

◆ Court REPORT ◆

Wayne Bryan - Clinics at BETC! September 11 - 13, 2009



BETC is extremely excited to announce a very special event coming your way: Wayne Bryan, father and coach of perhaps the greatest doubles team of all time, the Bryan brothers, will be "in the house" September 11-13th.

He will be running four clinics over the weekend, three of them focusing on doubles strategies for adults, and one for our competitive junior players.

The clinics will include:

- Four hours of informative and entertaining tennis with Wayne (4 per court max)
- Saturday Night Dessert Bar and Presentation – 6:30pm – 8pm.
- An autographed copy of Wayne's book, "Raising Your Child to be a Champion".
- A commemorative t-shirt



| | |
|-----------------|--|
| Junior Champs | Friday 5pm-7pm and Saturday 3pm-5pm |
| Adults 2.5-3.0 | Friday 7pm-9pm and Sunday 10am-12pm |
| Adults 3.5 | Saturday 10am-12pm and Sunday 12pm-2pm |
| Adults 4.0 & up | Saturday 12pm-2pm and Sunday 3pm-5pm |

BETC is offering a "pay together...play together" special to our USTA teams, Cup teams and league participants. *What a great opportunity to work on your game with your teammates!* Four members signing up together pay only \$600 per court (individuals are signing up \$160 per person).

Exclusive BETC registration begins July 1st. Registration will open to the public August 1st. Full payment must be made at time of registration. No refunds will be given but substitutions may be made. Space is limited (only 4 per court) so make your plans to register early!

Wayne Bryan has been called one of the best and may be the most entertaining coach in the game...here's your chance to come out and see for yourself why!

Hope to see you on the courts!





REPORT

Court



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253-872-5545

J Sez

Submitted by Janet Best, Manager

In the column from the board you will see that they have approved to go ahead with the court resurfacing this August. I'd like to give you a couple of early warnings:

1. New courts mark up more easily than older courts so we will be very sensitive about the tennis shoes you or your kids wear. If necessary, feel free to borrow a pair from the collection box near the lower rear entrance/exit.
2. With newer, slower courts, the surface is going to have more grip. Stay light on your feet to avoid tripping.

The court resurfacing will be done in two sections and sessions. The first week, August 10-16 courts 7-9 will be done and the second week, August 17-23, courts 1-6. All leagues within these 2 weeks are not playing but lessons will be provided as scheduled. Some block times maybe skipping at least one week and that schedule will be available July 8th. Thank you as always for your patience during these improvements.

Report submitted by, Janet Best, Manager

Tennis Tip

Submitted by Bill Bartlett, Head Assistant

The Three Ball Vertical Hitting Zone

Recently I was contemplating on how the pros get so much topspin and are still able to hit controlled deep shots. As I was pondering the mechanics of a heavy topspin groundstroke I came up with an idea on how to hit extreme topspin with depth and control. I call this idea "the three ball vertical hitting zone". The United States Professional Tennis Association (USPTA) taught me about 15 years ago about the three ball horizontal hitting zone. The three-ball horizontal hitting zone is simply imagining three tennis balls connected in a straight horizontal line over the court. Then picturing your racket strings hitting through all three tennis balls as you hit the ball. This helps you keep the ball on the strings of your racket longer, producing a more controlled and deeper shot.

The idea that came to me incorporated the control and depth of the USPTA three ball horizontal hitting zone with repositioning it to a vertical three ball hitting zone. This suddenly increased the amount of topspin on my shots significantly. As I was hitting a groundstroke I imagined the ball at contact to be three tennis balls connected in a straight vertical line. I imagined my racket contacting the front side of the ball that is on the bottom of the stack. Then I had my racket quickly rise up in a straight line brushing up each one of the tennis balls. This created a lot of topspin while keeping the ball on my strings longer. The longer a ball stays on the strings of the racket the more control and depth that are created.

