



REPORT

Court



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253-872-5545

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Submitted by Janet Best, Manager

Effective the 1st of May, Chris Zavada will no longer be working at BETC. Chris would normally be found at the front desk a weekday and Saturday mornings. With her second son headed off to college, Chris recently took a part time position in the office at Auburn Dairy Products. Chris has been a great resource to me and will be missed not just for the work, but for her personality. Chris began at BETC in 2004.

Picking up the hours left behind by Chris at the front desk will be long time member Debbie Herron. As we sadly say goodbye to Chris, join us in greeting Debbie in her new role.

Last month, we distributed a survey asking how you utilize BETC. If you haven't had the opportunity to fill one out but would still like to, the survey is available online at www.betconline.net or across from the front desk at the tennis club. It will only take a couple of minutes to fill out and your input will help us determine and serve your needs to the best of our ability.

This spring/summer we plan on replacing the tables and chairs in the mezzanine area. Carol Samek-McKinley has volunteered to head up the committee to shop - and if you would like to help out, it would be appreciated. Go ahead and give Carol a call directly at 253-939-2724.

Check out the What's Happening board at the club. There you will see our USTA teams' standings in the league.

Tennis Tip

Submitted by Bill Bartlett, Head Assistant

How to Improve Your Volley

The volley can be one of the most difficult shots to master in tennis. One of the reasons for this difficulty is reaction time. You simply have less time to react to a volley. With the

proper volley technique you can increase the amount of time you have to react.

To increase your reaction time at the net you need to start out with the continental grip. Make sure you are holding the racket with your wrist locked and up. As the ball approaches, pivot your shoulders with a short backswing. Contact the ball out in front of you. Step into the volley at the same time you contact the ball. You should use a crossover step. Your foot should hit the ground at the same time your strings contact the ball. This will enable you to get more power.

It is important to use your non-dominant hand on your volley. For a right-handed player your left hand should support the weight of the racket during the preparation phase of your volley. I recommend having your non-dominant hand placed at the throat of the racket (midpoint of your racket). You will be able to maneuver your racket easier and faster at its midpoint.

So to improve your reaction time at the net make sure you use the proper fundamentals. Start out with the continental grip. Have your wrist locked and up. Pivot your shoulders and utilize your non-dominant hand. Step into the volley at the same time you make contact and use a cross over step. You will then realize the volley is actually an easy shot.

From the Board

From time to time, members have questioned the practice of having "family" memberships rather than "single" memberships with incremented dues for additional family members. Currently with "family" memberships, the participation of all family members is covered by their court time so that the combination is more for bigger families. The Board feels that the "family" membership approach best represents the overall membership of BETC at this time.

Interclub Activities

Submitted by Tracy Lockhart

USTA

The adult USTA season is in full swing. With BETC's seventeen USTA teams the gamut of emotions have been experienced from heartbreak, disappointment, and frustration, to excitement, elation, and happiness.

USTA Men

3.0 Rao 1-5
3.5 Thorp 3-0
3.5 Sherman 1-3
4.0 Risch 2-2
4.0 Renken 1-3
4.5 Brown 4-2
4.5 Lockhart 1-1
5.0 Nguyen 0-2

USTA Women

3.0 Hughes 2-3
3.0 Williams 3-2
3.0 Ikeda 4-0
3.5 Bear 1-2
3.5 Euting 4-2
3.5 Cruzat 3-2
4.0 Sasaki 2-4
4.0 Yu 2-3
4.5 McIntosh 4-1

Jim Thorp and Julie Ikeda's USTA teams currently are undefeated. Way to go Weekend Warriors and Smart Aces! Keep up the competitive spirit and teamwork.

Notable Individual Achievements

Anthony Lo and Mike Tran are members of Bill Sherman's 3.5 team. They had a match on 04/24/10 and won their court in a seesaw match of 6-1, 0-6, 1-0 helping their team to secure a win for the day.

Dung "Yo" Nguyen plays on Dale Nguyen's 5.0 team and lost his singles match in a third set tiebreak on 04/25/10. Yo, we applaud your effort.

Cruzat's Cruisers had a match on 04/24/10. Barbara Cotton and Lorie Maldon played doubles and won in a third set tiebreak securing a win for their team.

