

Net News



The Newsletter of the Eugene Swim & Tennis Club
January/February 2006

Tennis Court Cancellation Policy

As we move into our busy season at ESTC, we want to make every effort in meeting the needs of all members. In doing so we ask that tennis members be reminded of the court reservations and cancellation policies. Each member (adults & juniors) are allowed to make up to three (3) advanced reservations each week (Mon. – Sun.) during prime times. Prime times are defined as these court times: 9:30 A.M., 3:30 P.M., 5:00 P.M., and 6:30 P.M. Mon. – Thurs. Junior prime time is defined as 3:30 P.M. Mon. – Thurs.

Cancellations are to be made at least two (2) hours prior to playing time. Please cancel earlier if you can. **Cancellations made less than two hours before playing time will result in a \$10 fine divided among those whose names appear on the reservation. NO SHOWS will result in a \$20 fine divided among those whose names appear on the reservation.**

ESTC Board of Director Elections

Become a positive influence in shaping the future of Eugene Swim & Tennis Club. The annual election process is underway to fill vacancies on the ESTC Board. Open to any current adult Tennis Member, the volunteer position begins at the annual membership meeting scheduled for the end of March and is a three year term. For those interested please contact Mike Gaffaney at mikeg@estc.org or drop off the required information at the front desk. Please submit a statement of interest including a brief bio along with a picture of yourself (material due February 20th '06).

Be part of working with a dynamic group of fellow members and a professional club management team. Help us meet the challenges that come in operating and developing Eugene's premier tennis and sports club.

Please Check In!

We'd like to remind all ESTC members to please check in at the front desk when entering the club. As a private club, it's important that we monitor all those who enter the facility. It's also a great way for our staff to learn everyone's name! Thank you for your cooperation.

CLUB HOURS FALL/WINTER SCHEDULE

MON.–THUR. 5:00 A.M. – 10:00 P.M.
FRIDAY 5:00 A.M. – 9:00 P.M.
SATURDAY 7:00 A.M. – 9:00 P.M.
SUNDAY 7:30 A.M. – 8:00 P.M.

CHILD CARE HOURS

MONDAY, WEDNESDAY, FRIDAY 9:00 A.M. – 1:00 P.M.
TUESDAY, THURSDAY 9:00 A.M. – 12:00 P.M.

E.S.T.C. E-MAIL ADDRESSES

STAFF EMAIL ADDRESSES:

Mike Gaffaney, General Manager
mikeg@estc.org

Amy Freeman, Fitness Director
amyf@estc.org

David Chun, Tennis Professional
davidc@estc.org

Sharon Silvers, Member Services Director
sharons@estc.org

Walter Seidel, Tennis Professional
walters@estc.org

Melanie Bennett, Front Desk Supervisor
melanieb@estc.org

BOARD OF DIRECTORS

MAX KESSLER - PRESIDENT, ERIN KOSS - VICE PRESIDENT, WARREN BROWN, TERRY BURGESS, PAM PEAKE, KEITH THERRIEN, AND GREG O'HANLON

HAPPY NEW YEAR!

On behalf of the entire staff and the Board of Directors, we'd like to wish all ESTC members a safe, healthy and happy New Year!



USTA Team Captains Meeting (Lottery) Jan 18th at 6:30pm

It's that time again Captains! It's time to choose the dates for your team matches for the 2006 season. See you there!

USTA League Tennis

Still looking for a team? Contact David or Walter in the tennis office and they will help you get signed up.

EETA Paul Hubbard Memorial Tournament Coming Soon!

ESTC members! Mark your calendars for Feb 10-12th for the Paul Hubbard Memorial Tournament. This tournament (formerly the Eugene Charity Tournament) is the primary fundraiser for the Emerald Empire Tennis Association. The primary goal of this organization is to increase tennis participation within our community. The money raised from this tournament will go directly back into the community by way of free adult and junior tennis clinics held throughout the year and junior scholarships (Paul Hubbard Memorial Scholarship). The junior scholarships can be used for private tennis lessons and class tuition as well as tennis equipment. Paul Hubbard was one of the finest tennis players and coaches to come out of the Eugene area. Please show your support for this great annual event.

This tournament will be a great opportunity for all of our USTA league players to get some extra match play before the season starts. Pick up an entry at the front desk and sign up today!

Collegiate Tennis at ESTC!

