



Net News



The Newsletter of the Eugene Swim & Tennis Club
March/April 2011

General Managers Letter

As mentioned in the last newsletter, the Club experienced a significant drop in membership from October – December 2010. We have seen a minor bounce back in January and February with total memberships at 765 (as of 2/17/2011). We continue to maintain membership recruitment as one of our highest priorities, and will appreciate any help our members can give us in that area. The Club offers an incentive credit to your account for any new member that you refer and signs up. (\$100 – Tennis and \$50 – Fitness)

Join us on March 14th for the Annual Meeting and immediately following a celebration of the 50th Anniversary of ESTC will be held. During the Annual Meeting I will share the results of the past year, the status of the Club and what lies ahead for this upcoming year. The Board of Directors will also be announcing the 3 new board members.

I would also like to take this opportunity to thank the members for your continued support of ESTC and our programs, the Board of Directors for their support over the past year, and the ESTC staff for their continued enthusiasm and dedication to ESTC and its members.

Over the upcoming year, we will continue making necessary improvements and changes to our programming. I am very excited about the opportunities and future of ESTC.

Wm. Scott Coleman



CLUB HOURS

SPRING/SUMMER SCHEDULE (MAY – SEPTEMBER)

MON. – FRI. 5:00 a.m. – 10:00 p.m.
SATURDAY 7:00 a.m. – 10:00 p.m.
SUNDAY 7:30 a.m. – 9:00 p.m.

FALL/WINTER SCHEDULE (OCTOBER – APRIL)

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 8:30 a.m. – 1:00 p.m.
TUESDAY, THURSDAY 9:00 a.m. – 1:00 p.m.

ESTC E-MAIL ADDRESSES

Scott Coleman, General Manager scottc@estc.org
Katie Leslie, Membership Sales katiel@estc.org
Kris Ibrao, Group Fitness Coordinator krisi@estc.org
David Chun, Head Pro davidc@estc.org
Jim Hord, Director of Tennis jimh@estc.org
Sandi Hoselton, Member Relations Director sandih@estc.org
Julie Hafemeister, Fitness Center Coordinator julieh@estc.org
Zach Laycock, Head Pro zachl@estc.org

BOARD OF DIRECTORS

BRET HAZELL - PRESIDENT, LINNET O'HANLON - TREASURE, AMANDA JORDAN - SECRETARY
JOHN BROWN, MARK LERFALD, AND LIANE McIRVIN

UPCOMING EVENTS

Tennis Welcome Center – New Classes in March
Annual Meeting – March 14th
Pool Opens – May 14th
Court 1-3 Closed (Resurfacing) – May 31st - June 2nd
Summer Memberships Begin – May 23rd
Summer Program Available – May



Mark Lerfald of Eugene named to USTA Pacific Northwest Board of Directors

Mark Lerfald of Eugene, Ore., has been named to the 2011 USTA Pacific Northwest (USTA/PNW)

Board of Directors. Lerfald was elected to serve a two-year term as the USTA/PNW Southern Oregon Area Vice President. The Southern Oregon Area of the USTA/PNW Section includes Benton, Coos, Crook, Curry, Deschutes, Harney, Jackson, Jefferson, Josephine, Klamath, Lake, Lane, Lincoln, Linn, Marion and Polk counties. The 2011 USTA/PNW Board of Directors was announced at the Section's annual meeting on October 23 at Multnomah Athletic Club in Portland.

Lerfald is a financial advisor in Eugene, Ore. and currently serves as a member of the Board of Directors for Eugene Swim and Tennis Club. Mark, his wife Sharlean and son, Brooks are avid tennis players.

Lerfald is the only new member of the USTA/PNW Board of Directors. He will join nine others who are in the middle of their current elected term or who were re-elected to serve an additional term. In addition to Lerfald as Southern Oregon Area Vice President, the 2011 USTA/PNW Board of Directors includes Mike Temple (Portland), President; Mike Naumes (Medford, Ore.), Secretary/Treasurer; Tony Menke (Yakima, Wash.), Sectional Delegate; Gwen Ramras (Fairbanks, Alaska), Immediate Past President; Allen Clendaniel (Anchorage), Alaska Area Vice President; Bill Brooks (Seattle), Northwest Washington Area Vice President; Richard Snyder (Gig Harbor), Southwest Washington Area Vice President; Mary Rawlsky (Coeur d'Alene, Idaho), Eastern Washington Area Vice President; and Jeff Yarne (Portland), Northern Oregon Area Vice President.