Once you learn how to hit up through the three-ball vertical hitting zone you must rotate your shoulders and hips during the contact point. This rotation of your shoulders and hips will give the ball the forward force it needs to create power and depth. So with your racket traveling vertically quickly up through the three-ball vertical hitting zone and your body rotating into the ball you will create the ultimate topspin shot. This shot will have a lot of topspin, power and control. Remember the three-ball vertical hitting zone does not have to be perfectly vertical. It is used as a guideline to help you create more topspin.

So the next time you want to hit a powerful, deep, heavy topspin groundstroke imagine brushing up the three-ball vertical hitting zone. Make sure you rotate your shoulders and hips as you contact the ball. You will then be amazed how easy it will be to create topspin.

From the Board

The BETC Board approved the go ahead to resurface all 9 courts. This will be accomplished August 10 - 23. The resurface will be to the new USTA color scheme of blue court and green borders. The Board also agreed to maintain the schedule for re-roofing court 7-9 in 2011. Finally, the Board approved the Wayne Bryan Clinic to be held Sept 11, 12, & 13th. This will be a major event for BETC and an exciting opportunity to play and hear from a World Team Tennis Coach.

Interclub Activities

Provided by Staff Member Barb Whitaker

Adult USTA League

Congratulations to the following four BETC women's teams for making it to the USTA playoffs the weekend of June 19-20:

Myrna Alquiza's 2.5 team

Diane Euting and Julie Ikeda's 3.0 team

Carolyn Cruzat and Barb Cotton's 3.5 team

Jan Ferrera's 3.5 team.

Unfortunately, none of our teams are advancing.

At the time of this publication, the Senior sectionals are in progress in Sun River. We will report on the results next month.

If you have team story ideas, a tennis experience you'd like to share, or feel someone on your team deserves a special mention, please send me an email, whitfam4@hotmail.com.

Memorial Day Tournament Results

Singles

Boys 16 Naris Anukornchaikul d. Harman

Gosai 7-6, 6-4

Girls 12 Genevieve Payzer d. Theresa Huang 6-1, 7-5

Mens

2.5 Manuel Moises d. Jesse Deocampo 6-3, 6-0

3.0 Javed D'Souza d. Robert Lackey 6-3, 6-4

3.5 Erik Lim d. Christian Crijanowschi 6-1, 6-3

4.0 Johnny Chang d. Ken Wong 6-1, 6-4

4.5 Mark Johnson d. Clive Egdes 6-4, 7-6

Womens

3.5 Shana Curran d. Amyjo Merrilees 6-1, 7-5

4.0 Claire Pirie d. Kristen Dedjer-Small 6-0, 6-0

5.0 Rebecca Stapp d. Harjit Gosal 6-1, 6-4

Doubles

Boys 16 Diwan/Dugan won in a round robin.

Mens

3.0 McPherson/Thomas d. Batten/Bellerud 6-0, 6-0

3.5 Brooks/Geyman d. Ikeda/Mansfield 4-6, 6-3, 6-4

4.0 Joens/Kravchuk d. Hollar/Thompson 6-4, 5-7, 6-3

4.5 Conley/Hoy d. Johnson/Robison 6-4, 5-7, 7-6

Womens

3.5 Kimura/Kojima d. Edwards/Linebarger 6-0, 6-0

4.0 Hartmann/Hummer d. Debiec/Green 6-4, 5-7, 6-1

Mixed

6.0 Hamm/Lui-Hansen d. Takehara/Takehara 6-4, 2-6, 6-2

7.0 Asgeirsson/Stanley d. Yao/Zhang 6-3, 6-4

8.0 Lim/Weller won in a round robin

9.0 Conley/Gunstone-White d. Chan/Green 6-3, 3-6, 7-6

Junior Results

Submitted by Bill Bartlett, Head Assistant

Congratulations to all of our juniors who made the Washington State High School tennis tournament for 4A, 3A and 1A. We had 24 juniors make it to state. Way to go juniors! The 4A singles tournament was an all BETC final with Max Manthou and Matt Overland in the final. Max has won three straight 4A singles titles.

