

# COURT REPORT

## CONGRATULATIONS TO CLUB CHAMPIONS!

**INSIDE THIS ISSUE:**

<i>Membership Corner</i>	2
<i>March Activities</i>	2
<i>Spring Break Junior Camps</i>	2
<i>Junior Tournament Results</i>	3
<i>Pro Tip: Pre-Match Stretching</i>	3
<i>March Classes</i>	4
<i>Pro Contact Info</i>	4

Our 24th Annual Club Championships were held over two exciting weekends in February. What a great turnout—participation was up 56% from last year! Thanks to everyone who played, our outstanding tournament director Patrick Nam and sponsors Dave DeMulling and Penn Tennis.

**2016 Club Champions**

- Men's 5.0 Singles: Joel Bodine
- Men's 4.5 Singles: Amol Koli
- Men's 4.0 Singles: Matthew Cao
- Men's 3.5 Singles: David Kennerud
- Men's 3.0 Singles: Sung Jung

- Women's 4.5 Singles: Deborah Scanlan
- Women's 4.0 Singles: Madeline Lu
- Women's 3.5 Singles: Chunyan Xie
- Women's 3.0 Singles: Aileen Nguyen

- Men's 4.5 Doubles: Fred Dela Cruz/Steven Sham
- Men's 4.0 Doubles: Edwin Carlos/Francis Vilorio



**David Kennerud, Tim Wheeler, Dan Benoit and Zane Blegen after the 3.5 Men's Doubles Final**

- Men's 3.5 Doubles: David Kennerud/Tim Wheeler
  - Men's 3.0 Doubles: Sung Jung/Jay Lee
- (Continued on Next Page)**

**Contact Information**

Phone: 253-872-5545  
 Web: [www.betconline.net](http://www.betconline.net)  
 Facebook.com/BoeingTennis

Club Director: Adrian Buchan  
 Phone: Ext. 22  
 Email: [adrian@betconline.net](mailto:adrian@betconline.net)

Membership: Margaret Fain  
 Phone: Ext. 24  
 Email: [margaret@betconline.net](mailto:margaret@betconline.net)

Pro Shop: Dave DeMulling  
 Phone: Ext. 25  
 Email: [dave@betconline.net](mailto:dave@betconline.net)

Front Desk:  
 Phone: Ext. 1  
 Email: [frontdesk@betconline.net](mailto:frontdesk@betconline.net)

Teaching Pros listed on Page 4

**FROM THE BOARD** SUBMITTED BY DAVE PRESUHN

Your new Board is in business! President Ed Baker, Secretary and Governance Committee Chair Jim Hornsby, Treasurer Lisa Battaglia and Finance Committee members Carlos Lacayo and Fred Dela Cruz, HR Committee chair Stuart Thompson, and Vice-President Dave Presuhn are ready and willing to serve the interests of your tennis club. The annual Town Hall meeting in January was attended by a small but enthusiastic audience, with several ideas advanced for the Board to consider.

We start the year in great shape. We have a full membership roster and names on the waiting list. 39 classes were running in February with half being at 100% capacity. The Mid-Winter Break junior camp was a success with attendance up from last year. The club Singles and Doubles Tournaments in February saw participation up 56% over 2015. Clearly, our members are keeping their New Year's resolutions to play more tennis!!!

It's that time of year to start thinking of club improvement projects. Ideas suggested so far include upgrades to the mezzanine and repairing/replacing court curtains, backdrops and sidewalls. Adrian is putting together the 2016 improvement plan and the Board welcomes your ideas.

Looking ahead, the club is hosting a tennis academy in April for people with Down Syndrome and other special needs. Several members of the Board, pro staff and juniors have already volunteered to help with this event. In May, we have the widely anticipated Senior Memorial Day Tournament. Also proposed is a Wooden Racquet Social that will really test your game. My Stan Smith racquet hasn't been out of its press in decades; it's time to see if it still works.

