

# Court Report

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Teaching Pros listed on Page 6

## Tennis Therapy for Parkinson's

Submitted by BETC Member Mike Sellars

I've been a Lone Ranger all my professional and personal life. When I joined BETC, it took a couple years for me to feel like I had friends in the club. The Lone Ranger now rides in a really big posse of BETC tennis buddies.

Parkinson's is a progressive, degenerative disease that affects my balance, agility, speed and personality. It makes me move, think and talk slower. It makes me stiff and my body ache. You may have noticed the tremor in my hand. The toughest symptoms of Parkinson's are still in front of me... giving up the car keys, falls, a broken hip and living in fear and pain. Mr. Parkinson's thinks I should just give up tennis and stay home. Fat chance.

Parkinson's symptoms can be reversed, reduced or delayed through intense exercise therapy. If I work hard enough, I can fight the anticipated 8-10 good years and give my family 15 or more good years. Exercise helps my body produce dopamine which I need to stay strong and tennis is just what the doctor ordered. I don't think of tennis as a game. I think of it as therapy.

Tennis requires forward, back and lateral movement and balance. It requires



speed, cognitive awareness and quick reactions. Serving, overheads, forehands and backhands keep my flexibility and range of motion in check. Even the ball toss is a challenge for me. The competition makes me fight hard and fear for my future forces me to always try harder. The social interaction keeps me smiling and engaged.

So, tennis buddies, you are so much more than "buddies". You are my tennis therapists. You help me fight Parkinson's every time we are on a court. There will come a time when my game declines and the threat of falls will require me to leave BETC. I want to play a lot of tennis before that happens.

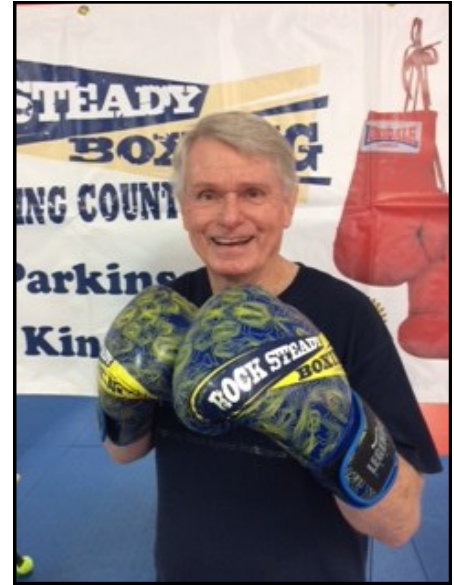
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## Tennis Therapy for Parkinson's (cont)

Tennis helps keep my off-the-court life positive and strong. The harder you push me, the stronger I am. Bring it on!

I also want to thank the 25 or so BETC buddies who donated to Rotary back in 2017 to help me start Rock Steady Boxing for Parkinson's. We now have 4 locations and over 80 Parkinson's boxers. I can't thank you enough.

BETC and tennis therapists, I thank you. My family thanks you. But, just to be clear, tennis therapy is not covered under my insurance so don't bother sending me a bill. See you on the courts. Mike Sellars.



For those with Parkinson's who don't play tennis, there is Rock Steady Boxing for Parkinson's. In 2017 when Mike was diagnosed with PD, there wasn't a Rock Steady location in the South end. That is, until his Rotary club and more than 25 BETC members donated over \$6,000 to bring Rock Steady to Covington. Since then, Mike has added Auburn, Tacoma and Puyallup bringing hope to more than 80 Parkinson's boxers. (Visit YouTube.com and put "Rock Steady Boxing" in the search box. Or visit them at [www.facebook.com/rsbskc](http://www.facebook.com/rsbskc).)

With all their Parkinson's challenges, Mike's Rock Steady boxers are thankful, courageous and generous. At each workout boxers drop a buck or two in a Rock Steady Sweaty Bucks jar. In 18 months, they have given away more than \$10,000 to the local community. They may have Parkinson's, but they still make a difference.

**Do you have any used racquets that are in good condition? Bring them to BETC and we'll match them up with local high school players in need of an upgrade! (Please no wood or cracked/broken racquets)**

**The West Seattle High School Tennis Team is raising funds for an AED. [Visit their gofundme page to contribute.](#) Thank you!**



## Pro Tip: Throw the Bucket for a Better Two-Handed Backhand Submitted by Bill Bartlett

At this year's Australian open finals I marveled at how good Novak Djokovic's two-handed backhand was. Rafael Nadal, one of the greatest players of all time, tried to pound Novak's backhand and failed. The secret to Novak's outstanding backhand is his ability to lean into his backhand for power and control.



To learn how to lean into your backhand like Novak, imagine holding a bucket of water with two handles. Grab hold of the bucket, turn your shoulders and throw the bucket of water towards the net as if you were hitting a two handed backhand. This movement will create a similar shoulder coiling and uncoiling needed to hit a good backhand. You can also practice throwing a medicine ball with two hands simulating the backhand shoulder coil. This medicine ball throwing exercise will strengthen needed core muscles.