Boys 4A Singles: Max Manthou first place, Matt Overland second place.

Boys 4A Doubles: Steven Miyauchi and Zach Chen second place, Spencer Herron fifth place, Paul Yi, Vineeth Omkaram, Josh Jeter, Travis Henley and Andrew Herron qualified.

Girls 4A Singles: Amie Vo fifth place, Jasmine Singh, Kim Quach and Tess Manthou qualified.

Girls 4A Doubles: Tomomi Matsushita qualified.

Boys 3A Singles: Jordan Smith and Fraser Chan qualified.

Boys 3A Doubles: Andrew LaCava and Jason Bediones first place, Connor and Mitchell Thorp qualified.

Girls 3A Doubles: Molly and Maggie Henderson qualified.

Boys 1A Singles: Nathan Anderson second place.

We had several juniors traveling to play in Champs level national endorsement tournaments. Angela Chen won the Bremerton Girls 16 endorsement tournament. In Salem Matt Overland won the North draw of the Salem Boys 18 singles endorsement tournament. Naris Anukornchaikul won the South draw of the Boys 12 Spokane endorsement. These juniors participated in endorsement tournaments in June: Jamie Thorp, Nicole Mamprejew, Alan Kwiatkowski and Amie Vo.

BETC League Information

Submitted by Dee Dee Fisher, Member Services

Summer leagues are underway and will continue until the 11th of September. **There will be no league play while our courts are being resurfaced from August 10th through August 23rd.**

Sign up for the fall session will begin August 3rd. As a reminder, early start ratings will not be used for placement in the leagues. A free rating clinic will be held July 22nd from 5pm to 6:30pm for members who do not have a current club or USTA rating and would like to play in any of our skill specific leagues. Please call the front desk at 253 872 5545 x 1 to reserve your spot. Please contact me if you have any questions regarding the leagues you are eligible to participate in.

A Member Orientation is scheduled for July 11th at 10am for members wanting to find out more information about our club and how to get involved. Beverages and a light snack will be provided. Please contact Dee Dee Fisher at 253 872 5545 x 24 or deede@betconline.net to RSVP.

Lesson Programs

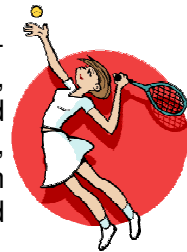
Submitted by Allan Overland, Head Professional

Summer tennis is here! We've got a lot of great group classes, teams and workouts planned for July, and many members have already signed up. But here's some good news: there is still some room in many of them. For juniors,

we are particularly pleased to present our summer junior tennis teams. We've got virtually every age and level covered: Rookies (beginner) Team I, Monday/Wednesday, 2-3:30pm, Rookies (beginner) Team II, Wednesday, 3:30-5pm and Friday, 2-3:30pm, A's (intermediate- advanced intermediate) Team, Tuesday-Friday, 11-12:30pm and Champs (advanced) Team, Tuesday- Friday, 12:30-2pm. Players get to train with one of the best coaching staffs in the Northwest, play lots of intensive games, and participate in team match play against other teams in the Auburn Valley Junior Tennis League. Everyone also receives a cool team t-shirt, and is eligible to play in the summer league tournament! To get in these and other group lessons and workouts, consult our summer junior lesson brochure (copies are available at the front desk, call the club at (253) 872-5545 and simply contact the pro of a class or team desired, and you will be helped! Allan = ext. 31, Bill = ext. 32 Jim = ext. 33, Jesse = ext. 34, Ingrid = ext. 35 and JJ= ext. 36.

For adults, we have three very special workout camps in July, as head pro Allan Overland will run his annual Jose Higuera's One Day Camps, on Sunday, July 12 (levels 2.0-2.5), Sunday, July 19th (levels 3.0-3.5) and Sunday, July 26th (levels 4.0 and up). Personally trained in depth by Jose over the past several years, Allan will share with you Jose's very best tips, particularly in the area of footwork. So if you want to learn for yourself what the top pros do on the court, and have a great workout in the process, sign up for a camp today- space is limited to only 12 players per workout.

