

Court Report

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Pro Tip: Move like a basketball player Submitted by Allan Overland



Move like a basketball player to improve your footwork!

A long time ago (in a galaxy far away), I played a lot of basketball as a kid. I fondly remember attending a number of summer basketball camps, including one attended by former Seattle Super Sonics guard Slick Watts (who years later became a very good tennis player, I might add). To this day, I occasionally draw on basketball movement fundamentals for my students on how to think about their tennis footwork to improve it.

1) Maintain a wide stance and low base to enhance balance and move more quickly from a lower center of gravity. Try to strive for a stance that is two shoulder lengths apart (or close to it) and bend your knees as much as you can.

2) Stay on your toes! In tennis just as in basketball, you need to be able to make a quick movement to the ball; always get your weight on the toes to explode to the ball.

3) Use a shuffle movement to recover to the middle of the court. Outside of one quick crossover step that is taken when you are way out of position, don't cross your feet over as you move back to the middle of the court in case your opponent hits behind you and you must suddenly move back to the direction you just came from. Keep your strides long and light (don't drag your feet!)

4) Keep your upper body straight to stay balanced. This aspect is very key in tennis, especially as you are turning for every shot you hit; try not to bend at your waist.

Hope you enjoyed this article, and let's go Super Sonics!

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Teaching Pros listed on Page 4



Summer Tennis Memberships go on sale starting May 15th!

The membership is valid June through September.
Summer members enjoy:

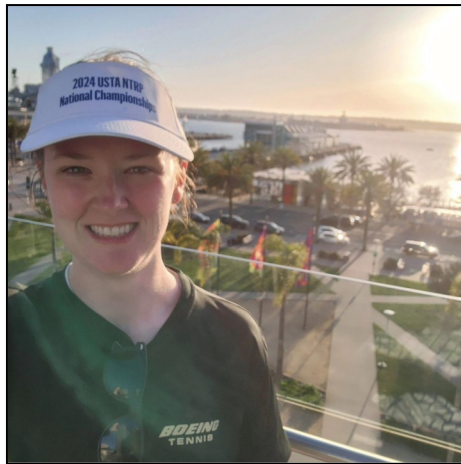
- No Guest Fees
- Access to BETC Adult Leagues
- Online Court Reservation
- Spouse and Dependents Included

Just \$150 plus tax!

USTA/NTRP National Results!



After winning the PNW Sectional playoffs in September 2023, **Team Higashi (55+, MXD, 6.0)** accepted an invitation to the USTA National Championship in Scottsdale, AZ. The team, in color coordinated Hot Pink outfits, battled four other Sectional Champs over two days in March 2024. Team Higashi ended with a 3 - 1 record, just missing the cut to the final 4. Team Higashi placed 5th in the overall National Championship. BETC Congratulates Team Higashi & looks forward to their 2024-2025 season.



USTA Sections are given a “quota” which is a certain number of spots per division which can represent their Section at the NTRP National Championships. These quota spots are determined based on the percentage of NTRP Tournament participation compared to the whole country. Sections can choose one of two options for selecting their player: Automatic Qualifier (AQ) or National Standings List (NSL).

BETC’s Sarah White (Singles) and Nani Yara and Aline P. (4.5 women doubles) were selected! What an amazing experience for them.

Sarah was ranked #27 Nationally, #3 in the PNW and #1 in NW Washington.

“The NTRP Nationals was an amazing experience. I learned so much about tournament matches and singles strategy. I made new tennis connections and shared tennis knowledge.” -Sarah

Nani and Aline were invited and played in San Diego in April. They were ranked 6th in the women’s 4.5 doubles division for the PNW. They played round robin and ended up in 3rd, qualifying for playoffs (silver bracket). They lost in the semifinals in two close sets 8-6 and 16-14.

Congratulations on all your hard work. Way to go representing the PNW and BETC!



BETC Leagues

Summer League registration begins Sunday, May 26th at 5PM and ends June 9th at 5PM.

Things to keep in mind:

- Do not log in to your personal member portal to register. Just visit <https://betconline.net/betc-adult-league-registration/>
- If you want to be a SUB, do not register. Just email the coordinator.
- Make sure your contact information is correct in your personal member portal.
- Most leagues require a rating.
- Questions? Contact Cathy Shaheen at cathy@betconline.net



**ONLINE
LEAGUE
REGISTRATION**



USTA NEWS

We are deep in the USTA 18+ and 65+ with the season ending middle of June. Playoffs are June 14th-16th.

Next up:

USTA 40+ and 55+ Mixed Doubles and 70+ daytime: Registration deadline is May 10th with the season running June 14th through August 11th.

One Doubles: Registration deadline: May 17th with the season running June 21st through August 11th.

Summer/Fall Flex League: Registration deadline: June 17th with the season running July 1st through November 30th.

