



# Last Chance....

# Wayne Bryan Clinics

# September 11 - 13.



B.E.T.C. 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 at BETC September 11-13<sup>th</sup>.

He will be running four clinics over the weekend. Two of them focusing on doubles strategies for adults, and two 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



<b>Junior Champs</b>	<b>Friday 5pm - 7pm and Saturday 3pm - 5pm</b>
<b>Junior Challenger</b>	<b>Friday 7pm - 9pm and Sunday 10am - 12pm</b>
<b>Adults 3.0 - 3.5</b>	<b>Saturday 10am - 12pm and Sunday 12pm - 2pm</b>
<b>Adults 4.0 &amp; up</b>	<b>Saturday 12pm - 2pm and Sunday 3pm - 5pm</b>

BETC is offering a “pay together play together” special to USTA and Cup teams. *What a great opportunity to work on your game with your teammates!* Four players signing up together pay only \$600 per court (individuals are signing up \$160 per person - Non members should add \$25.00 per player.)

Registration is now open to the public. 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.

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





# Court REPORT



## J Sez

Submitted by Janet Best, Manager

This is your very last chance to register for the Wayne Bryan Clinics which will be held in a couple of weeks. Allan has secured one of the world's most impressive coaches to come to us at our wonderful club! Don't delay - come on down and register - we know you won't be disappointed.

Phyllis Gill is going to run the USTA Mixed league again. Registration will begin very soon. The season will be October 30 through the end of February. I will forward any info Phyllis provides to last year's captains. If you would like to be added to that distribution list, please give me a call or shoot me an email.

We hope that you are enjoying the new court surface!...Because there is a lot more grip to them, the tennis ball fuzz is going to be more evident. The first few weeks it won't be uncommon to even see it sticking to the courts during play. To help minimize the accumulation of fuzz, we would really appreciate it if you do not use extra duty tennis balls. There is more felt on extra duty balls and they will make an even greater mess. We sell regular duty Pro Penn balls that are very durable and do not make near the mess.

Report submitted by Janet Best, Manager

## Tennis Tip

Submitted by Bill Bartlett, Head Assistant

The Grip formula for Handling Spins

As you have noticed BETC has just resurfaced its tennis courts. Not only do these courts look better, but they will play better too. These new courts will play a lot slower. You will have longer rallies and better traction because the courts have a rougher surface.

This rougher surface will create a lot more friction on the ball and with your feet. Be sure to break in new shoes before playing on the courts. If you wear new shoes on a newly resurfaced court you may injure your knees or ankles

because of too much traction when stopping. I recommend breaking in your new shoes one or two weeks before playing on new courts. Dave DeMulling, BETC's racket shop owner has ordered some excellent shoes and is offering them at a discount.

You will notice that topspin shots will bounce higher and underpin shots will bounce lower on new courts. I would like to give you a grip formula to help you handle these exaggerated spins. High bounding topspin shots are retrieved easier with a semi-western grip. Low bounding underpin shots are retrieved best with a continental or an eastern grip. Another way to explain this would be for a right hander to rotate his grip more to the right for handling high topspin shots. For low underspin shots a right hander would need to rotate his grip more to the left.

So, remember the grip formula for handling spins. High bouncing topspin shots are easier to retrieve with the semi-western grip. Low bouncing underspin shots are easier to retrieve with a continental or eastern grip. If you understand this principle you will be amazed how easy it is to handle those tricky spin shots.

## From the Board

It's time again to think about electing 4 new members to the board. Linda Knapp, Ed Baker Chuck Hilsinger and Mike Franco have completed their two year terms. If you would like to nominate yourself or someone else, please contact a member of the nominating committee. This year, that committee consists of Chuck Hilsinger, Shannie Presuhn, and Ken and Denise Bakke.

BETC is proud to announce that the club will host and run the first annual USTA Senior tournament. This will be the first in the area. All proceeds will benefit the club. If you would like to volunteer for this fun event, please contact Shannie Presuhn or Linda Knapp. This tourney will be held over the Thanksgiving Day weekend. Playing this tournamnet will be a great way to work off those extra holiday calories and to get ready for those senior leagues and playoffs. Spread the word!

## Ready for the Big Match? Don't Forget about Nutrition

By Diane Javelli, RDCD and BETC Member

You've got your best fitting shoes, your favorite racquet and you've been practicing Bill's Tennis Tips faithfully. But perhaps one of the most important and often overlooked steps to get ready for a big match is to fuel your body.

Your body is like a machine and works most efficiently when you keep it in good running condition. That means providing a constant supply of the best kind of fuel possible. Carbohydrates are that fuel. Despite popular misconceptions carbohydrates are not "bad for you." Carbohydrates provide the energy you need to run cross court, serve and return the ball with power.

When we eat carbohydrates they break down to a sugar called glucose which is the main energy source for our muscles and brain. Our muscles can store glucose as glycogen which we use during long high intensity workouts. The best sources of carbohydrates are whole grain breads, cereals, pasta, beans/legumes, fruits, and vegetables. Milk and yogurt are also high carbohydrate & protein foods. Carbohydrates should provide at least 50%-60% of your calories every day.