Diane Euting's "Strung out" team barely lost their 04/25/10 match 2-3 having three third set tiebreaks. Helen Beckley at singles and Kristi Dugan and Gail Jenkins at number three doubles all put in gallant efforts. Lisa Lucas and Karen Brady Smith won in their exciting third set tiebreak.

Jan Yu's 4.0 team had a match on 04/25/10. Carol Turek and Janet Stallman won their doubles court in a third set tiebreak. Unfortunately, Jan Yu and Sachiko-Ishihara-Spray lost their court in a tough third set tiebreak.

Julie Ikeda's Smart Aces 3.0 team had a match in Bellingham on 04/24/10. The team had quite a successful road trip with shopping, eating, staying at a hotel and winning their match to boot. Julie Brumley and Debbie Lacayo played in their first ever team USTA match. They lost in a third set tiebreak, but according

Continued on page 4

Tennis Activities

Submitted by Liz Buck, Member Services

Membership to BETC is open. Please tell your friends and colleagues that tennis is a life long sport and the time is right to join BETC. Anyone interested can look on the BETC website; www.betconline.com to browse the membership options. You can also print out the standard membership application. We are having an Open House on for prospective members on Monday June 7th from 4:30 to 6:30. Please encourage anyone interested in tennis, racquetball and/or wallyball to come down and have a look at our club.

In May we have a few things to look forward to; Mothers Day, Summer League Sign-ups, the May Social, and the Memorial Day Tournament. For Mother's Day I suggest giving a gift that continues to give. Court cards, stylish new tennis bags and tennis lessons are just a few great gift ideas offered at BETC! .

Summer League sign ups will start on Monday the 17th of May and end the 6th of June. The May Social will be Saturday, May 22nd. Look for Allan's announcement on page 3 of this newsletter. It sounds like fun!

The Memorial Day Tournament, as always will be an exciting tournament that runs from May 27 to the May 31st. I hope that many of you are planning to participate. The entry deadline is Monday May 17th.

I would like to take this opportunity to remind spouses, parents and friends of a few guidelines we should follow when watching matches. As a spectator, do not coach or talk to your player. Feel free to applaud when EITHER player makes a good shot. Please do not applaud when the opponent makes an error or misses an easy shot. I know we are happy that our player won the point but only clap when he or she hits a winner or after a really great rally. Do not get upset and say something if the opponent makes a bad call. After the match, focus on all the things the player did well. Do not forget to laugh and have fun. To win is great...to compete is greater...to love it, is the greatest!

See you on the courts!

Lesson Programs

Submitted by Allan Overland, Head Professional

Members, we have some more great tennis coming your way in May! Adults 18 years of age and up (and playing level 3.0 and higher) are warmly invited to join us for the Mixed Doubles Challenge potluck social, held Saturday, May 22nd, from 6:30-9 pm. Head pro Allan Overland will place you in some exciting organized round robin match play- for three 45 minute sessions. Note: handicaps will be utilized. In between each session, all players will take a 10-15 minute snack break where you can have some delicious snacks, and visit with the other participants. At the end of the evening, all results will be tallied; the players with the top four scores will win some great tennis prizes courtesy of Dave's Racquet Shop. The cost for this special event is just \$7.00- and please bring a tasty finger food; we'll provide the beverages!

Calling all adult players 3.5 and up looking for a great workout on Saturdays: the Club's long running Wimbledon Workout- limited to only six participants- is a high geared class that runs every Saturday from 1-2:30pm. Players are challenged with **both** some great drills and fast paced games. The neat thing about this weekend workout is that players may participate either each time or occasionally drop in when their schedule permits. As ever, sign up for these and other activities and lessons at the front desk. See you out on the courts!

Junior Lesson Program

Level 1 - Beginner

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

Level 2 - Intermediate

D	Sat	12 - 1 pm	6-9 yrs
E	Sat	9 - 10 am	8-12 yrs
G	Fri	6:30 - 8 pm	12-18 yrs
H	Sat	10 - 11 am	12-18 yrs
C	Sun	10 - 11:30 am	12-18 yrs

Level 3 - Advanced Intermediate

L	Mon/Wed	5 - 6:30 pm	8-12 yrs
M	Sat	12 - 1:30 pm	8-12 yrs
N	Mon 3:30-5/Fri	5 - 6:30 pm	12-18 yrs
O	Thurs	3:30 - 5 pm	12-18 yrs
P	Fri	8 - 9:30 pm	12-18 yrs
P2	Sat	6:30 - 8 pm	10-14 yrs
	Sun	1:30 - 3:00 pm	
J	Sun	11:30 - 1 pm	12-18 yrs