Special Board recognition goes out to Adrian and the staff, who responded to a medical emergency requiring the use of the club AED equipment. The guest was then transported to the hospital for further treatment and is anticipated to make a full recovery. It's nice to know our staff is well trained and ready to deal with such events. Here's looking forward to Spring showers knowing we have indoor tennis courts. Play on!

# MEMBERSHIP CORNER

SUBMITTED BY MARGARET FAIN

## Welcome New Members:

BETC is happy to welcome the following new members: Alex Chan, Ryan Yorke, Jim & Laura Norris and family, Ryan Fike & Glauca Moreira and family, Rick & Lisa Kolodner, Cameron Delfin, Jolene & Steve Bleistein, Scott Nguyen & Lien Mai and family, Ham & Leng Kang and family, Miko Curry-Edwards, Madeline & Stellsie Thackeray, Scott & Jill Patterson & family, Jase Hanisco, and Daniel & Jane Fan. Welcome back to Vineeth Omkaram, who played here as a junior and is now back as an adult. It is great to see that some of you have already played in our Club Tournament, are taking lessons, and/or are signing up for leagues.

## Sign up NOW for Spring Leagues

Sign-ups for spring leagues end Sunday, March 6. Call or stop by if you want to sign up to play full time, share a spot, or be a sub for a league. Spring leagues run April 1-June 30. For league info and to find a link for all leagues offered at BETC, visit our website:

<http://www.betconline.net/leagues.shtml>

## Quarterly Billing March 15, Due Date April 1

Quarterly dues charges will be added to your

account on March 15. By March 17, you will receive an emailed link to your BETC statement or if previously requested will be mailed a paper statement. The due date is April 1. You will notice a slight increase in your dues from a tax rate of just over 3% to the full 9.5% state sales tax. This increase is due to a legislative change that took effect January 1. For more information, please see our December 2015 newsletter.

## USTA

The 40+ USTA season is just getting started and the 18+ USTA season is already in full swing. The following 18+ teams are off to a great start: Arlene Flor's 3.5 (5-0), Ramona Schraeder's 4.5 (5-1), Chris Higashi's 4.0 (5-0), Chan Han's 4.5 (5-1), and Baraka Brown's 5.0+ (6-1). Go BETC!

The deadline for applications for Mixed 40+ leagues is April 1. May 1 is the deadline for Mixed 55+ leagues for this summer.

## USTA Seniors

BETC is hosting more 65+ teams than ever this spring. This group plays during the week and our 5 team captains for the upcoming season are Kris Tieman (6.0), Della McCleary (7.0), Steve Kono (6.0 and 7.0), King Yee (7.0), and Craig Riggs (7.0).

## Club Champions (cont.)

Women's 4.0 Doubles:  
Geraldine Carlos/Gemma Gimpes

Women's 3.5 Doubles: Geraldine Carlos/Gemma Gimpes

Women's 3.0 Doubles:  
Lauren Jergens/Lily Olson

Mixed 8.0 Doubles:  
Chan Han/Lyna Nguyen

Mixed 7.0 Doubles:  
Vince Howard/Sue Dillard

Mixed 6.0 Doubles:  
Kevin Donovan/Debra Donovan

13 & Under Mixed Singles:  
Timothy Tran

# MARCH ACTIVITIES

SUBMITTED BY ALLAN OVERLAND

Members- Two of our best (and most fun) events of the year are coming your way in March, one for adults and one for juniors! For adults, we are pleased to bring back our intensive USTA High Performance Clinics, with the 2.5-3.0 clinic running from 9:30-12:30pm on Saturday, March 5th, and the 3.5-4.0 clinic running 9:30-12:30pm on Saturday, March 19. Pros Allan Overland and JJ Jackson are two of a handful of pros in the region who are certified High Performance Coaches, and will bring this world class training to each camp. The focus for this edition will be on ground strokes, volleys and overheads. To ensure that participants receive good attention and have the opportunity to hit a high number of balls, each camp is limited to only 12 players (four players per pro/court). The camps will sell out, so reserve your spot now.



