

# Court Report

## Inside this issue:

**Highline College Women's Tennis** 2

**Pro Tip: Quiet Your Mind for Better Tennis** 3

**Mid-Winter Break Camps** 3

**High Performance Clinics** 3

**January-February Group Classes** 4

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Teaching Pros listed on Page 6

## 2019 Club Championships

The 26th Annual BETC Club Championships will be held February 8-10 and 15-17. The tournament is open to all active members with skill levels ranging from 2.5 to 5.0. Junior events will also be held. Enjoy a new, lower price this year of just \$20 for Singles and \$15 for Doubles. Plus, all entrants receive a tournament shirt and 25% off stringing throughout the tournament! Entry forms are available online or at the Front Desk.

### February 8-10

Men's & Women's Singles: 2.5, 3.5, 4.5  
 Men's & Women's Doubles: 3.0, 4.0, 5.0  
 Mixed Doubles: 7.0, 9.0  
 Boys/Girls 13 & Under Singles & Doubles

### February 15-17

Men's & Women's Singles: 3.0, 4.0, 5.0  
 Men's & Women's Doubles: 2.5, 3.5, 4.5  
 Mixed Doubles: 6.0, 8.0, 10.0



## 2018 Club Champions

Men's 5.0 Singles	Joel Bodine
Men's 4.5 Singles	Chan Han
Men's 4.0 Singles	Julian Orint
Men's 3.5 Singles	David Kennerud
Women's 4.5 Singles	Ana Rios
Men's 4.5 Doubles	Chan Han/Nick Saetee
Men's 4.0 Doubles	Scott Nguyen/Kay To
Men's 3.5 Doubles	Ed Baker/Rich Mursch
Women's 4.5 Doubles	Erika Ito/Adeline Eklund
Women's 4.0 Doubles	Lyna Nguyen/Aileen Nguyen
Mixed 9.0 Doubles	Jeong Lee/Kelly Ford
Mixed 7.0 Doubles	David Vichitthavong/Aivy Nguyen

# Highline College Tennis

## Submitted by Adrian Buchan

BETC is proud to once again be the home courts for the Highline College Women's Tennis Team. The team practices Monday, Wednesday and Thursday at BETC with four home matches scheduled for March and April. Come cheer on the T-Birds!

### 2018-2019 TBird Tennis Roster

Sophomores: Miriam Cabrera (Lincoln HS), Danielle Mendoza (Kentwood HS)

Freshmen: Angie Andreotti (Auburn Mountainview HS), Lexi Maison (West Valley HS), Mikyla Olsen (Enumclaw HS) Kaylin Phan (Mt. Tahoma HS), Nikelle Price (Skyline HS)

Head Coach: Laura Rosa (3rd Year)

Assistant Coach: Makoa Rosa (2nd Year)



### 2019 Match Schedule

February 23	at Pacific U.	1:00 PM
February 24	at Wilamette U.	10:00 AM
March 2	at UPS	1:00 PM
<b>March 8</b>	<b>Home vs Bellevue</b>	<b>8:00 PM</b>
<b>March 16</b>	<b>Home vs Skagit Valley</b>	<b>7:30 AM</b>
March 22	at Southwestern College	TBD
March 23	at Palomar College	TBD
March 25	at Grossmont College	TBD
<b>April 12</b>	<b>Home vs Spokane</b>	<b>8:00 PM</b>
April 13	at Treasure Valley	Noon
April 19	at Lewis-Clark State	4:00 PM
April 20	at Spokane	Noon
<b>April 26</b>	<b>Home vs Treasure Valley</b>	<b>8:00 PM</b>
April 28	at Skagit Valley	10:00 AM
May 4	at Bellevue	2:30 PM
May 9-12	NWAC Championships	



T-Bird Tennis is a 501c3 non profit organization and your donation is tax deductible. Donate online at <https://athletics.highline.edu/donations/> and type "Tennis" in the comments section

## Pro Tip: Quiet Your Mind for Better Tennis

### Submitted by Bill Bartlett

Recently I was giving a lesson to a 4.0 player. We started to play a few games for practice. He hit a good approach shot and came to the net. I was forced to pop the ball up and he had a relatively easy high forehand volley. I was pretty sure I was going to lose the point until I heard him blurt out "oh no" and then he missed the shot. He verbally criticized himself before he actually hit the ball. This threw his timing off causing him to miss the shot. Many club players and even pros can clutter their minds with negative criticism.

One of the big problems with cluttering your mind with negative criticism is it takes you out of the moment. You need to be focused and relaxed during each moment of a tennis rally. Do not get into the habit of criticizing a shot during a rally. Observe and react to each situation. Instead of getting upset about losing a point,

evaluate what happened and make adjustments.

Having the right attitude will help you create habits that will keep your mind clear and relaxed. Have an attitude of gratitude on the court. This will create a habit of being calm and relaxed instead of angry and nervous.

So the next time you are playing a tennis match, quiet your mind. Do not verbally or mentally criticize yourself. Be thankful you have the privilege to play tennis. Pretty soon you will be smiling and playing your best tennis.



## BETC Annual Meeting

Saturday, January 26  
10:00 AM

- Meet the 2019 Board of Directors
- Strategic Planning
- Financial Review
- Q and A

All Active BETC members welcome.

## Lesson Program News

### Submitted by Allan Overland

We have some great classes, workouts and special events coming your way in February!

#### Mid-Winter Junior Camps February 19-22

There are four great camps to choose from:

- Champs (advanced, level 4 and up), 10am-12pm
- Challengers (Intermediate, levels 2 and 3), 12-2pm
- Rookies (Beginner, level 1), 2-3:30pm
- 10 and Under (Ages 5-10 years, Orange Ball and Red Ball), 2-3:30pm.

#### 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 23rd, 12:30-3:30pm



The coaches are certified in this world class training, and will bring this background to each intensive clinic. To ensure that the advanced concepts are well learned, and that each player will get a great workout, each clinic is limited to only 12 players (four players per court/pro.) To get in on all the fun, sign up at the club front desk, online at [betconline.net](http://betconline.net) or call 253 872-5545, ext. 1 today.

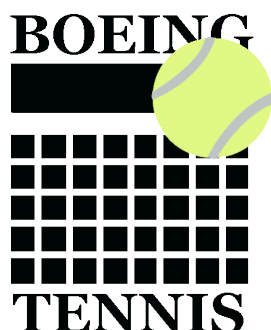
If you have any questions, please feel free to call me at the same number, ext. 31 or [allan@betconline.net](mailto:allan@betconline.net). Hope to see you out on the court!

## Group Classes • February-March

**BOEING  
EMPLOYEES  
TENNIS CLUB**

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### 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	Cancelled	

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

Class	Time	Instructor
A3 Monday	Cancelled	
A3 Monday	6:00 PM-7:00 PM	Bartlett
A3 Sunday	12:30 PM-2:00 PM	Robison
A3 Tuesday	8:00PM-9:30PM	Cotton

#### Level 4 (Adv 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-1:30PM	Bartlett
A4 Friday	11:00 AM-12:30 PM	Nam
A4 Saturday	8:00 AM-9:00 AM	Bartlett
A4 Sunday	Cancelled	
A4 Thursday	8:00PM-9:30PM	Cotton

#### 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	6:30 PM-8:00 PM	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	Sat	11:00 AM-Noon	Robison
Grn Dot	Sat	Noon-1:00 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
J2 Monday	7:00 PM-8:00 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	4:30 PM-6:00 PM	Bartlett
J3 Friday	7:00 PM-8:30 PM	Bartlett
J3 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
J4 Sunday	Cancelled	

#### 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

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