We'll see you out there on the courts!



Summer Junior Lesson Program

Junior Lesson Programs

Level 1 - Beginner

| | | | |
|----|-----|---------|-----------|
| A | Sat | 10-11am | 4-6 yrs |
| B | Sat | 11-12pm | 5-8 yrs |
| BB | Sat | 11-12pm | 8-12 yrs |
| C2 | Sun | 9-10am | 12-18 yrs |

Level 2 - Intermediate

| | | | |
|----|-----|------------|-----------|
| D | Sat | 12-1pm | 6-9 yrs |
| E | Sat | 9-10am | 8-12 yrs |
| F | Mon | 11-12:30pm | 8-12 yrs |
| F2 | Mon | 12:30-2pm | 12-18 yrs |
| GG | Wed | 5-6:30pm | 12-18 yrs |
| G | Fri | 6:30-8pm | 12-18 yrs |
| H | Sat | 10-11am | 12-18 yrs |
| C | Sun | 10-11:30am | 12-18 yrs |

Level 3 - Advanced Intermediate

| | | | |
|----|--------------|-----------|-----------|
| M | Sat | 12-1:30pm | 8-12 yrs |
| P2 | Tues & Thurs | 12:30-2pm | 12-18 yrs |
| O | Thurs | 3:30-5pm | 12-18 yrs |
| N | Fri | 5-6:30pm | 12-18 yrs |
| P | Fri | 8-9:30pm | 12-18 yrs |
| J | Sun | 11:30-1pm | 12-18 yrs |

Level 4 - Advanced

| | | | |
|----|--------------|----------|-----------|
| Q | Mon | 7-8:30pm | 12-18 yrs |
| R | Tues | 3:30-5pm | 12-18 yrs |
| S | Tues | 8-9:30pm | 12-18 yrs |
| U | Wed | 6:30-8pm | 12-18 yrs |
| V | Thurs | 8-9:30pm | 12-18 yrs |
| W | Sat | 3:30-5pm | 12-18 yrs |
| X | Sat | 6:30-8pm | 12-18 yrs |
| Y | Sun | 4-5:30pm | 12-18 yrs |
| P3 | Tues & Thurs | 2-3:30pm | 12-18 yrs |

Level 5 - Elite

| | | | |
|----|--------------|-------------------|-----------|
| Y3 | Mon | 11-12:30pm | 10-14 yrs |
| Z | Tues & Thurs | 3:30-5 & 5-6:30pm | 12-18 yrs |
| Y4 | Mon | 12:30-2pm | 14-18 yrs |
| Z1 | Fri | 6:30-8pm | 12-18 yrs |

Summer Teams

| | Day | Time |
|----------------------|------------------|-------------------|
| Rookie Summer Team 1 | Mon & Wed | 2-3:30pm |
| Rookie Summer Team 2 | Wed & Fri | 3:30-5 & 2-3:30pm |
| A's Summer Team | Tues - Fri | 11-12:30pm |
| Champs Summer Team | Tues - Fri | 12:30-2pm |
| Elite Summer Team | Tues(2PM) - Thur | 2:30-4pm |

Fan Policy

Periodically we will hear the wane of a member shouting - Turn the fans on! The clubs policy for turning on fans is as follows:

The overhead roof top fans will be turned on if the temperature as measured at the front desk is at or above 65. If the temperature is above 70 degrees the desk will turn on the end wall fans as well. It is important to note as one member may want the fans on, others prefer just the opposite. The end wall warehouse and walk through doors should not be opened unless the temperature again, measured at the front desk is above 65 degrees. Thank you for your cooperation of this policy.

Adult Summer Lesson Program

Racquetball!

