



# REPORT

*Court*



November 2009  
Volume 15 Issue 11

[www.betonline.net](http://www.betonline.net)

253-872-5545

## J Sez

Submitted by Janet Best, Manager

We welcome your donations for the Kent Food Bank. A collection bin is in the upstairs mezzanine for non perishable items.

When the sun shines on the racquetball exit door the door expands making it more difficult to turn your key. To make it easier to open, push the door slightly with your left shoulder while you turn your key - You will then notice the key will turn easily. Periodically on this door or the rear keyed door, I will see the bolt turned allowing anyone access - for your own safety and the security of the building, we need to keep these doors shut all the way.

The blue recycling bins are for clean recyclable products only. Thank you for helping us be a more ecologically responsible club.

Throughout the course of a month, Allan, Dave in the Pro Shop, Dee Dee or I will distribute information emails to the clubs email group. If you would like to receive these emails, please let staff know and they will add you to the distribution list.

Dee Dee Fisher who has been our Member Service employee the past 2 years is leaving BETC to get back into the mortgage business. Dee Dee has done an awesome job with the leagues and billing and we will miss her!

## Tennis Tip

Submitted by Bill Bartlett, Head Assistant

### "The Pure Volley"

The volley can either be one of the most difficult shots to master or one of the easiest shots to learn. It all depends on how good your technique is. Most players swing too much on the volley and try too hard. The key is to simplify your volley and relax.

I would like to give you an easy method to use when improving your volley. First start with the continental grip and make sure your hand is relaxed. Have your racket in front of you, with your dominant hand slightly higher than your belly button. Your racket should be at a 45-degree angle

above the court. As the ball approaches make sure you pivot your shoulders and hips. This is called the "core muscle turn." Your racket head should be slightly above the level of the ball. In a constant downward slope make contact with the ball. Your downward sloping stroke should consist of an approximate six-inch backswing and 6-12 inch follow-through. In all, your racket will travel approximately 18 inches. The strings of your racket should be slightly open during the swing to create underspin. It is imperative that your racket and string angle travel through the stroke in a constant uniformed motion. Wayne Bryan calls this motion on the volley "the pure volley."

When watching great players like the Bryan brothers you will notice that on their volleys their rackets hit through the ball with a minimum amount of movement. Club players often volley with a lot of unneeded movements. They often chop or cup their wrist at impact during the volley. These added movements are called "impurities." So to improve your volley hit through the ball with no extra movements or "impurities." Get rid of the impurities just like a goldsmith forming 24 carrot gold.

So the next time you practice volleying get rid of the impurities and hit the 24-carrot gold "pure volley." You will then see your volleys improve.

## From the Board

Policies are being discussed in case of water release from the Howard Hudson Dam. A flood action plan has been put in place for 72, 48 and 24 hour notifications.

The Inaugural Board of Directors Senior (50+) tournament is right around the corner. It starts at 2:00 PM on Friday the 27th of November. This later start time supports those of us who like to shop at the 3 AM sale, take a nap and then play tennis. Because all of the proceeds will go directly to the club, volunteers of any age will be needed to help with this upcoming event. Also anyone wishing to donate a door prize, please contact Shannie Presuhn at 253-887-8486. It's going to be fun!

## Interclub Activities

Submitted by Tracy Lockhart

### USTA

The senior USTA season is coming to a close. Congratulations to David Herron's Senior 3.5 team for advancing to the local play-offs which will be held the weekend of November 13<sup>th</sup>. The Senior Warriors finished the season with a winning record of 6-1. The doubles team of Tony Shaheen and Mark Weiser had an amazing record losing only one match out of six.

Mary Lynn Archer's 3.5 Senior team is undefeated thus far. They have one match remaining to play. With a win they will secure a spot in the local play-offs. Additionally, team members Jan Ferrera, Sue Miele, and Mary Lynn Archer have not lost a match all season.

Roger Risch's 4.0 Senior Team is also going strong. They have a 7-1 record with two matches remaining to play that are on November 1 against Harbor Square and against Stanwood On November 8. The doubles duo of Josh Hershfield and Marcus Balou have enjoyed a spectacular 5 win match record.

The Adult Mixed USTA season is just getting under way. Stay tuned for updates and results in next month's newsletter.

### Cup News.

The cup season is well under way. BETC's Emerald Cup is currently in 1st place out of 22 teams; Classic Cup is in 8<sup>th</sup> place out of 22 teams; Rainier Cup is in 9th place out of 24 teams; Challenge Cup is in 10<sup>th</sup> place out of 22 teams.

