

Court Report

Members Around the World

Inside this issue:

| | |
|--|----------|
| Tennis Balls find New | 2 |
| Member Socials | 3 |
| USTA Updates | 3 |
| Summer Memberships | 4 |
| Pro Tip: Taking and Giving Ground | 4 |
| Spring Break Camps | 4 |
| Spring Class Schedules | 5 |

Many of our members and staff are currently in Indian Wells watching the BNP Paribas Open, regarded as the “5th Major” in tennis. Here are some other globe trotting members!



(Left) Andrea Ramirez-Noon and Edgar Ramirez spent a week in February at the Qatar Exxon Open in Doha. Andrea noted that she and Edgar are “meeting some pretty special players and watching some amazing tennis!”



(Above) Sachiko Ishihara Spray and former member Ai Isono recently competed in an international tennis tournament in Tokyo, showcasing not only their skills but also club pride by sporting our BETC hats! Get yours at the Pro Shop!

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Teaching Pros listed on Page 4



BETC Club member Laura Rosa spends her vacations volunteering as a wildlife conservationist! In January, she traveled to South Africa working with endangered vultures and rhinos, along with delivering donated sports equipment for youth outreach programs and providing tennis balls to the rhino anti-poaching team for training their canine partners. (More world travelers next page)

World Travelers (continued)



(Above) BETC members Masami Hasegawa, Dick Bryant, Jim Kopp, Chris Nelson and friends toured through Japan and completed in Japan Invitational Senior Tennis. They already have invitations to several other countries for next year!



BETC proudly supports Carole Davis's mission of spreading joy to children in Guatemala by donating BETC tennis balls and shoes, bringing smiles, and making a difference one gift at a time.

"These balls are always a hit with the kids in Guatemala. We give them out as part of the gift packs we give to each school-aged child in the villages where we work. These packs typically include school and dental supplies, toys, coloring crayons, etc. After we distribute the balls and do our work in the village we often see the kids throwing the balls around and having a great time with them. Three cheers to you and to those responsible for donating the tennis balls!"

USTA Updates



Members Lyna Nguyen and Cathy Thom recently competed at the USTA One Doubles Tri Level National Tournament at Barnes and Balboa Tennis Center in San

Diego. The unique format includes three levels of doubles on one team. Lyna and Catherine's team featured teams of 3.5, 4.0 and 4.5 players. At Nationals the team finished 3-1 against teams from across the country. Congratulations!

Membership Corner

Do you need to change or cancel your membership? Get started at betonline.net/membership

- Switch to Monthly Dues
- 70 or better? Apply for a 20% discount
- Add/remove a family member
 - Update your address
- Cancel your membership
- Request Medical Leave

Member Socials

Tennis and Tacos Social - Saturday, May 3, 5-8pm

Wear your most colorful, festive attire and enjoy an evening of fun tennis, build-your-own tacos, fiesta bites, and festive sips in a lively atmosphere. **Don't miss this fiesta on the courts!**

Breakfast at Wimbledon Kickoff Social - Sunday, June 29, 9:30am-12:30pm

Dress in **your best whites** for a morning of social tennis followed by a **brunch-style gathering** featuring strawberries & cream and other Wimbledon favorites.



Pro Tip: Taking Ground vs Giving Ground

By Allan Overland

At the Club's recent High Performance clinic, coached by JJ Jackson, Wyatt Demulling and myself, a key focus was on footwork and teaching players to recognize how and when to move offensively and defensively. We covered types of movement, hitting stances and shot selection. Here is a summary of what was discussed:

“Taking ground”

“Taking ground” means that a player is moving forward to hit a short ball with the intention of hitting an **offensive** shot and taking time from an opponent.

- Players should make a unit turn to prepare for the shot and then move decisively forward.
- The steps taken to the ball can be either shuffle steps for shorter distances or crossover steps for longer distances.

- An offensive stance should be used: square, closed, or semi-open.
- Players should move through the ball as they hit and ensure that their hips pass through.
- As there is less court as you get closer to the net, aim lower and add topspin to keep the ball in the court. (A “good miss” is hitting the ball in the net as opposed to hitting it long)

“Giving ground”

“Giving ground” means that a player is moving backward to hit a deep ball with the intention of hitting a **defensive** shot and avoid getting jammed by the ball.

- Players should make a unit turn to prepare for the shot and then move quickly backward.
- The steps taken to the ball can be either shuffle steps for shorter

distances or crossover steps for longer distances. Note: crossover steps should always be used when moving back diagonally.

- An offensive stance can be used if there is time (and adequate space), or a defensive open stance when under duress.
- Players should try to move away from the ball as they hit if the ball is getting behind them to ensure that the contact point is in front of the body.
- As there is more court as you get farther away from the net, aim higher and add topspin to keep the ball in the court to create time to recover back closer to the baseline. (A “good miss” is hitting the ball long as opposed to hitting it in the net)



**Spring
BREAK**

Junior Camps
Mon-Fri, April 7-11
No Guest Fees!

| | |
|--------------|-----------------|
| Red Ball | 9:00AM-10:00AM |
| Orange Ball | 10:00AM-11:00AM |
| Beginner | 9:30AM-11:00AM |
| Intermediate | 11:00AM-12:30PM |
| Advanced | 12:30PM-2:00PM |

Member Registration: March 20
Guest Registration: March 25



BETC Summer

Tennis
Memberships

Summer Tennis Memberships 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 Reservations
- Spouse and Dependents Included

Spring Adult and Junior Class Schedule

ADULTS

JUNIORS

**BOEING
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Beginner (Club Rating 1.0-2.0)

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

Advanced Beginner (Club Rating 2.0-2.5)

| Class | Time | Instructor |
|----------|-------------------|------------|
| Monday | 6:00 PM-7:00 PM | Lorrain |
| Saturday | 10:00 AM-11:00 AM | Nam |
| Sunday | 4:00-5:30 PM | Fike |

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 | Overland |
| Friday | Noon-1:30 PM | Fike |

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 |

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 |

10 & Under Tennis

| Class | Day(s) | Time | Instructor |
|----------|--------|-------------------|------------|
| Red 1 | Sun | 10:30 AM-11:30 AM | Martin |
| Red 2 | Sat | 9:00 AM-10:00 AM | Gastruk |
| Red 2 | Sun | 9:30 AM-10:30 AM | Martin |
| Orange 1 | Sat | 11:00 AM-Noon | Gastruk |
| Orange 1 | Sat | 2:30 PM-3:30 PM | Gastruk |
| Orange 1 | Sun | 11:30 AM-12:30 PM | Martin |
| Orange 2 | Sat | 10:00 AM-11:00 AM | Gastruk |
| Orange 2 | Sat | Noon-1:00 PM | Gastruk |
| Orange 2 | Sun | 9:00 AM-10:00AM | Fike |
| 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-11:00 AM | Lorrain |
| Level 2 Saturday | 12:30 PM-1:30 PM | Nam |
| Level 2 Sunday | 3:00 PM-4:00 PM | Lorrain |
| 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 | 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 | 4:00 PM-5:30 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 1 | Tues | 4:30 PM-6:30 PM | Overland |
| HP 2 | Tues | 5:00 PM-7:00 PM | Jackson |
| HP 2 | Thurs | 5:00 PM-7:00 PM | Jackson |
| HP 3 | Tues | 7:00 PM-9:00 PM | Jackson |
| HP 3 | Tues | 7:00 PM-9:00 PM | Jackson |