For juniors, we are bringing back our popular Spring Break Junior Camps for players of virtually all levels and ages. The camps run Tuesday-Friday April 5-8, and offer juniors a great way to sharpen their games during the week off from school. The Champs camp (advanced, levels 4 and up, ages 12-18 years) runs daily from 10-12pm, the Challengers camp (intermediate, levels 2 and 3, ages 12-18 years) runs daily from 12-2pm and the Rookies camp (beginner, level 1, ages 10-15 years) runs daily from 2-3:30PM. Register at the Front Desk or to obtain more information, contact me at (253) 872-5545 (ext. 31). Hope to see you out on the courts!

## Spring Break Junior Camps April 5-8

Champs: 10:00-Noon  
Challengers: Noon-2:00  
Rookies: 2:00-3:30

# JUNIOR RESULTS

## SUBMITTED BY JIM ROBISON

February turned out to be a very successful month of competition for many of BETC's junior players. There were a number of awesome performances turned in by many of our players this month. We had two champions at the Sprinker Junior Intermediate & Advanced tournament in Tacoma on the first weekend of the month. In the Boys 14 Advanced event, #1 seed Amol Koli dominated the competition losing only 4 games in three matches; ending with a 6-2, 6-0 win in the final over the #2 seed. #1 seed Erika Ito was equally dominating in the Girls Advanced 14's in not dropping a set on her way to the championship.

Our Juniors continued to impress at the Olympia Steamboat Advanced tournament on the 19-21st. In the Girl's 16 Singles, unseeded Jade Lancaster did not lose a set in her 4 matches on her way to winning the title. Playing up in a higher age group Erika Ito won 2 matches before losing in a close semifinal. Top seeded Corina Popa won the Girl's 14 Singles, losing only 2 games on her way to the title. In the Boy's 16 Singles, unseeded Marcus Lee knocked off the #1 seed 6-4, 6-1 in the quarterfinals and lost a close semifinal to the #4 seed 6-4, 6-4. Ryan Meredith lost his 1st round match in the tough Boy's 18 Singles division but bounced back to make it to the consolation final.



**Amol Koli defeated Edwin Carlos in the 4.5 Men's Singles Final**

The junior program was well represented at the Club Championships held over two weekends in February. Looking forward to next years' club tournament, junior players will be defending champions in 6 events! The junior players who won championships this

year are: 13 year old Amol Koli in Men's 4.5 Singles, Edwin Carlos & Francis Vioria in Men's 4.0 Doubles, Aileen Nguyen in Women's 3.0 Singles, Madelyn Lu in Women's 4.0 Singles, Lily Olson & Lauren Jergens in Women's 3.0 Doubles and Timothy Tran in 13 & Under singles.

Congratulations to all the players participating in the Club Championships this year. Champions or not, all the juniors competed well and demonstrated great sportsmanship throughout.

# A QUICK PRE-MATCH STRETCHING ROUTINE

## SUBMITTED BY BILL

To view Bill's Pre-Match Stretching Routine, go to [youtube.com](https://www.youtube.com) and search "Boeing Tennis."

Through the years I have learned and implemented a quick 4-5 minute stretching routine that I find helpful before competing in tennis matches. I learned most of these stretches when I played on a UCLA division 1 national championship team. You can view this video and my other instructional videos by subscribing to the Boeing Tennis YouTube channel. Just go to [youtube.com](https://www.youtube.com) and search "Boeing Tennis."

Coach Glenn Bassett would lead us in this very effective stretching routine that I use today. This is a quick and easy to warm-up especially if you cannot get a court to warm up on. It is important when doing these stretches to start slow and go at your own pace or level. Never force a stretch and each hold should be comfortable. This routine is easy to remember because you start with your head and neck and then work your way down.