Upcoming Cup Matches at BETC:

Date	Time	Cup
11/03	12:30	Challenge
11/05	11:00	Rainier
11/10	12:30	Challenge
11/13	12:30	Emerald
11/19	11:00	Rainier



Announcements:

- The BETC mailing address is: 6727 South 199 Place - Kent, WA 98032. (Our mail has gone to a Kent PO Box but effective 10/26 we submitted a change of address to the newly installed mailbox on BETC's property).
- The Doubles Club Championship will be the last two weekends in January next year - Please save the dates of January 22-24 and 29-31, 2010.
- Class registration for the junior lesson programs begins this Thursday, November 5. Sheets will be posted on the wall near court 7.
- If you would like private instruction and have not been able to schedule it, please contact Allan. He is initiating an email list for private lesson cancellations. Allan-253-872-5545 ext 31 or allan@betconline.net.

## Club to Open at 6:30 AM

Effective Saturday, November 14, we are going to offer 6:30 AM courts Monday through Saturday. This was as a results of a quick online question sent to the membership distribution list. These hours will continue through the busiest of the indoor season which goes through March. To participate we ask that you make a reservation by 7:00 PM the night before. When making the reservation for a weekday court, staff will ask you to arrive by 6:35 AM. This is so that the club can be secured (locked up) and early morning maintenance of the facility be accomplished.

## Special Event Information

Submitted by Dee Dee Fisher, Member Services

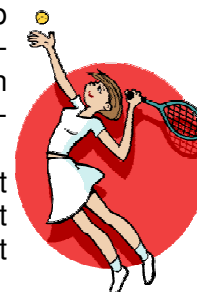
The Singles Club Championship will be held over the first two weekends in November. If possible, I will be opening up courts for reservations once the draws are complete. Look for results and our new club champions on our website at the conclusion of the tournament.

Winter league sign up will begin the week of November 16<sup>th</sup>. Please stop by or call the club after 8am for leagues starting prior to 3:30pm on the day of the league or call after 2pm for leagues with a start time of 3:30pm or later. The last day to sign up is December 6<sup>th</sup>.

The winter session will run January 4<sup>th</sup> through March 28<sup>th</sup> and typically has the highest participation from our members. Please keep in mind these league rules. First, you can only participate in two "prime time" leagues. Those are leagues that run from 5pm to 9:30pm Monday through Thursday. Secondly, every eligible member that signs up must be placed in at least one league before another member will be placed in two leagues of the same gender.

You will notice a new box on the sign up sheets to indicate your first and second choice of league if you have signed up for more than one in "prime time". This will help the league coordinators in placement. Also, please fill out the sign up information completely and legibly, including your email address.

Please feel free to contact me if you have any questions about the leagues or activities here at BETC.





**Adult Lesson Programs:**

Wed	11 - 12 pm	Cardio Tennis (all levels)
Thursday	11 - 12pm	Cardio Tennis (all levels)
Saturday	9 - 10am	Cardio Tennis (all levels)
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	6 - 7 pm	Intermediate 2.5-3.0
Tuesday	12:30 - 1:30am	Intermediate 2.5-3.0
Wednesday	12:30 - 2pm	Intermediate 2.5-3.0
Sunday	1 - 2:30pm	Intermediate 2.5-3.0
Monday	11 - 12:30pm	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
Wednesday	11-12:30pm	Advanced Intermediate 3.0-3.5
Saturday	8 - 9am	Advanced Intermediate 3.0-3.5
Sunday	5:30 - 7pm	Advanced Intermediate 3.0-3.5
Saturday	1 - 2:30PM	Advanced 3.5 & up Wimbledon workout
Saturday	8 - 9am	Adv 4.0 & up Skill of the Week 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.



**Minuteman Press**

BETC Directory Sponsor

Club member Ken Sharp owns Minuteman Press in Kent. Ken published last years membership director and is a full service print shop. Please contact Ken at 253-852-6020 or check them out online at [www.fineprintcompany.com](http://www.fineprintcompany.com)

**Court Buckets Hanging on Nets**

The court buckets that hang from the tennis nets are (as identified) for either trash or tennis balls. We appreciate it when members contribute their old tennis balls because they are collected and depending on their health go to 1 of 3 locations: The teaching baskets for the lesson program, the ball machines, or to individuals who have requested them. To fill the needs of those who have asked for them, we cycle through a list of about 150 people! The balls may be found on walkers in nursing homes, chairs or desk legs in class rooms, a variety of different art projects or for dogs. We would appreciate that once the balls land in these buckets that you do not take them but if you would like to get on our distribution list, please ask the front desk person to add your name to the list. Thank you very much!

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
	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
	bibr70@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