Level 4 - Advanced

Q	Mon	7 - 8:30 pm	12-18 yrs
R	Tues	3:30 - 5 pm	12-18 yrs
S	Tues	8 - 9:30 pm	12-18 yrs
T	Wed/Fri	3:30 - 5 pm	12-18 yrs
U	Wed	6:30 - 8 pm	12-18 yrs
V	Thurs	8 - 9:30 pm	12-18 yrs
W	Sat	3:30 - 5 pm	12-18 yrs
X	Sat	6:30 - 8 pm	12-18 yrs
Y	Sun	8 - 9:30 pm	12-18 yrs

Level 5 - Elite

Z	Tues / Thurs	8-9:30/5-6:30 pm	12-18 yrs
Z1	Fri	6:30 - 8 pm	12-18 yrs
Z2	Tues/Thurs	3:30-5 pm	12-18 yrs

Junior Results

Submitted by Bill Bartlett, Head Assistant

Congratulations to Wyatt De-Mulling who qualified for the USTA Boys National 12 Championships. 128 top juniors from around the country competed. He traveled all the way to Delray Beach Florida to compete. It was Wyatt's first clay court tournament. Wyatt won one singles match. Jamie Thorp also qualified for the National Boys 14 Easter Bowl Championships held in Rancho Mirage California. Jamie won one doubles match. The Easter Bowl is one of the most prestigious juniors events in the country.

Several of our juniors won events at the Seattle City Junior tennis Championships. Vivian Glozman won the Girls 14 singles and Angela Chen won the Girls 18 singles. Both Vivian and Angela won their events with out losing a set.

Alan Kwiatkowski won the Boys 14 singles. Henry Smith played for nearly 3 hours defeating the player who upset the number one seed in the Boy's 14 singles. In the Boys 16 singles Joe Kwiatkowski reached the finals while Alex Noyes reached the finals of the consolation event. Matt Overland reached the finals of the Boys 18 singles.

These juniors also participated: Jeremiah Bayna, Naevin Anukornchaikul, Vincent Vioria, Cole Jeter, Jordan Smith, Thomas Lowes, Nathan Anderson, Dragos Puscalau, Theresa Huang, Liezel Villanueva and Gigi Payzer.



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



Suggestions or ideas?... What's a great tip for a forehand slice or does that leaky faucet need fixing?... Just a couple of silly examples of suggestions that we could or should hear.... Please send an email to Janet or Allan at the links provided (janet@betonline.net - allan@betonline.net) or go to the website and fill out the form - www.betonline.net/contactus.php

**Wallyball Wednesday's -**

Come join us at 11:30 every week for a great workout in a game very similar to volleyball!

Cont. from page 2 Interclub Activities by Tracy Lockhart. to captain Julie Ikeda, "They played great!" The match was tied up until the last singles match. Gina Layton pulled it out in a nail biter, finally winning her court in a third set tiebreak 10-6. The Smart Aces are in first place in their division, but even better, they are having a great time along the road to victory!

Jennifer McIntosh's 4.5 team had a match on 04/17/10. Kay Lorrain in singles and Ramona Schraeder and Susan Sturgell in doubles won third set tiebreaks helping to secure a win for the team.

Baraka Brown has played four third set tie-break singles matches this year and has been successful in every one.

Each match has its own drama, thrills and chills and only the players and spectators are lucky enough to experience all of the excitement firsthand. Come check out the "What's Going On" board on the mezzanine to find match times, dates, and results.

Advertise in our Directory

BETC is not comprised of Boeing employees alone. We have carpenters, plumbers, electricians wine makers, and seamstresses and more. If you are a local business owner we would appreciate you buying an ad in our next membership directory. Ads sell for \$25 (business card size), \$50 for a half page, and \$90 for a full page. Thank you for contacting Janet to submit your ad.

Racquetball!

If you have an interest in racquetball but do not know where to get started, please phone Larry Kucera at 206-662-7452. Currently there is an intermediate level league on Monday night and a challenge court group on Thursday night. For more information, please call Larry. WOW - What a great sport racquetball is!

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