Our bodies also need a supply of fat for good health and performance. Fat provides a secondary but essential source of fuel during long periods of exercise. Strive for no more than one third of your daily calories from fat. Heart-friendly monounsaturated fats found in nuts, avocados, peanut butter, olive oil, and canola oil are the best choices. Fish like salmon and tuna are great sources of protein that are rich in omega 3 fatty acids. Keep in mind that too much fat right before a workout can leave you feeling bogged down and cause stomach discomfort. A little bit of fat with each meal goes a long way.

Protein tends to get the most attention of all the major nutrients. However, protein is used less for fuel during exercise and primarily for growth and repair of muscle cells after a long workout. Getting adequate protein is important (about 10-20% of daily calories) but there doesn't seem to be any added benefit from consuming more protein than your body needs. In fact, extremely high protein diets are not necessary and can be dangerous for folks with heart or kidney problems. Lean protein sources like low fat milk, cheese, yogurt, eggs, tofu, beans, chicken breast, turkey, fish, or lean beef make good choices.

### **Putting it all together for Top Notch Tennis:**

Choose a pre-event meal that is high in carbohydrates to provide energy to keep you going. A good rule of thumb is to eat a meal high in carbohydrates and low in fat about 2-4 hours before a match. (See list of meal ideas on page 5).

a quick energy boost. These might include banana, raisins, or dried apricots, granola bar like Kashi TLC, or diluted fruit juice or a sports drink.

After the game it is critical to fuel up fast to replace lost glycogen and protein. Eating after your workout is just as important as eating before. After rigorous exercise your body has used fuel sources that must be replenished. Start the recovery process before you hit the showers. Consume 10-20 grams of protein as soon as possible to help muscle tissue repair and consume .5 gram of carbohydrates for every pound of body weight within 30 minutes of finishing the match. (For a 150 pound person this means about 75 grams of carbohydrate). Follow this with a carbohydrate rich meal again within two hours.

Experiment with different types of meals to see what works best for you. Plan ahead to make sure you have these foods available before, during, and after competition. And don't forget to keep lots of water on hand to ensure adequate hydration.

Look for more information about hydration & fluid replacers in an upcoming Court Report and on page 5 of this publication for high carbohydrate meal ideas.

This article was provided by club member Diane Javelli, RDCD and is a Clinical Dietitian at University of Washington Medical Center - Thank you Diane!

## Special Event Information

Submitted by Dee Dee Fisher, Member Services

Cal-cut-ta (kal-kuht-uh) a form of betting pool for a competition or tournament, as golf or tennis, in which gamblers bid for participating contestants in an auction, the proceeds from which are put into a pool for distribution, according to a prearranged scale of percentages, to those who selected winners.

B-E-T-C Cal-cut-ta (kal-kuht-uh) a fun filled two-day event happening September 25<sup>th</sup> and 26<sup>th</sup> that you won't want to miss. Players are divided into men's and women's A, B and C categories based on skill level. Teams include an A man with a C women, an A women with a C man, and a B man and B women. Other rules are put into place to help even the playing field. It is a round robin format.

Friday night consists of an *off-site party* including drinks, appetizers, draw for teams and auction. The tournament takes place Saturday from 12:30pm to 8pm and includes a potluck. Good food...great tennis!

**Entry forms will be available at the front desk September 7<sup>th</sup> and space is limited to 36 players.**

We are looking for volunteers now to help coordinate this event. Please contact Dee Dee Fisher at 253 872 5545 x 24 if you would like to volunteer.

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.

## Lesson Programs

Submitted by Allan Overland, Head Professional

The waiting is nearly over - world renowned coach Wayne Bryan will hit BETC for four very special clinics September 11-13! While here, Wayne, who is one of the best coaches in the game, particularly in the area of doubles strategy, will run three doubles clinics for adults, and one intensive camp focusing on singles and doubles for regionally and nationally ranked juniors. You could easily spend over \$1000.00 to travel to a big name tennis camp. But members who have attended a "high end" camp have often told me that they rarely got to even see the famed coach (assistants largely ran the camps), and they didn't get to hit a lot of balls because there were 6 or more players per court. For Wayne's camps, he will personally run everything with the assistance of the BETC staff, and only four players will be taken for each court. You even get to sleep in your own bed each night! You will get four hours of great tennis with Wayne, a special commemorative t-shirt, an autographed copy of his celebrated new book, and you will be cordially invited to a Saturday evening dessert bar and presentation by Wayne. The cost for all of this is only \$160.00 per member; or, if you sign up with three other similarly rated players (you can play together on the same court), the cost is then only \$150.00 per person. Wayne is famed for being extremely personable and energetic. He has coached such top players as Andy Roddick, Andre Agassi, Venus Williams and his sons, the Bryan brothers - the number one ranked doubles team in the world since 2003. He has been named the World Team Tennis Coach of the Year three times, and is the clinician for the ATP tour. This weekend of tennis with Wayne may well represent the premiere tennis event in the Pacific Northwest in 2009- and it's all happening right at your own club. As of this writing (August 14), we are almost half full, and non-members are beginning to sign up. Don't miss out on this unforgettable weekend of tennis. Sign up now- time is running out on one of the best (and most fun) events we will **ever** host at our club! Feel free to contact Allan at 253 872 5545 (ext. 31) or Dee Dee (ext. 24) if you have any questions.