In Summation, to hit a powerful two-handed backhand, coil your shoulders and lean into your backhand as if you are throwing a bucket of water towards the net. You will be surprised how easy it will be to hit a strong two-handed backhand.

Using a medicine ball is a good way to practice this technique and strengthen your core muscles.

## Lesson Program News Submitted by Allan Overland

In March, we have some great tennis events and workouts for our members. For juniors, our High School Varsity workouts are going strong. Led by USTA High Performance certified professionals Allan Overland and JJ Jackson (two of only a handful of professionals in the PNW to hold this certification), a session is held after school on Mondays and Wednesdays from 3:30-5pm, and another session is held on Saturdays from 3:30-5pm. Both workouts offer juniors authentic High Performance training, and are geared to juniors rated level 4 and up that are looking to hit a high number of balls in intensive game and drill settings.



Back for 2019: Adults can also get in on world class High Performance training at one of three special clinics offered on Saturdays from 12:30-3:30pm:

### USTA High Performance Training

- 2.5-3.0 clinic: Saturday, March 2nd, 12:30-3:30pm
- 3.5-4.0 clinic: Saturday, March 9th, 12:30-3:30pm

- 4.5-5.0 clinic: Saturday, March 30th, 12:30-3:30pm

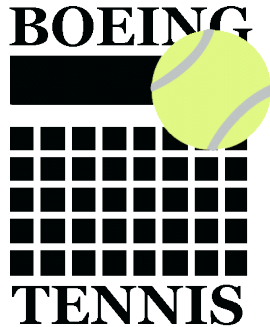
A detailed handout of what is covered is included, as well as snacks and beverages. Each three-court, three-hour clinic is limited to just 12 players to ensure a great workout.

To register for these and other great classes and workouts, call the club at 253-872-5545 ext 1 or online at [betonline.net](http://betonline.net) ([Click Here](#)). If you have any questions, please feel free to call me at the same number, ext. 31 or [allan@betonline.net](mailto:allan@betonline.net). Hope to see you out on the courts!

**BOEING  
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## Group Classes • March

### ADULTS

#### Level 1 (Beginner, Club Rating 1.0-1.9)

Class	Time	Instructor
Monday	7:00 PM-8:00 PM	Robison

#### Level 2 (Advanced Beginner, Club Rating 2.0-2.4)

Class	Time	Instructor
Monday	6:00 PM-7:00 PM	Robison

#### Level 3 (Intermediate, Club Rating 2.5-3.0)

Class	Time	Instructor
Monday	6:00 PM-7:00 PM	Bartlett
Sunday	12:30 PM-2:00 PM	Robison
Tuesday	8:00PM-9:30PM	Cotton

#### Level 4 (Advanced, Club Rating 3.0-3.5)

Class	Time	Instructor
Monday	5:00 PM-6:00 PM	Bartlett
Tuesday	6:30 PM-8:00 PM	Overland
Wednesday	Noon-1:30PM	Bartlett
Friday	11:00 AM-12:30 PM	Nam
Saturday	8:00 AM-9:00 AM	Bartlett
Sunday	Cancelled	Robison

#### Level 5 (Elite Advanced, Club Rating 3.5 and up)

Class	Day(s)	Time	Instructor
WW	Fri	6:30 PM-8:00 PM	Overland
WW	Sat	1:00 PM-2:30 PM	Overland
Games	Sun	6:30 PM-8:00 PM	Cotton
Thursday		8:00PM-9:30PM	Cotton

### JUNIORS

#### 10 & Under Tennis (QuickStart)

Class	Day(s)	Time	Instructor
Red 1	Sat	10:00 AM-11:00 AM	Robison
Red 2	Sat	9:00 AM-10:00 AM	Robison
Orange 1	Sat	11:00 AM-Noon	Robison
Orange 2	Sat	Noon-1:00 PM	Robison
Grn Dot	Sun	2:00-3:30 PM	Robison

#### Level 1 (Beginner)

Class	Time	Instructor
Saturday	1:00 PM-2:00 PM	Bartlett

#### Level 2 (Intermediate)

Class	Time	Instructor
Saturday	Noon-1:00 PM	Bartlett
Monday	7:00 PM-8:00 PM	Bartlett

#### Level 3 (Advanced Intermediate)

Class	Time	Instructor
Monday	3:30 PM-5:00 PM	Bartlett
Wednesday	5:00 PM-6:30 PM	Bartlett
Friday	4:30 PM-6:00 PM	Bartlett
Friday	7:00 PM-8:30 PM	Bartlett
Saturday	10:30 AM-Noon	Bartlett

#### Level 4 (Advanced)

Class	Time	Instructor
HS Vars. Sat	3:30 PM-5:00 PM	Overland
HS Vars. M/W	3:30 PM-5:00 PM	Jackson

#### High Performance

Class	Day(s)	Time	Instructor
HP 2	T/Th	5:00 PM-6:30 PM	Jackson
HP 3	T/Th	6:30 PM-8:00 PM	Jackson

**Our 4th Annual Special Needs Tennis Camp is coming up, April 6-7!**  
Registration is now open. Visit [betconline.net](http://betconline.net) for details.