Come join us for an exciting day of college tennis at ESTC. The club will be host to two collegiate tennis matches on Saturday, January 28th. The morning match will feature Boise State & University of Portland beginning at 9:00am. Then that afternoon Boise State will take on Santa Clara starting at 4:00pm.

Take advantage of this rare opportunity to see some of the nations top collegiate tennis players right here at ESTC. Free admission, and don't forget it's also "free guest day", so bring a friend or co-worker. Courts 4 – 8 are being used throughout the day! Special thanks to the University of Oregon Tennis Program for allowing us to host this event.

Visit the new ESTC website for up-to-date class schedules and event dates www.estc.org



TENNIS DEPARTMENT NEWS

“What’s News” In Tennis! Winter/Spring 2006

Tournament News

2nd Annual Dick Black Memorial Tournament: Success!

The tennis staff would like to thank ESTC members, and the community, for supporting this great event. The proceeds will benefit the Dick Black Memorial Pavilion. A special thanks to the sponsors and those who made donations toward the pavilion, we couldn't do it without you! The numbers aren't in yet, but we're optimistic that the proceeds from this year's event, matched with the '04 event of \$5000, will be a dollar amount enough to fund the construction of our new outdoor pavilion.

Congratulations Champions!

2nd Annual Dick Black Memorial Tournament

Men's Doubles



Mike McCarty & Alan Schwake



Jaime Home & Edwin Jaffarian



Han Choe & Greg Hunt



Jeff Ziller & Ken Johnston

Women's Doubles



Jody Woods & Cathleen Karcher



Doug Kelly & Isabel Kelly



Theresa Park & Kathy Gates



Amy Ellingsen & Sarah Roome



Cardio Tennis “HEART PUMPING SUCCESS!”

There are still a couple of spots open for the Cardio tennis session beginning Jan 9th! Contact David or Walter if you are interested or sign up at the front desk. See you there!

PARTY AT THE CLUB!

See you there! Mark your calendars!

ESTC members! The Sweethearts Party at the Club is Feb 3rd so mark your calendars! The Sweethearts party is following up three highly successful parties, The Casino Royale Costume Ball, Happy Holidays Party at the Club, and A Classic Wimbledon New Years Eve Party. Over 200 members and staff have attended the parties and love the fun and festive atmosphere. One member said, "It's a tennis mixer with a kick!" So come on out and be part of the fun! See you there!

Feb 3rd – Sweethearts Party at the Club!

March 31st – April Fools Party at the Club!

May 5th – Cinco de Mayo Fiesta at the Club!

Winter/Spring Adult Programming Update Check it out!

Try these fun, free tennis programs for adults, all ages and ability levels are welcome. Improve your game and meet new people in a fun friendly environment. Also pick up a copy of the weekly tennis calendar or see the schedule on our web site to see more in depth class descriptions. Classes and times are subject to change.

Mondays:

5:30-6:30 P.M. - Adult Intermediate Skills and Drills Class

6:30-8:30 P.M. - 1st and 3rd Monday is Ladies Doubles Night

6:30-8:30 P.M. - 2nd and 4th Monday is Mixed Doubles Night

Tuesdays:

9:00-11:00 A.M. - Ladies Day Doubles

12:30-3:30 P.M. - Men's Doubles Drop in

6:30-7:30 P.M. - “Welcome to Tennis” Beginner Class (Instructional)

Wednesdays:

10:00-11:00 A.M. - “Welcome to Tennis” Beginner Class (Instructional)

12:30-1:30 P.M. - Co-ed Skills and Drills Class

Thursdays:

12:30-1:30 P.M. - Co-ed Skills and Drills Class

5:30-6:30 P.M. - Adult Intermediate Skills and Drills Class

6:30-10:00 P.M. - Men's Night Doubles

Fridays:

Party at the Club Nights - Once per month

February 3rd

March 31st

May 5th

Saturdays:

11:00-2:00 P.M. - Co-ed Doubles Drop in Play

Sundays:

4:00-5:00 P.M. - “Welcome to Tennis” Beginner Class (Instructional)



FITNESS DEPARTMENT NEWS



Fitness Across America is back just in time for New Year's Resolutions!

