

REPORT

Court

July, 2007
Volume 13 Issue 7

www.betonline.net

253-872-5545

J Sez

Doing BETC proud...This past weekend our teaching pro Jesse Walter won the Seattle City Open which was played at Lower Woodland Park in north Seattle! Jesse had a bye the first round but then had 5 wins, the last 3 of which were seeds. Jesse is such a pleasure to watch because he handles himself as a professional demonstrating the sportsmanship befitting of the sport. And, dang he's good!!!! One of Jesse's upcoming tournaments is the WA State Open in late July - I encourage you to take a few hours and go watch - I am sure you will be as impressed as I always am....Also congratulations to Max Manthou who is the Boys 4A State Champion! Max is a freshman(!!!), and plays out of Kentwood HS. Great job Max!

August 3 - 5 we will host the Junior A tournament and the Labor Day tournament is August 30 - Sept 3 which will be run by Allan. Whenever the club has these tournaments, the director will release any courts he does not need 48 hours in advance. So, if you are looking for a court a week ahead and they are booked for the tournament, ask to be an alternate so we can phone you when/if one opens.

The other day I scraped 2 wads of chewing gum off of court 8. Not only would the ball bounce funny if it hit it, chewing gum is simply not allowed at BETC. The teaching pros have been asked to help enforce this policy so if you are caught with gum, don't be surprised if they asked you to do a few extra push-ups.

Submitted by Janet Best, Manager

Tennis Tip Submitted by Bill Bartlett

Activate Your Quad for a Better Backhand

One of the most common errors of the backhand groundstroke is lack of power and depth. This problem is usually caused by an incorrect weight transfer. I often see a player with a

weak backhand hit the ball with most of their weight still on their back leg.

To correct the problem of hitting off your back leg during your backhand groundstroke you will need to do a few simple things. The first is to make sure that you have a wide stance during the contact point. I recommend having approximately a 3 to 4 foot width between your front and back leg. Make sure your front leg is slightly across of your back leg. As you are finishing your shot make sure that most of your weight is on your front leg. Your front leg should be bent at least two to three inches. You will notice that the quadricep muscle in your front leg will be flexing. This flexing position is good because it means that you have transferred most of the kinetic energy of your body forward into the ball.

A good way to check and see if you transferred your weight properly is to pause or freeze for a second after each backhand. Check to see if you have a wide stance and that your front leg is slightly bent. The quadricep muscle of your front leg will then be flexed or activated. If you have a narrow stance it will be difficult to activate your quadriceps. So the next time you have to hit a powerful backhand, activate the quad in your front leg. You should then be able to put your opponent on the defensive.

From the Board

It has been a long time but the club no longer has a waiting list for associate members, so now is the time to let friends know to sign up in time for fall leagues. The re-roofing project is on schedule for next summer. The club is continuing to pursue a line of credit so that in the future there are other options for funding club requirements. As always we would like to hear from members on ways to improve the club.

Interclub Activities

Provided by Staff Member Margaret Fain

USTA Mixed League Tennis

In the beginning of June, Mary Whitener's 7.0 Mixed USTA team played in the regional playoffs. Unfortunately, they lost in the playoffs in a close match in which all three courts were decided by third set tie-breakers. Competition is tough, though, and congratulations on making it to the playoffs.

USTA Adult League Tennis

The USTA season has come to an end for all but one of the BETC adult teams. Jim Thorp's 2.5 team continues their season at Nationals in California this fall. Shannie Presuhn's 3.5 team and Cindy Nomura's 3.5 team played in the USTA regional playoffs in mid-June. Unfortunately, they didn't win, but congratulations on making it to the playoffs after winning seasons. In the regular season on Shannie's team, Jan Ferrara wrapped up the season with an amazing 9-0 record, while Sue Miele was right behind her with an 8-0 record. Shannie Presuhn was 6-2, Vicki Lord was 5-1, and Janne Madsen was 4-0. On Cindy's team, Joan Edwards was undefeated with a 5-0 record. Bonnie Paasche and Mary Whitener were both 5-1 and Cindy Nomura and Mary Whitener each had 5-2 records. Fumiko Lee won all three of the matches she played in.

Teams will be formed at the beginning of 2008 for the next adult season. I hope that the BETC players enjoyed the USTA competition and the great team camaraderie that comes with being part of the team. Thanks to all of the USTA captains for stepping up during the season to keep things running smoothly.

Good luck to the BETC 2.5 team of Jim Thorp, Tony Shaheen, Daniel Benoit, David Herron, Tony Hicker, Brad Belmondo, Doug Layton, and Darren Griffin. We will be rooting for you in October when you go to Nationals!

Junior News

State High School Results:

4A Singles: Congratulations to Max Manthou from Kentwood for finishing in first place.

4A Doubles: Congratulations to Luyang Gai and Zack Ahyat from Kentridge who finished in second place.

3A Singles: Congratulations to Bryan Thorp from Kennedy who finished in 5th place and Frederick Walsh from Newport who finished in 6th place.