Look for Adult 55+ and Mixed Doubles 18+ to launch soon!

Important! For all Flex Singles and One Doubles: Please contact Cathy Shaheen at cathy@betconline.net to have your reserved court turned into a USTA court for it to become the USTA rate of \$17.00/guest and \$6.50/member.

Junior Social: School's Out!

Come celebrate the beginning of summer with an evening of fun tennis with the pros, pizza, root beer/creamsicle floats and more! Unleash your creativity at a friendship bracelet station!

June 29th 6:30-9:30pm

\$20 each, 11-18 Years. Parents/siblings welcome to non-tennis activities for the same price!

This event will cap at 36 participants.

Register today from your portal or call the front desk! Deadline is June 22nd.



Group Classes • May-June

BOEING EMPLOYEES TENNIS CLUB

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Kent, WA 98032

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Head Pro: Allan Overland
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Teaching Pro: Wyatt Demulling
Email: wyatt@betconline.net

Teaching Pro: Kay Lorrain
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ADULTS

Level 1 (Beginner, Club Rating 1.0-2.0)

Class	Time	Instructor
Monday	7:00 PM-8:00 PM	Robison
Sunday	3:00 PM-4:00 PM	Lorrain
Sunday	4:00 PM-5:00 PM	Lorrain

Level 2 (Advanced Beginner, Club Rating 2.0-2.5)

Class	Time	Instructor
Monday	6:00 PM-7:00 PM	Robison
Saturday	10:00 AM-11:00 AM	Nam
Sunday	6:30 PM-7:30 PM	Fike

Level 3 (Intermediate, Club Rating 2.5-3.0)

Class	Time	Instructor
Monday	10:00 AM-11:30 AM	Fike
Monday	6:00 PM-7:00 PM	Jackson
Tuesday	12:30 PM-2:00 PM	Fike
Tuesday	8:00 PM-9:30 PM	Robison
Friday	Noon-1:30 PM	Fike

Level 4 (Advanced, Club Rating 3.0-3.5)

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

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

Class	Time	Instructor
Wimbledon Sat	1:00 PM-2:30 PM	Overland
Thursday	8:00 PM-9:30 PM	Overland

JUNIORS

10 & Under Tennis

Class	Day(s)	Time	Instructor
Red 1	Sat	10:00 AM-11:00 AM	Gastruk
Red 2	Sat	9:00 AM-10:00 AM	Gastruk
Red 1	Sun	9:00 AM-10:00 AM	Martin
Red 1	Sun	10:00 AM-11:00 AM	Martin
Orange 1	Sat	11:00 AM-Noon	Gastruk
Orange 2	Sun	12:30 PM-1:30 PM	Fike
Orange 2	Sat	Noon-1:00 PM	Gastruk
Green	Sun	2:00 PM-3:30 PM	Fike

Levels 1-2 (Beginner/Advanced Beginner)

Class	Time	Instructor
Level 1 Saturday	2:30 PM-3:30 PM	Nam
Level 1 Tuesday	4:00 PM-5:00 PM	Nam
Level 1-2 Saturday	1:30 PM-2:30 PM	Nam
Level 2 Saturday	9:30 AM-10:30 AM	Lorrain
Level 2 Saturday	12:30 PM-1:30 PM	Nam
Level 2 Monday	7:00 PM-8:00 PM	Jackson

Level 3 (Intermediate)

Class	Time	Instructor
Level 3 Saturday	11:00 AM-12:30 PM	Nam
Level 3 Sunday	11:00 AM-12:30 PM	Martin
Level 3 Sunday	2:00 PM-3:00 PM	Martin
Level 3 Monday	3:30 PM-5:00 PM	Nam
Level 3 Wednesday	5:00 PM-6:30 PM	Jackson
Level 3 Friday	4:00 PM-5:30 PM	Jackson
Level 3 Friday	7:00 PM-8:30 PM	Jackson

Levels 4-5 (Advanced)

Class	Time	Instructor
Level 4 Mon	3:30 PM-5:00 PM	Jackson
Level 4 Wed	3:30 PM-5:00 PM	Jackson
Level 4 Thurs	3:30 PM-5:00 PM	Gastruk
Level 4 Fri	5:30 PM-7:00 PM	Jackson
Level 4 Sat	3:30 PM-5:00 PM	Overland
Level 4 Sun	12:30 PM-2:00 PM	Martin
Level 5 Sat	5:00 PM-6:30 PM	Nam

High Performance

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

Summer Tennis Camps

Monday-Friday, July & August

No Guest Fees!

Member Registration: May 15th

Guest Registration: May 25th

Red/Orange Ball:	9:00-10:00 AM
Junior Levels 1 and 2	10:00-11:30 AM
Junior Level 3	11:30 AM-1:30 PM
Junior Level 4+	1:30-3:30 PM