Fitness Across America is a FREE incentive program that has been back by popular demand for the last five years. This motivational tool allows members

to earn points or 'miles' toward a mock trip across America through time spent working out or playing tennis. Sign up at the Front Desk or on the bulletin board in the weight room. Starting, Monday, January 2nd, you can log your workouts on the sheets provided and stack up mileage with the potential of winning some great prizes. Sign up your friends and challenge them to a fun, healthy competition that will keep everyone motivated toward results!

The things others do FOR you may be making you FAT!

In this busy day and age we often become accustomed to hiring others to do our "dirty work". Take a look at these chores that could provide you with the extra calorie burn to help you lose weight with only 30 MINUTES!

Body Weight of Individual	150	170	200
<i>Calories burned</i>			
Washing Car	112	128	150
Waxing Car	150	170	200
Gardening (moderate)	135	153	180
Housework	135	153	180
Scrubbing Floor	210	238	280
Mowing Lawn	202	230	270
Window Cleaning	112	128	165

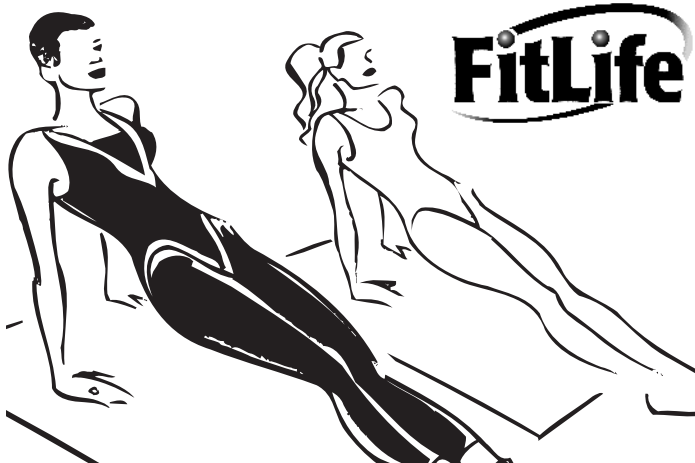


Heike McNeil, Personal Trainer

We are excited to hire Heike for a Personal Trainer position at ESTC. Many of you know Heike from her summer Water Workout Class. Heike brings a broad based exercise knowledge with a level of compassion, enthusiasm, and experience that is recognized by everyone she trains. Her educational background is in Science with a PHD in Chemistry.

She approaches fitness with a scientific and supportive approach to help clients reach their goals. She aims to teach how the body gains muscle and loses fat with the use of fun and effective fitness routines. Her intent is to instill dedication toward a lifestyle that includes exercise, discipline, personal responsibility, and balanced nutrition to achieve personal well-being and improved fitness and/or performance. The following is one of her favorite Bruce Lee quotes: "Knowing is not enough, we must APPLY; Willing is not enough, we must DO!". Heike applies her exercise training while competing in local running and triathlon races. She and her husband enjoy rock climbing, backpacking, mountain biking, and working on their house.

If you are interested in scheduling an appointment with Heike, please contact the Front Desk.



MASSAGE ZONE

The New Massage Schedule Is In Effect, January 2nd

Hours:

Monday/Wednesday	2:00 P.M. to 10:00 P.M.	Jodi/Elena
Tuesday/Thursday	10:00 A.M. to 8:00 P.M.	Gul/Jodi
Friday	9:00 A.M. to 9:00 P.M.	Jodi/Elena/Gul
Saturday	9:00 A.M. to 2:00 P.M.	Jodi/Elena/Gul

Purchase 3 or more massages and receive 10% off!

This is a busy season for massage. Be sure to schedule in advance to reserve your appointment. Pick up a Massage Brochure at the front desk to find out more about the services we offer, therapist bios, and rates.



YOGA ZONE

Join Amy for a beginning level workshop titled "Gentle Yoga"

Perfect for SENIORS, BEGINNERS, or INJURED
11:00 A.M. to 12:00 P.M., February 14th – March 9th

This workshop will provide students with the basic skills and knowledge for yoga training, starting from the ground up. Classes will include home exercises, pictures, and handouts to provide an in depth understanding of beginning yoga postures, modifications available, and breathing techniques. This workshop will allow students to gain confidence in performing yoga exercises to their individual level and provide them the skills needed to participate in yoga classes or incorporate yoga into their exercise regimen.

Anne can continue her tennis...