## Junior Lesson Programs

Fall 2009

### 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
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

L	Mon/Wed	5 - 6:30pm	8-12 yrs
M	Sat	12 - 1:30pm	8-12 yrs
F1	Sat	6:30 - 8pm	10-14 yrs
	Sun	1:30 - 3:00pm	
N	Mon 3:30-5/Fri	5 - 6:30pm	12-18 yrs
O	Thurs	3:30 - 5pm	12-18 yrs
P	Fri	8 - 9:30pm	12-18 yrs
J	Sun	11:30 - 1pm	12-18 yrs
F3	Tues/Thurs	3:30 - 5pm	12-18 yrs

### Level 4 - Advanced

F2	Sun	3 - 4:30pm	10-14 yrs
Q	Mon	7 - 8:30pm	12-18 yrs
R	Tues	3:30 - 5pm	12-18 yrs
S	Tues	8 - 9:30pm	12-18 yrs
T	Wed/Fri	3:30 - 5pm	12-18 yrs
U	Wed	6:30 - 8pm	12-18 yrs
V	Thurs	8 - 9:30pm	12-18 yrs

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W	Sat	3:30 - 5pm	12-18 yrs
X	Sat	6:30 - 8pm	12-18 yrs
Y	Sun	8 - 9:30pm	12-18 yrs

### Level 5 - Elite

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

## Junior Results

Submitted by Bill Bartlett, Head Assistant

The Boeing Employees tennis club was well represented at the national junior Davis cup team championships held at the University of Illinois. Only 6 players from each section were selected and Max Manthou and Matt Overland were chosen to represent our section. Way to go guys!

The BETC hosted a junior challenger tennis tournament in August. There were several all Boeing finals. In the girls 12 and under singles Gigi Payzer defeated Liezel Villanueva. Theresa Huang defeated Lauren Thornquist in the girls 14 singles. In the girls 18 doubles Alyssa Nagai and Nicole Skinner finished first over Kara Ikeda and Jenna Netland. Adrian Villanueva won the boys 14 singles and Jeremiah Bayna and Vincent Vilorio won the boys 14 doubles.

The Washington State Championships had a really strong turn out, but the BETC juniors fared well. Alan Kwiatkowski won the boys 12 singles without losing a set. Jamie Thorp won the boys 14 singles

*continued on next page >>>*

**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	Advanced 4.0 & up Skill of the week workout

**BETC's 2009 Senior****USTA teams include:**

Dianne Brown 3.0, Bedia Olsen 3.0, Marissa Aragonas 3.0, Steve Kono 3.0, Ann Larason 3.5, Barb Cotton 3.5, Mary Lynn Archer 3.5, Dave Herron 3.5, Roger Risch 4.0, and Bonnie Paasche 4.0. Super Senior teams include Carol Samek-McKinlay 6.0 and Mary Jo Leonardson 7.0 and Bedia Olsen will captain a Super Duper Senior team.

Results will be in next months Court Report.

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without losing a set. Vivian Glozman won the girls 12 singles without losing a set. Dragos Puscalau reached the boys 16 singles final and Matthew Overland reached the final of the boys 18 final. Mitchell Thorp and Spencer Herron reached the final of the boys 16 doubles.

The Amy Yee Champs: Jordan Smith reach the boys 16 singles final. Vivian Glozman won the girls 12 singles and Angela Chen won the girls 18 singles 4-6, 7-5, 6-3 over the number one seed.

<<< continued from page 3-Ready for the Big Match? - Don't Forget About Nutrition...By BETC Member Diane Javelli, RDCD

**High Carbohydrate Meal Ideas :**

1. One cup whole grain cereal i.e. Cheerios or oatmeal, 8 ounces low fat milk, fruit, toast w/ jam or bagel.
2. Sandwich made with 2 slices whole grain bread, lean meat i.e. turkey or roast beef, teaspoon mayonnaise, mustard, fruit, low fat crackers or baked chips, 8 oz. low fat milk.
3. Bean & cheese burrito, ear of corn, fruit, 8 oz. milk, juice, or sports drink.
4. One cup steamed rice, stir fried vegetables with chicken, tofu, or shrimp, ½ cup low fat frozen yogurt, 8 oz. low fat milk or juice.
5. One cup pasta, ½ cup tomato & meat sauce, slice of Italian bread, 2 tsp. olive oil for dipping, vegetable, slice of angel food cake w/ strawberries, 8 oz. milk.

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