Adult Lesson Programs:

| | | |
|-----------|----------------|--|
| Sunday | 4:30 - 5:30 PM | Beginner 1.0-2.0 |
| Sunday | 3:30 - 4:30 PM | Advanced Beginner 2.0-2.5 |
| Monday | 6 - 7 PM | Intermediate 2.5-3.0 |
| Tuesday | 10 - 11AM | Intermediate 2.5-3.0 |
| Wednesday | 9:30 - 11 AM | Intermediate 2.5-3.0 (Aerobic/Skills/Drills) |
| Thursday | 10-11AM | Intermediate 2.5-3.0 (Aerobic) |
| Sunday | 1 - 2:30 PM | Intermediate 2.5-3.0 |
| Monday | 9:30 - 11AM | Advanced Intermediate 3.0-3.5 |
| Monday | 5 - 6 PM | Advanced Intermediate 3.0-3.5 |
| Tuesday | 7 - 8 PM | Advanced Intermediate 3.0-3.5 |
| Saturday | 8 - 9 AM | Advanced Intermediate 3.0-3.5 |
| Saturday | 1 - 2:30PM | Advanced 3.5 & up |
| Sunday | 5:30 - 7PM | Advanced 3.5 & up |

If you have an interest in racquetball but do not know where to get started, please phone Larry Kucera at 206-655-1630. Currently we are offering intermediate level leagues on Monday and Thursday night.



Memberships Available!

Rules governing BETC by the Boeing Recreation Council stipulate that we are not allowed to advertise memberships outside of the Boeing Company. Periodically, we ask our share members to spread the word and post flyers within the company and now we go to the greater masses of membership and also ask you to spread the word - In order to keep costs down, we need to keep membership up. All classes of membership are currently open and we look for you to help us increase the numbers. With each new membership you recruit, you will receive \$25.00 in court time - Summer has finally arrived but Fall won't be far behind and rain will come again - this is a great time to learn about the leagues, get a rating, take a group or private lesson and be ready for the Fall leagues. We appreciate your support!

Southcenter Chiropractic

BETC Directory Sponsor

"Maximize your game" with Dr. Karm Virk, BETC member. Southcenter Chiropractic is located just minutes north of BETC at the corner of West Valley and Strander Blvd. Dr Virk's office features digital 3-D orthotic foot scans. He can be reached at 425-204-1575 and at www.southcenterchiropractic.com. He is a preferred provider with most insurance companies, including Boeing Regence.

Welcome!

Please join us in welcome these new members: Juniors - Ethan & Madeline Lu and Will Kendall and new Associates - Carol Grasco, Rick Valenti, Earl Birdsall, Sharon Paige, and Barbara Smith. An orientation for new members will be on Saturday, July 11, at 10:00 AM. RSVP with Dee Dee...253-872-5545 ext 24.

2009 Board Members:

| | | |
|----------------|----------------------------|--------------|
| President | Ed Baker | 206-544-0451 |
| | Edwin.T.Baker@Boeing.com | |
| Vice President | Shannie Presuhn | 253-887-8486 |
| | allicatt@msn.com | |
| Treasurer | Linda Knapp | 206-662-3805 |
| | Linda.S.Knapp@Boeing.com | |
| Co-Secretaries | Mike Franco | 206-544-3298 |
| | bmr70@yahoo.com | |
| " | Chuck Hilsinger | 206-244-1588 |
| | cekahilsinger@msn.com | |
| " | Robert Ingersoll | 206-772-3351 |
| | robertji77@aol.com | |
| " | Jim Hornsby | 253-740-2764 |
| | james.k.hornsby@boeing.com | |

Club Contact Information:

| | |
|------------------|--|
| Club Phone: | 253-872-5545 Front Desk Ext 1 |
| Manager: | Janet Best - Ext 22 - janet@betconline.net |
| Head Pro: | Allan Overland - Ext 31 - allan@betconline.net |
| Member Services: | Dee Dee Fisher - Ext 24 - deedee@betconline.net |
| Bookkeeper | Joanne Hanada - Ext 23 - joanne@betconline.net |
| Club Fax #: | 253-872-9297 |