After starting an exercise program to strengthen and rehabilitate her tennis elbow. Anne states that if it wasn't for her exercise program, she wouldn't be able to keep up her current tennis regimen. She has gone from having constant pain to being able to play without any pain hinderance whatsoever. She states that she is still strengthening and working on her overhand shots but it confident that she has remedied her ailment. If you are interested in meeting with a trainer to prevent injury or reduce pain associated with injury, contact our Fitness Director, Amy Freeman, amyf@estc.org.



What's New for the New Year?

The following specialty classes may require advance registration and class sizes are limited. Additional information is available at the Front Desk or by contacting Amy Freeman, Fitness Director.

Fitness Across America	Jan 2nd – Feb 11th, FREE
Women's Boot Camp, 10:00 A.M.	Jan 16th – Feb 22nd
Active Isolated Stretching, 6:30 P.M.	Jan 18th, FREE
Cardio Kickboxing, 6:35 P.M.	January 16th – Feb 22nd
Gentle Yogafor (beginner/seniors/injured)	Feb 14th – March 9th, 11:00 A.M.
Salsa, Fridays 6:30-8:00 P.M.	February 3rd, 10th, 17th, 24th

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

January

1 Welcome to Tennis Class 3.0 & Below 4:00-5pm Happy New Year Club Hours 8:00am-8:00pm	2 Inter. Skill/Drill 5:30pm Ladies Night 6:30pm	3 Ladies Day 9:00am Men's Doubles 12:30 pm Welcome Tennis Class 3.0 & Below 6:30pm	4 Welcome Tennis Class 3.0 & Below 10:00 am Co-Ed Skill/Drill 12:30pm	5 Adult Inter. Skill/Drill 12:30pm Inter. Skill/Drill 5:30pm Men's Night 6:30pm	6 Junior Pizza Night 6-7:30pm Ages 7-11	7 Co-Ed Drop-in Doubles 11:00am - 2:00pm
8 Welcome to Tennis Class 3.0 & Below 4:00-5pm	9 Inter. Skill/Drill 5:30pm Ladies Night 6:30pm	10 Ladies Day 9:00am Men's Doubles 12:30 pm Welcome Tennis Class 3.0 & Below 6:30pm	11 Welcome Tennis Class 3.0 & Below 10:00 am Co-Ed Skill/Drill 12:30pm	12 Adult Inter. Skill/Drill 12:30pm Inter. Skill/Drill 5:30pm Men's Night 6:30pm	13 Junior Doubles Night 6-8:00pm	14 Co-Ed Drop-in Doubles 11:00am - 2:00pm
15 Welcome to Tennis Class 3.0 & Below 4:00-5pm	16 Inter. Skill/Drill 5:30pm Mixed Doubles Night 6:30pm	17 Ladies Day 9:00am Men's Doubles 12:30 pm Welcome Tennis Class 3.0 & Below 6:30pm	18 Welcome Tennis Class 3.0 & Below 10:00 am Co-Ed Skill/Drill 12:30pm USTA Team Cap. Meeting 6:30pm	19 Adult Inter. Skill/Drill 12:30pm Inter. Skill/Drill 5:30pm Men's Night 6:30pm	20	21 Co-Ed Drop-in Doubles 11:00am - 2:00pm
22 Welcome to Tennis Class 3.0 & Below 4:00-5pm	23 Inter. Skill/Drill 5:30pm Ladies Night 6:30pm	24 Ladies Day 9:00am Men's Doubles 12:30 pm Welcome Tennis Class 3.0 & Below 6:30pm	25 Welcome Tennis Class 3.0 & Below 10:00 am Co-Ed Skill/Drill 12:30pm	26 Adult Inter. Skill/Drill 12:30pm Inter. Skill/Drill 5:30pm Men's Night 6:30pm	27 Junior Doubles Night 6-8:00pm	28 Boise State vs. U. Portland 9:00am Boise State vs. Santa Clara 4:00pm
29 Welcome to Tennis Class 3.0 & Below 4:00-5pm	30 Inter. Skill/Drill 5:30pm Mixed Doubles Night 6:30pm	31 Ladies Day 9:00am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30pm				