3A Doubles: Congratulations to Brian Jenkins who took 2nd place in doubles and Andrew Lacava from Seattle Prep for finishing in 5th place.

Congratulations to the following BETC Junior members who qualified for the State High School Tournament:

4A Doubles from Kentridge -	Chelsey White & Anna McIntosh
3A Doubles from Newport -	Michelle Miyauchi & Tomomi Matsushita
3A Doubles from Hazen -	Mark Ishimitsu & Trevor Takami
3A Doubles from Kennedy -	Jason Lim & Frazier Chan
3A Singles from Kennedy -	Connor Thorp
3A Singles from Skyline -	Nick Kamisar
3A Singles from Highline -	Jane Connelly
3A Singles from Hazen -	Melissa Nguyen

Tennis Code of Conduct

As published by the USTA

Continued from last month's Court Report.....

The highest type of sportsmanship is expected from every player! An understanding of and a commitment to the 6 points are part of your responsibility as a player in a USTA tournament. Violators of this code or its spirit are subject to disciplinary action.

3. Intentional distractions that interfere with your opponent's concentration or effort to play the ball are against the rules.
4. Spectators, including parents, friends and coaches are welcome to watch and enjoy matches. Their role, however, is clearly restricted to that of passive observer with no involvement of any kind during the match.
5. Players are expected to put forth a full and honest effort regardless of the score or expected outcome.

Lesson Programs

Summer is now in “full swing”, and we have more summer teams, workouts and special events for our members than ever before! As of this writing, there are still a few open spots for the following summer junior teams:

Champs (Monday- Thursday, 12:30-2 pm), A's (Monday- Thursday, 11-12:30 pm), Rookies Team 1 (ages 6-10, Monday/Wednesday, 2-3:30 pm) and Rookies Team 2 (ages 11-18, Wednesday/Friday, 1-2:30 pm).

And for adults, here's an early notice that our annual summer tennis camp for 3.5-4.0 level players is coming. The two-day camp will run 6-8 pm Friday, August 3, and 2-4 pm Saturday, August 4. The camp's main focus will center on competition and conditioning, so you're guaranteed to get a great workout along with some useful strategy pointers. These events/classes will fill up fast, so please remember to sign up ASAP to make sure you have a spot. See you there! Submitted by Head Professional Allan Overland.

Juniors - Beginner

Aug 1-29	Mon/Wed	2-3:30 PM	\$113.90
Aug 1-31	Wed/Fri	1-2:30 PM	\$126.50
Aug 4-25	Saturday	10-10:30AM	\$26.60
Aug 4-25	Saturday	10:30-11AM	\$26.60
Aug 4-25	Saturday	11-12PM	\$43.30
Aug 4-25	Saturday	10-11 AM	\$43.30
Aug 6-27	Monday	3-4 PM	\$43.30
Aug 5-26	Sunday	10-11 AM	\$43.30
Aug 6-27	Monday	4-5 PM	\$43.30

- Rookie Summer Team 6-10 yrs
- Rookie Summer Team 11-18 yrs
- Little Stars 4-7 yrs
- Little Stars 4-7 yrs
- Super Stars 4-8 yrs
- Young Guns 8-12 yrs
- Young Guns 8-12 yrs
- Big Shots 12-18 yrs
- Big Shots 12-18 yrs

Intermediate

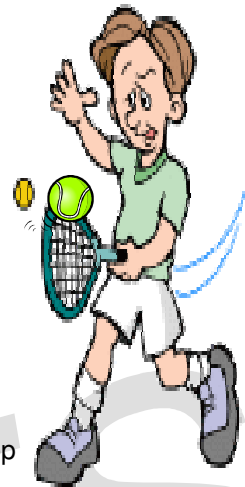
Aug 1-29	Wednesday	4-5 PM	\$53.00
Aug 4- 25	Saturday	9-10 AM	\$43.30
Aug 4- 25	Saturday	11-12 PM	\$43.30
Aug 1-29	Wednesday	5-6:30 PM	\$68.90
Aug 3-31	Friday	6:30-8 PM	\$68.90
Aug 4-25	Saturday	10-11 AM	\$43.30
Aug 4-25	Saturday	11-12PM	\$43.30
Aug 5-26	Sunday	11-12:30 PM	\$56.20

- Crushers 8-12 yrs
- Crushers 8-12 yrs
- Crushers 8-12 yrs
- Slammers 12-18 yrs
- Slammers 12-18 yrs
- Slammers 12-18 yrs
- Slammers 12-18 yrs
- Slammers 12-18 yrs