Annual Meeting – March 14th

Join Club management and ESTC board members for an evening of informative conversation, announcements, "State of the Club" report and board election results. This is a great evening for members to learn more about the club and future enhancements. We will also be celebrating the club's 50th Anniversary.

Annual meeting - 6:30 p.m. • Celebration - 7:30 p.m.

Learn About The Club!

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

Eugene Swim & Tennis Club • 2766 Crescent Ave. • Eugene, OR 97408 • (541) 342-4414 • www.estc.org

WHAT'S NEW IN TENNIS! WINTER 2011

2 Steps to Success Adult Footwork Camp Re-cap

In our first two adult footwork camp installments of 2011, players showed how much they are really trying to improve their tennis through better footwork and movement. We did Part 2 of the series in early January and had 6 graduates of Part 1 participate. In our February camp, we had 12 participants and everyone had a great time and walked away with some footwork skills and techniques that will surely elevate their games. Look forward to more Footwork Camps in the near future.



Pictured left to right: Wendy Steele, Jim Hord, Coral Tily, Tori Waples, Jill Fetherstonhaugh, Radona Peterson, Paula Cates, Diane Foley, Angela Gorman, Wendy Laing, Renee Song, Melly Halloway, David Chun Not Pictured: Kelli Von Maur, Bryon Quick, SongTe Kim, Darci Christian, Angela Copeland, Charlie Borrego



Cardio Tennis Wants You to "Bring It!" in March and April

Cardio Tennis insanity is going strong in 2011!

Come work out with us and learn a new piece of footwork each week! We added more intensity to the warm up and keep your heart pumping with specific footwork drills geared to improve your game. Cardio Tennis is a class that really keeps you moving. Cardio Tennis is a great way to GET FIT, HAVE FUN, and MAKE FRIENDS!

Sign up for the full session and get one class FREE!
Half session \$10 per class, drop in \$12

March Session- 10 classes \$90.00
April Session- 8 classes \$70.00

Tennis Welcome Center New Classes!

USTA Tennis Welcome Center is a low-cost adult instructional program designed to teach basic skills to new or returning players in a group environment. The program consists of progressive skill development lessons with the opportunity to practice and play. We want to give you the skills, confidence, and knowledge to begin playing tennis and enjoy the game. Classes are session only. Advanced registration required.

Sunday Session - (March-\$40.00) (April-\$40.00) 3:00 - 4:00 p.m.
Tuesday Session - (March-\$50.00) (April-\$50.00) 12:30 - 1:30 p.m.
Wednesday Session - (March-\$50.00) (April-\$50.00) 6:30 - 7:30 p.m.
Thursday Session - (March-\$50.00) (April-\$50.00) 9:00 - 10:00 a.m.



Singles Strategies

Analyze your opponent, choose your strategy, and improve your court coverage. When you understand the possibilities, everyone will want to play singles.

Sign up at the front desk.

Saturdays: 8:30 to 9:30 a.m. (3.0 & Above) Cost: \$10

USTA Spring League - Match Play Begins

ESTC League play is in full swing and matches are being played each weekend on courts 4-8. So, come on out and support your favorite teams and cheer your friends on to victory! Check out our Match Schedule Board in the lobby to see who is playing each weekend. See you there!

Winter Adult Programming Update - Check it out!

Enjoy our fun, free and low cost tennis programs for adults. All ages and ability levels are welcome. Improve your game and meet new people in a fun, friendly environment. Pick up a copy of the weekly tennis calendar or see the schedule on our website for more in depth class descriptions. Classes and times are subject to change.

Mondays:

8:30 - 9:30 a.m. - **Dynamic Doubles 4.0+ Clinic New!**
9:00 - 10:00 a.m. - Cardio Tennis
11:00 - 12:00 p.m. - **Dynamic Doubles 3.5+ Clinic New!**
5:30 - 6:30 p.m. - NTRP Clinic Women's 3.5
6:30 - 8:30 p.m. - Mixed Doubles Night

Tuesdays:

9:00 - 11:00 a.m. - Ladie's Day Doubles
9:30 - 11:00 a.m. - **Women's 3.5 Skills and Drills New!**
12:30 - 1:30 p.m. - **Tennis Welcome Center New!**
12:30 - 2:00 p.m. - Men's Doubles Drop in
5:30 - 6:30 p.m. - NTRP Clinic Co-Ed Double's Clinic 2.5 & Up
6:30 - 8:00 p.m. - **Hardcore Tennis Workout 4.0+ New!**