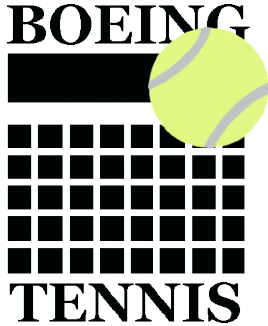


I would recommend doing this stretching routine from the video just before your match. Then go directly to your match and keep moving your feet during the warm-up. You can do this by jogging to pick up balls instead of walking. This will help warm up your body so you can break a sweat. With your body warmed up and your muscles stretched you will be ready to go at 100% from the first point.

**Boeing Employees  
Tennis Club**

6727 South 199th Pl  
Kent, WA 98032

Phone: 253-872-5545



Head Pro: Allan Overland  
Phone: Ext. 31  
Email: allan@betconline.net

Head Asst. Pro: Bill Bartlett  
Phone: Ext. 32  
Email: bill@betconline.net

Assistant Pro: Ingrid Bakke  
Phone: Ext. 35  
Email: ingrid@betconline.net

Assistant Pro: Jim Robison  
Phone: Ext. 33  
Email: jim@betconline.net

Assistant Pro: JJ Jackson  
Phone: Ext. 36  
Email: jj@betconline.net

Assistant Pro: Daniel Cotton  
Email: dan@betconline.net

Assistant Pro: Patrick Nam  
Email: patrick@betconline.net

# GROUP CLASSES - MARCH

## 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	Sat	11:00 AM-Noon	Robison
Green	Sat	Noon-1:00 PM	Robison
Green	Wed	5:30 PM-6:30 PM	Robison

### Level 1 (Beginner)

Class	Time	Instructor
J1 Saturday	1:00 PM-2:00 PM	Bartlett

### Level 2 (Intermediate)

Class	Time	Instructor
J2 Saturday	Noon-1:00 PM	Bartlett

### Level 3 (Advanced Intermediate)

Class	Time	Instructor
J3 Monday	3:30 PM-5:00 PM	Bartlett
J3 Wednesday	5:00 PM-6:30 PM	Bartlett
J3 Friday	4:00 PM-5:30 PM	Bartlett
J3 Friday	8:00 PM-9:30 PM	Bartlett
J3 Saturday	10:30 AM-Noon	Bartlett
J3 Sunday	11:00 AM-Noon	Robison

### Level 4 (Advanced)

Class	Time	Instructor
J4 Thursday	6:30 PM-8:00 PM	Overland
J4 Sunday	5:00 PM-6:30 PM	Robison
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
Matchplay Tues		8:00 PM-9:30 PM	Jackson
Matchplay Thur		8:00 PM-9:30 PM	Jackson

### Sunday League with Coaching

Class	Day(s)	Time	Instructor
Level 3-4	Sun	3:30 PM-5:00 PM	Cotton

## ADULTS

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

Class	Time	Instructor
A1 Monday	7:00 PM-8:00 PM	Robison

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

Class	Time	Instructor
A2 Monday	6:00 PM-7:00 PM	Robison
A2 Tues/Thurs	8:00 PM-9:30 PM	Cotton

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

Class	Time	Instructor
A3 Monday	6:00 PM-7:00 PM	Bartlett
A3 Sunday	12:30 PM-2:00 PM	Robison

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

Class	Time	Instructor
A4 Monday	5:00 PM-6:00 PM	Bartlett
A4 Tuesday	6:30 PM-8:00 PM	Overland
A4 Wednesday	Noon-1:30 PM	Bartlett
A4 Friday	6:30 PM-8:00 PM	Bartlett
A4 Saturday	8:00 AM-9:00 AM	Bartlett
A4 Sunday	3:30 PM-5:00 PM	Robison

### Level 5 (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	12:30 PM-2:00 PM	Cotton

### Workouts

Class	Day(s)	Time	Instructor
MW1	Mon	9:30 AM-11:00 AM	Bartlett
Mon Nt	Mon	7:00 PM-8:00 PM	Bartlett

### Cardio Tennis

Saturday Afternoon	2:30 PM-3:30 PM	Cotton
--------------------	-----------------	--------

### USTA/Cup Coaching

Saturday Afternoon	2:00 PM-3:30 PM	Robison
--------------------	-----------------	---------