Advanced

Aug 1-30	Mon-Thurs	11-12:30PM	\$257.60
Aug 1-30	Mon-Thurs	12:30-2 PM	\$257.60
Aug 2-30	Tues-Thurs	2-4 PM	\$276.00
Aug 4-25	Saturday	12-1 PM	\$43.30
Aug 4-25	Saturday	12-1:30PM	\$56.20
Aug 2-30	Thursday	3:30-5:00 PM	\$68.90
Aug 3-31	Friday	5-6:30 PM	\$68.90
Aug 3-31	Friday	8-9:30 PM	\$68.90
Aug 2-30	Tues/Thurs	12:30-2 PM	\$132.80
Aug 6-27	Monday	7-8:30 PM	\$65.60
Aug 7-28	Tuesday	8-9:30 PM	\$65.60
Aug 1-29	Wednesday	6:30-8 PM	\$80.40
Aug 2-30	Thursday	8-9:30 PM	\$80.40
Aug 4-25	Saturday	6:30-8 PM	\$73.10
Aug 2-30	Tues/Thurs	12:30-2 PM	\$132.80
Aug 2-30	Tues 8-9:30 PM Thurs 5-6:30PM		\$148.00

- A's Summer Team
- Champs Summer Team
- Elite Summer Team
- Little Studs 5-8 yrs
- Studs 8-12 yrs
- Jr. A 12-18 yrs
- Jr. A 12-18 yrs
- Jr. A 12-18 yrs
- Jr. A Matchplay Workshop
- Jr. Champ 12-18 yrs
- Jr. Champ 12-18 yrs
- Jr. Champ 12-18 yrs
- Jr. Champ 12-18 yrs
- Jr. Champ 12-18 yrs
- Jr. Champs Matchplay Workshop
- Jr. Elite 12-18 yrs



Adults - (Skill level in the far right column)

Aug 5 - 26	Sunday	3:30-4:30 PM	\$43.30	Beginner—1.0-2.0
Aug 5 - 26	Sunday	2:30-3:30 PM	\$43.30	Advanced Beginner 2.0-2.5
Aug 6 - 27	Monday	9:30-11:00 AM	\$56.20	Intermediate 2.5-3.0
Aug 6 - 27	Monday	6:00-7:00 PM	\$43.30	Intermediate 2.5-3.0
Aug 3 - 31	Friday	4:00-5:00 PM	\$53.00	Intermediate 2.5-3.0
Aug 5 - 26	Sunday	12:30-2 PM	\$56.20	Intermediate 2.5-3.0
Aug 6 - 27	Monday	5:00-6:00 PM	\$43.30	Advanced Intermediate 3.0-3.5
Aug 7 - 28	Tuesday	7:00-8:00 PM	\$43.30	Advanced Intermediate 3.0-3.5
Aug 1 - 29	Wednesday	9:30AM-11AM	\$68.90	Advanced Intermediate 3.0-3.5
Aug 5 - 26	Saturday	8:00-9:00 AM	\$43.30	Advanced Intermediate 3.0-3.5

BETC Mailcode 85-45

Included within this publication:

- BETC's State Champion Max Manthou and many more juniors who participated!
- Jesse Walter wins the Seattle City Open!
- Memorial Day Tournament Results
- Chewing gum not allowed on the courts

Page 4

Memorial Day Tournament

Congratulations to the following winner and runner-ups in the Memorial Day Tennis Tournament held at BETC in late May. Boy's 13 & under Singles: D. Mardakov defeated T. Lowes 7-5;6-1. Girl's 13 & under Singles: K. Williams defeated M. Holdaas by injury default.

Men's 2.5S - T. Galka defeated A. Walker 6-1;6-4
Men's 3.0S - RC Clark defeated G. Nevins 7-6(4);6-3
Men's 3.5S - R. Paul defeated N. Allen 6-1;6-4
Men's 4.0S - F. Fanton defeated L. Montgomery 6-1;6-2
Men's 4.5S - A. Heier defeated M. Prang 6-4;6-4
Men's 5.0S - B. Genson defeated E. Cramer 5-7;6-3;6-0
Women's 2.5S - S. Curran defeated A. Fu 6-4;6-2
Women's 3.0S - F. Doubek defeated A. Eastham 6-3;6-2
Women's 3.5S - J. Gingrass defeated B. Paasche 6-7(4);6-3;6-1
Women's 4.0S - S. Hyde defeated B. Paasche 5-7;6-4;6-1
Men's 2.5D - Rumer/Rumer over Belmondo/Benoit 6-4;5-7;6-4
Men's 3.0D - Willis/Faino defeated Clark/Clark 6-2;6-4
Men's 3.5D - Gowen/Carpenter over Nogales/Paulette 6-2;6-4
Men's 4.0D - Vasanthraj/Kotamarti over Ahn/Ahn by default
Women's 3.0D - Chute/Forrest defeated Esber/Nagai 6-3;6-4
Women's 3.5D - White/Rogers over Almer/Armstrong 6-3;7-6(6)
Women's 4.0D - McCarthy/Hummer over Nagai/Bielinski 6-7;6-4;6-4
Mixed 6.0D - Chute/Hudson defeated Kim/Fernandez 7-6;6-4
Mixed 7.0D - Baxter/Baxter defeated Berghoff/Berghoff 6-1;6-4
Mixed 8.0D - Whitener/Rorvik over Lockhart/Lockhart 6-1;6-2

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	