



REPORT

Court



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253-872-5545

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Submitted by Janet Best, Manager

I just wanted to let you know the board and I are fully aware of the flooding dangers that exist this fall/winter/spring in the valley and we are researching the best options to protect BETC. The club's course of action will be made available soon.

With the weather unfortunately turning wet and indoor tennis at a premium, I'd like to remind you about your reservation privileges and provide you with some ideas to increase your chances of getting the court time you desire. In non prime time (all operational hours except 5 – 9:30 PM Mon-Thu) members may have as many reservations as they desire within their reservation privileges. After 8:00 AM, share and associate members may book 7 days in advance, B330's 5 days in advance, and junior affiliates 3 days in advance. Court availability is updated 3 times a week and available at the counter or online at <http://www.betconline.net/courts.html>. If the court time you want is not available, ask to be placed on the alternate list, I'd estimate that we are able to re-book 30% or more of the courts from the alternate list. If you need to cancel the court please contact us at least 48 hours in advance. This gives us enough time to get a hold of another member.

The Singles Club Championship will be held the first two weeks in November and the Doubles Club Championships the last 2 weeks in January, 2010. The Doubles is moved up a bit to avoid Valentines Day and the Super Bowl - Mark your calendar!

Tennis Tip

Submitted by Bill Bartlett, Head Assistant

Drills to Improve Your Tennis Game

In September the BETC hosted the Wayne Bryan tennis clinics. It was a tremendous success. Wayne has helped his sons develop into the number one ranked doubles team in the world. He showed us many of the drills he uses to develop consistency, control, movement and power. The following drills can be done in about 15 minutes, in either an offensive mode or defensive mode. Here is just a sample of these drills:

1) Alley rally. Just as it sounds, practice hitting your groundstrokes in the doubles alley to your partner.

Try to get 7 in a row. This will improve your down the line defensive consistency. To practice your offensive game, try to win 7 points against your partner hitting only in the alley. Make sure you only hit backhands or forehands during the drill. Once you finished the forehand down the line drill then switch to the backhand down the line drill.

2) Cross-court quadrant. Practice hitting deep cross-court forehands to your partner.

See if you and your partner can hit 7 in a row past the service line and cross-court. This is called the cross-court forehand quadrant. Make sure that you hit only forehands. To work on your offensive game, try to win 7 points against your partner hitting only in the cross-court forehand quadrant. Then switch and work on your backhand cross-court shots.

3) Butterfly. This drill is great for control, movement and conditioning. One player hits only down the line shots while the other player hits only cross-court shots. Try to aim in the deep quadrants of the court. Use only the singles boundaries and after a few minutes switch. You will find the player hitting down the line will be doing a lot more running. That is why in singles you want to avoid hitting too many shots down the line.

These are great drills to improve and sharpen your game. Remember it is important to have a purpose when practicing. This is how the pros practice. They utilize dynamic (movement) drills, while working on consistency, control and power. So give these drills a try and you will see your game improve.

From the Board

The club is actively looking into the purchase of flood insurance and a possible barrier in regards to the Howard Hanson dam issue. Everyone is trying to quickly come up with a BETC working plan due to the coming rainy season. There are 2 -two hour informational seminars that are being held at the ShoWare center in Kent. Those dates and times are: Saturday, October 3rd from 9-11am and Thursday, October 8th from 6-8pm. You may want to attend if you live, work or travel in the Kent valley.

Interclub Activities

Submitted by Tracy Lockhart

USTA Senior League Tennis

The season for senior tennis is off and running with many exciting results. Mary Lynn Archer's 4.0 team and Roger Risch's 4.0 team have winning records of 4-0. Dave Herron's 3.5 team has also started the season with a stellar record of 3-0. They had a nail biter on Sunday, September 27th winning the match in a third set tiebreak.

Other results are as follows:

Team	Captain	W-L
3.0 M	Kono	1-4
3.0 W	Olsen	1-5
3.0 W	Aragones	1-5
3.5 W	Cotton	1-1
3.5 W	Larson	3-1
4.0 W	Paasche	1-4

Super Senior Teams

Carol Samek-McKinlay's team is 3-2 and Mary Jo Leonardson's team is 1-2.