Wednesdays:

8:30 - 9:30 a.m. - **Dynamic Doubles 3.5 Clinic New!**
9:00 - 10:00 a.m. - Cardio Tennis
11:00 - 12:00 p.m. - **Dynamic Doubles 4.0 Clinic New!**
6:30 - 7:30 p.m. - **Tennis Welcome Center New!**

Thursdays:

9:00 - 10:00 a.m. - **Tennis Welcome Center New!**
12:30 - 1:30 p.m. - Co-Ed Point Play
5:30 - 6:30 p.m. - NTRP Clinic Men's 4.0+
6:30 - 8:30 p.m. - Men's Night Doubles

Fridays:

12:30 - 2:00 p.m. - Co-Ed Doubles Drop In

Saturdays:

8:30 - 9:30 a.m. - NTRP Co-Ed Clinic 3.5 & Up
9:30 - 10:30 a.m. - Singles Strategies

Sundays:

3:00 - 4:00 p.m. - **Tennis Welcome Center New!**
4:00 - 5:00 p.m. - Co-Ed Point Play (2.5 level or above)



WHAT'S NEW IN FITNESS



ESTC Fit Tip

Weight Training: "BUFF SCHMUFF!"

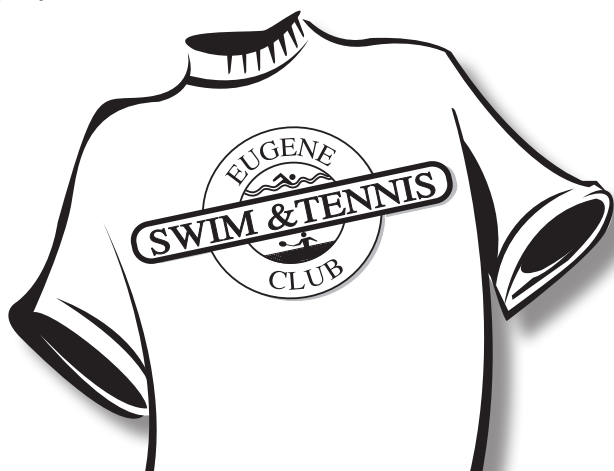
Yes. We would all like to look fit and toned... some even BUFF (still a worthy goal!), but to say weight training is mainly for cosmetic benefit is a gross misnomer!

According to American College of Sports Medicine guidelines (acsm.org), every able

body should weight train. From the teenaged young man to the 60+ female and beyond...EVERYONE! Check out the benefits that extend far beyond those of physical appearance...

- Muscle mass, which naturally decreases with age, increases with weight training. Increased muscle mass increases natural fat burn, so our muscle mass is our body's natural defense against fat gain!
- Contrary to what many still believe, average weight training, like what is done by most in the weight room or Group Power class, will not "bulk you up". However, lack of weight training, combined with the fat that we naturally gain as we age, very likely will!
- Weight training is "load bearing", meaning it places a load on our skeletal bones. Our bones, which naturally weaken as we age, respond to this load by producing more bone tissue, making themselves stronger. Postmenopausal women and others with weak bones are among those who need weight training the most!
- Weight training stabilizes and strengthens joints, better enabling them to bear the stress of athletic or recreational competition (like tennis!). How many ESTC-ians wear knee supports? Joints acquire fewer injuries if we weight train first (and continually), then play or compete. Athletes know...train, then do ...don't just do, or you won't do well for long!

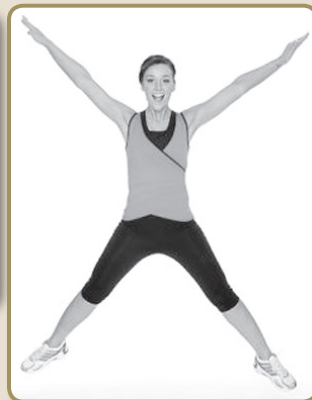
Appearances are great, but the necessity of weight training goes far beyond this. If you'd like help, talk with a trainer or instructor. Then visit the weight room, or get to Group Power class...twice a week...for as long as you are able!



FitLife

You Asked For It... The Short Format Is Back

Join Calvin Thursdays At 5:30pm
Beginning March 3rd For...



30/30 Core & Cardio!

This is a 30 minute Core, 30 minute Cardio Class! Stay for just the first half, or just the second half, or stay the full hour and get your full-body workout! The 30/30 format is great for new exercisers as well as the veteran!

