm	Intermediate 2.5-3.0
Sunday	1 - 2:30 pm	Intermediate 2.5-3.0
Monday	5 - 6 pm	Advanced Intermediate 3.0-3.5
Tuesday	12:30-1:30 pm	Advanced Intermediate 3.0-3.5
Tuesday	7 - 8 pm	Advanced Intermediate 3.0-3.5
Wednesday	12:30-2 pm	Advanced Intermediate 3.0-3.5
Saturday	8 - 9 am	Advanced Intermediate 3.0-3.5
Saturday	1 - 2:30 pm	Advanced 3.5 & up Wimbledon Workout



Racquetball!

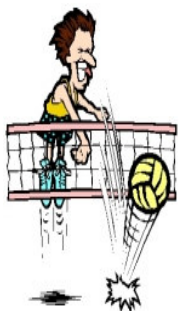
If you have an interest in racquetball but do not know where to get started, please phone Larry Kucera at 206-655-1630. Currently there is an intermediate level league on Monday night and a challenge court group on Thursday night. For more information, please call Larry.



Phoenix Escape
Member Directory Sponsor

Escape to Phoenix for a tennis and golf vacation. Contact member Monica Westbrook at 253-850-1014 or mwestbrook2@yahoo.com to rent a beautiful home in West Phoenix. The home is available for daily or weekly rentals.

Wallyball Wednesdays



Every Wednesday at 11:15 several members are meeting to play wallyball. Wallyball is a variation of volleyball played on the racquetball courts where the side walls are in play. Since our group is growing we purchased another wallyball net so that the workout will not be compromised. If you have questions, call Janet at 253-872-5545 ext 22. It's been a whole lot of fun - come join us if you can!

Membership is open! Be sure to let us know if you refer someone because we'll set you up with \$25 bucks of free court time!

2010 Directory

We are accepting advertisements from you for the publication of our 2010 Membership Directory. Ad prices are: \$25/business card size, \$45/1/2 page and \$85/full page. Please contact Janet at 253-872-5545 ext 22.

2009 Board Members:

President	Ed Baker	206-544-0451
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Vice President	Shannie Presuhn	253-887-8486
	allicatt@msn.com	
Treasurer	Linda Knapp	206-662-3805
	Linda.S.Knapp@Boeing.com	
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	bmb70@yahoo.com	
"	Chuck Hilsinger	206-244-1588
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"	Robert Ingersoll	206-772-3351
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Bookkeeper	Joanne Hanada - Ext 23 - joanne@betconline.net
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