More Matches to watch at BETC:

Date	Time	Captain/Team
10/03	2:00	Paasche
10/03	6:30	Cotton
10/04	12:30	Aragones
10/04	2:00	Olsen
10/04	2:00	Archer
10/04	8:00	Herron
10/10	2:00	Paasche
10/10	6:30	Cotton
10/11	12:30	Herron
10/11	2:00	Olsen
10/11	8:00	Risch
10/17	2:00	Larson
10/17	6:30	Cotton
10/18	12:30	Risch
10/18	2:00	Brown
10/24	5:00	Risch
10/25	2:00	Olsen
10/31	2:00	Herron



Cup News

The long Cup season started in September and all of BETC's teams have played at least one match. Look for team standings and results in upcoming newsletters.

Upcoming Matches at BETC

Stop by the club if you want to cheer on one of the BETC cup teams.

Date	Time	Team
10/08	11:00	Classic
10/09	12:30	Emerald
10/13	12:30	Challenge
10/15	11:00	Rainier

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10/16	12:30	Emerald
10/22	11:00	Rainier
10/29	11:00	Classic

The Calcutta which was scheduled for the weekend of September 25th was postponed due to numerous calendar conflicts. Look for future news regarding The Calcutta as it is a very fun social event.

I was lucky enough to attend the Wayne Bryan clinic over the weekend of September 11/12. Besides the extremely effective drills that were shown to us and are mentioned in this newsletter it was as added bonus getting to watch all of our BETC pros in action demonstrating these drills. Watching our pros reinforced how lucky we are at BETC to have such a great teaching staff. Mr. Bryan was very animated and his enthusiasm and love of the game was contagious leaving everyone in attendance with the desire to be a better tennis player through hard work and practice. Kudos to head pro, Allan Overland, and the rest of the BETC staff for making this weekend an unforgettable event. In addition, many thanks are owed to member Ray Broome for helping get Mr. Bryan to make the trek to BETC and the Pacific Northwest for the weekend. Ray is a long time friend of Wayne's and it was amusing listening to their banter back and for over the two days. This event was truly the chance of a lifetime.

Special Event Information

Submitted by Dee Dee Fisher, Member Services

Time is fast approaching for the **2009 Singles Club Championship**. The 2.5, 3.5, 4.5 and Junior events will be held November 6th - 8th. Deadline to enter is Thursday, October 29th at 8pm. The 3.0, 4.0 and 5.0 events will be held November 13th - 15th. Deadline to enter is Thursday, November 5th at 8pm.

The cost is \$18 per event, this includes a minimum of two rounds, snacks, a 2009 Singles Club Championship T-shirt and the chance to get your name on the BETC perpetual plaque.

Entry forms will be available at the front desk soon! Online entry is currently available.

Please contact me if you have any questions regarding leagues, the tournament, or any other club activities.

Please feel free to contact me if you have questions about any of the activities here at the club. I'd be happy to help you get involved - 253-872-5545 ext 24.

Adult Lesson Programs:

Wed	11 - 12pm	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

Wallyball Wednesday!

At 11:00 every Wednesday, in the racquetball room, come join Janet Best, Herman Chin Cliff Green, Katie Haley, and Debbie Herron, for WW or otherwise known as, **Wallyball** Wednesdays. They have a great time rallying the ball back and forth until 12:30. It has proven to be great exercise and a really good laugh for the group.

**Food Bank**

Donations Welcomed

We have set up a box in the mezzanine to receive your food bank donations. We realize that we are starting a bit early this year but there are a number of people in need. According to the food bank, the most needed donations are:

- | | |
|--------------------------|---------------------|
| 1. Peanut butter | 7. Canned pineapple |
| 2. Canned peas | 8. Spam |
| 3. Canned corn | 9. Canned chicken |
| 4. Canned green beans | 10. Canned tuna |
| 5. Canned fruit cocktail | 11. Canned meat |
| 6. Canned peaches | |

We will appreciate whatever you can give that is non-perishable.

Memberships Available

Welcome New Members!

All memberships are currently open! If you refer anyone to BETC, ask them to put your name on the application so that we can give you \$25.00 in court time!

We would like to welcome the following new members: Brian and Silvia Colby, Jesse Dominique and Cheri Cornwell, who are new share members. Robert Warden, Patrick Donahue, Barb O'Halloran, Sharon and Jeff Kenyon, Porter Fernandez, Yami Sherman who are new associates. Tyler Van Grunsven, Sasha Carter, Jelana and Kristina Stevanovic, Tajana Vujic, Miranda Edwards, Thomas Adamson, Zack and Ben Elliott all new junior affiliates.

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"Allow me to assist you with your real estate goals ... and dreams." See member Jane Worden, realtor, for your real estate needs at Northwest Realty Associates.

Contact her at 425-277-9141 or on the web at www.janeworden.pnwrealty.com

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