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

February

			1 Welcome Tennis Class 3.0 & Below 10:00 am Co-Ed Skill/Drill 12:30pm	2 Co-Ed ISkills/Drill 12:30pm Inter. Skill/Drill 5:30pm Men's Night 6:30pm	3 <i>SWEETHEARTS</i> <i>"Party at the Club"</i>	4 Co-Ed Drop-in Doubles 11:00am - 2:00pm
5 Welcome to Tennis Class 3.0 & Below 4:00-5pm	6 Adult Inter. Skill/Drill 5:30pm Ladies Night 6:30pm	7 Ladies Day 9:00am Men's Doubles 12:30 pm Welcome Tennis Class 3.0 & Below 6:30pm	8 Welcome Tennis Class 3.0 & Below 10:00 am Co-Ed Skill/Drill 12:30pm	9 Co-Ed ISkills/Drill 12:30pm Inter. Skill/Drill 5:30pm Men's Night 6:30pm	10 <i>EETA Paul Hubbard</i> <i>Memorial Tennis</i> <i>Tournament</i>	11 <i>EETA Paul Hubbard</i> <i>Memorial Tennis</i> <i>Tournament</i>
12 <i>EETA Paul Hubbard</i> <i>Memorial Tennis</i> <i>Tournament</i>	13 Adult Inter. Skill/Drill 5:30pm Mixed Doubles Night 6:30pm	14 Ladies Day 9:00am Men's Doubles 12:30 pm Welcome Tennis Class 3.0 & Below 6:30pm	15 Welcome Tennis Class 3.0 & Below 10:00 am Co-Ed Skill/Drill 12:30pm	16 Co-Ed ISkills/Drill 12:30pm Inter. Skill/Drill 5:30pm Men's Night 6:30pm	17	18 Co-Ed Drop-in Doubles 11:00am - 2:00pm
19 Junior Pizza Day 2-3:30 pm Ages 7-11 Welcome to Tennis Class 3.0 & Below 4:00-5pm	20 Adult Inter. Skill/Drill 5:30pm Ladies Night 6:30pm	21 Ladies Day 9:00am Men's Doubles 12:30 pm Welcome Tennis Class 3.0 & Below 6:30pm	22 Welcome Tennis Class 3.0 & Below 10:00 am Co-Ed Skill/Drill 12:30pm	23 Co-Ed ISkills/Drill 12:30pm Inter. Skill/Drill 5:30pm Men's Night 6:30pm	24 Junior Doubles Night 6-8:00pm	25 Co-Ed Drop-in Doubles 11:00am - 2:00pm
26 Welcome to Tennis Class 3.0 & Below 4:00-5pm	27 Adult Inter. Skill/Drill 5:30pm Mixed Doubles Night 6:30pm	28 Ladies Day 9:00am Men's Doubles 12:30 pm Welcome Tennis Class 3.0 & Below 6:30pm				



TENNIS DEPARTMENT NEWS, cont.

TennisOne Tip of the Month-Tips to improve your game!

The Drop Shot: A Weapon at Every Level

While the skill to hit a 130 mph serve or a huge topspin groundstroke would be considered a weapon by almost everyone who has held a tennis racquet, there is one shot that is both feasible and effective at virtually all levels: The Drop Shot.

In terms of technique, the shot is fairly simple. Yet, because of improper learning patterns, the drop shot can be as foreign as trying to hit a ball with the non-dominant hand! And, yet, as players advance, the effectiveness of the drop shot, when hit properly and strategically, can continue to be used successfully right up to the pro level.

Grip Foundation

Like the volley and the serve, the best grip for the drop shot is the continental. While some may be able to hit a drop shot with an eastern grip or even a semi-western, the continental provides the most control, both in terms of spin and touch. The problem with many is they learned to volley with the rudimentary eastern forehand and backhand grips. Not only do these grips tend to prevent more advanced and effective volleys, they tend to prohibit a player from hitting effective drop shots.

Technique

The drop shot is similar to both the volley and the slice drive. Like both of these strokes, the drop shot is hit with a high to low swing path creating slice (or underspin) on the ball. The main difference in both of these shots compared to the drop is the contact point and the speed of the swing. The drop shot has the racquet cutting more of the underside of the ball whereas the drive and the volley are hit more down the back of the ball. On all three shots, the player will want to create a racquet path that is more in line with the target. This will build consistency in directional control.

Trajectory

Once a player can hit with consistent underspin on the drop, they will want to experiment with the trajectory. Obviously, too high, the drop shot will bounce high giving your opponent enough time to get to the ball and counter it effectively. However, too low, the ball will bounce forward and towards your opponent, also allowing him to reach it in time. The ideal drop shot has a trajectory that limits both of these aspects.

Spin

While a certain amount of underspin is desirable, attempting to hit too much underspin will increase the difficulty of timing and touch of the shot. This is because to hit more underspin, we must swing with greater force to enact more spin. Hitting with finesse and touch is greatly influenced by the amount of force imparted to the swing.

Where and Where

Ideally, try hitting your drop shot from the same situation you would normally hit an offensive approach shot. That is, usually from the area of no-man's land which is between the service line and about three feet inside the base line. Further back, you have to hit nearly a perfect drop shot because, from this greater distance, the ball will remain in the air longer giving your opponent time to react. If you are any closer to the service line or inside it, you might be giving up a more effective drive or topspin winner.

Strategically, hit most drop shots down the line in singles, and crosscourt in doubles. If the drop shot you hit feels like a good one, follow it in to the net. Your opponent will likely have trouble just getting to the ball. If you close in, you force him to hit a more difficult and precise shot past you, increasing the likelihood that he will make an error. Also, the most normal response players have to a drop shot is a drop shot back! By coming to the net, you take away almost 90% of the court and make this type of response extremely difficult. If your opponent does manage to make a return, you will have about 90% of your opponent's court to volley his shot into!

Experiment hitting drop shots in practice as well as in competition. If you play a person who is a human backboard from the baseline, bring that fellow into the net with a drop shot and see how comfortable they are up there!

JUNIOR TENNIS NEWS

"Just for Juniors" Fall/Spring Programming 2006

Junior Tournament News- Congratulations!

On the weekend of the 28-30th of October 2005, Hayden Rear, Zack Steele, Spencer Krum and Chad Henninger played in the Sunset Boys Champs Tennis Tournament at the Sunset Athletic Club in Beaverton, Oregon. ESTC Tennis Pro Walter Seidel coached the kids and it was a very successful tennis trip with all boys doing extremely well. Chad Henninger reached the semi-finals of the Boys 16's main draw; Hayden Rear reached the quarterfinals of the Boys 14's main draw and Spencer Krum reached the semi-finals of the Boys 16's consolation draw. Everyone played great tennis and gained more match experience.

Junior Tennis Ladder - Continued Success!

The ESTC Junior Tennis Ladder has been progressing very successfully over the past few months. Juniors have been challenging each other and it has really brought a healthy competitive edge to our junior classes. In first place we have Hayden Rear with 238 points. In second place is Brittany Bana with 187 points and in third place is Rajanart Incharoensakdi with 177 points. Congratulations to these juniors for finishing in the top three.

The ESTC Junior Tennis Ladder will begin fresh January 1st 2006 and will go till the end of March. The ladder will run 3 months at a time.

Upcoming Junior Tennis Tournament Trips

Hey Kids! Want to go to a tournament? Watch for upcoming announcements from the Tennis Department for tournament trips around the Pacific Northwest! Gain match experience and have lots of fun.

The next trip will be January 6th-8th at the Salishan Lodge Tennis Club at Gleneden Beach Oregon. This Salishan Winter Champs Tennis Tournament is for Champ level boys and girls. Contact Walter in the Tennis Department for more information.

Winter/Spring after school Tennis Classes for all ages Join the Fun!

Mondays & Wednesdays

3:30-4:00 P.M. - Little Tennis (Ages 4-7)

4:00-5:30 P.M. - Junior Advanced Class

Tuesdays & Thursdays

3:30-4:30 P.M. - Junior Beginner Class (Ages 7-11)

4:30-5:30 P.M. - Junior Intermediate Class (Ages 11-14)

Early sign up is recommended. Class enrollment is limited. Registration is at the front desk.

Fridays:

6:00-7:30 P.M. - Jr Pizza Night (Ages 7-11) (1st Friday of the month) **Free**

6:00-8:00 P.M. - Jr Doubles Night (2nd and 4th Fridays of the month) (Jr's must be able to serve, keep score and/or have played in Jr tournaments to participate in this event)(Pizza Included) **Free**

Friday Night schedule is subject to change due to special events. Please check the Jan/Feb newsletter calendar.

Sundays:

2:00-3:30 P.M. - Jr Pizza Day (Ages 7-11) (3rd Sunday of the month) **Free**



TENNIS DEPARTMENT NEWS, cont.



Jane Klippel joins ESTC Tennis Staff

Please welcome another new addition to the ESTC Tennis Staff, Jane Klippel. Jane brings a vast amount of both club and tennis experience to ESTC. Recently Jane and ESTC member Yodie Therrien finished 1st in the consolation finals for senior women's 50 and over at the Green Meadows

Congratulations Jane & Yodie Country Club in Vancouver, Washington. Jane also captured first place in women's 50's singles beating both the 1st and 2nd seeds.

Jane will be working part time assisting with conducting tennis programs, and doing private / group lessons for junior and adults. Her tennis resume includes #12 ranking in Wisconsin for women's 35 singles, and the NAIA District 14 Coach of the year in '88. Currently Jane is the General Manager at Courtsports Athletic Club and the Girl's Tennis Coach at Sheldon High School. Please help us welcome Jane Klippel!



Former UO Tennis star joins ESTC

ESTC would like to welcome Courtney Nagle as a member of our Tennis Staff. As most of our members know, Courtney was a member of the University of Oregon Women's Tennis Team, and also a graduate earning her degree in Human Physiology. Originally from California, Courtney has been a standout at the UO throughout her collegiate career.

Courtney brings a unique and exciting dimension to the club; working with both our juniors and adults, as well as on the coaching staff with the ESTC Junior Development Program (JDP). She was the Graduate Assistant Coach during the 2004/05 season

Courtney Nagle with the UO Women's Team, as well as the Assistant Director at the Nike Jr. Tennis Camps held at the University of Oregon. Courtney is an accomplished player reaching #35 in singles and #17 in doubles in the nation. As a Pac-10 academic honorable mention, Courtney also was named to the second team All Pac-10 in '02/'03. Her enthusiasm and passion for the sport of tennis is contagious. Courtney is a young exciting player who brings a coaching style to ESTC that will motivate and inspire students of all ages and ability levels. Welcome to ESTC Courtney!



MEMBER NEWS

New Member Referral Program

We try and remind members at every opportunity about our exciting member referral program at ESTC. If you know of a friend, co-worker or neighbor who might be interested in becoming part of the best club in Eugene, send them our way. Any new member to ESTC who lists you as their referral; you'll receive one month dues credit in the amount equal to their membership type. For information about how you can earn dues credits, and more importantly encourage a healthy lifestyle, contact Melanie Bennett.

Women's Locker Improvements!

The adult women's locker room recently received a much needed remodel. General repair of internal fixtures, walls and flooring was long over due. Members will notice new tile, light fixtures and other needed improvements to the shower and dressing areas. A new coat of paint was added along with a complete cleaning of the entire area. The improvements, costing approximately \$18,000 will greatly enhance the look and cleanliness of the locker room area, while also repairing critical structural areas that have been neglected for many years.

The maintenance and upkeep of areas such as our locker rooms and club house will continue to be a priority as ESTC moves forward. Building maintenance and facility upgrades are important for member retention and membership growth. Look for a number of maintenance projects throughout the coming year; our members deserve the best facilities possible and we're working hard to keep our club safe, and up-to-date.

Free Guest Day!

Take advantage of another FREE GUEST day at the Eugene Swim and Tennis Club. Mark your calendars for Saturday, January 28th. Bring a friend, co-worker or family member to a day exercise and fun. Or take in one of the college tennis matches ESTC will be hosting throughout the day.

Watch for an expanded massage schedule, coming soon, to include late evening hours and Sundays!

WELCOME NEW MEMBERS

Please help us welcome the following new members to our club:

Tennis Memberships

David Foley	Hung Le
Douglas & Mollie LeFevre	Chuck & Sharon Giddings
Matt Farman	Taylor Meek & Amy Whittingham
Suzanne Parshall	Vince Woods
Richard Walker	John & Kathy Braun
Luke Rencher	Kristen Petrie
Samuel & Gisele Recinos	Sherri Luell
Louis & Johanna Corbeau	Lynn Swisher Booth
Alina Constantinescu	Bryon Quick

Fitness Memberships

Ken & Susan Merrell Family	Johnathon Johnson
Colleen Hackett	Chris Surbaugh
Craig Winter & Emily Cannavaro	Pam Lane
Michelle & Pete Courtney Family	