Attention ESTC...



...Is Here!

Join Kara at 10:05 AM on Wednesdays
in the Group Fitness Studio
for a fun, Latin-inspired,
dance cardio workout!

WHAT'S NEW IN TENNIS, Cont.

New Adult Classes

Dynamic Doubles 3.5

Monday 11:00 - 12:00 p.m.
Wednesday 8:30 - 9:30 a.m.

Dynamic Doubles 4.0+

Monday 8:30 - 9:30 a.m.
Wednesday 11:00 - 12:00 p.m.

A high intensity, doubles specific clinic focusing on mastering the art of doubles. Court position, patterns of play, strategy, shot selection, technique, and the transition game to the net are part of this clinic's curriculum. Come join us and take your game to the next level!

Women's 3.5 Skills and Drills

Tuesday 9:30 - 10:30 a.m.

Women's 4.0 Skills and Drills

Friday 9:30 - 10:30 a.m.

A great workout including efficient instruction and fast paced drills to sharpen your skills! This class will consist of an hour of high intensity drills followed by a half hour of pro supervised play to give you constant feedback and instruction in a real time environment. Come play like a pro!

Coed Hardcore Workout 4.0+

Tuesday 6:30 - 8:00 p.m.

Live ball situations and drills based on point play. Singles and doubles offensive/defensive drills will be emphasized in this fast paced clinic. This is the hardcore workout you have been looking for!

Tennis Welcome Center - All Levels

Sunday 3:00 - 4:00 p.m.
Tuesday 12:30 - 1:30 p.m.
Wednesday 6:30 - 7:30 p.m.
Thursday 9:00 - 10:00 a.m.

The USTA Tennis Welcome Center is a low-cost adult instructional program designed to teach basic skills to new or returning players in a group environment. The program consists of progressive skill development lessons with the opportunity to practice and play. We want to give you the skills, confidence, and knowledge to begin playing tennis and enjoy the game!



**New
Adult
Classes**

ESTC JUNIOR NEWS & EVENTS



JUNIOR CLASS SCHEDULE

Winter Junior Tennis Program 2011

Junior Tennis Schedule and Classes

Please make note of our 2011 Junior Group instruction schedule. Classes are available in six different skill levels to accommodate the wide range of ages and abilities. Check the front desk for session prices.

- Classes are offered in four week sessions (month to month):
Monday - Thursday of each week.
- Classes have a maximum of six students per instructor.
- Classes include appropriate instruction in technique, strategies and tactics, physical conditioning, rules and etiquette.
- Students advance to more challenging groups as specific skills progress.
- **Advance registration and payment is required. Register at the front desk. Space is limited.**

Little Tennis: 3:15-4:00 p.m. on Monday & Wednesday (Ages 4-6)

This program features an array of lesson plans and teaching aids to make tennis fun. Many of the skills taught (throwing, catching, movement, etc.) are "carry over" skills needed for motor development. Little Tennis is perhaps the best-ever program in creating interest in tennis among young children.

Future Stars: 3:30-4:30 p.m. on Tuesday & Thursday (Ages 7-10)

Players are introduced to tennis at the entry level. Camp curriculum includes proper grips, basic stroke technique, footwork, and light conditioning taught through drills and games, providing a **FUN** method for progressing students into the intermediate level class.

Smash: 4:00-5:00 p.m. on Monday & Wednesday (Ages 9-12)

Players are grouped by ability. Proper mechanics, grips, and spins are the main focus of this class. Players are also introduced to point play covering proper court positioning for singles and doubles, as well as scoring. A variety of feeding drills and game based drills are used to further advancement to the next level.

High School: 4:30-5:30 p.m. on Tuesday & Thursday (Ages 13-17)

This class is for the advanced JV to varsity high school player looking to advance their game. Players are introduced to high school team tennis preparation, tournament level drills, stroke production, advanced footwork patterns, physical conditioning along with supervised match play covering both singles and doubles.

Junior Challenger: 4:30-5:30 p.m. on Tuesday & Thursday (Ages 8-13)

This class is for the younger player involved in competitive USTA sanctioned **Challenger** level tournaments or have experience playing USTA Junior Team tennis. Players in this class show a strong interest in improving their tennis abilities and tournament play throughout the year.

Elite: 4:00-5:30 p.m. on Monday & Wednesday (no age limit)

This is our highest level class offered at ESTC designed to further those players at the Champs level or high end of the Challenger level. At this level, players compete year round in sanctioned events or at the National level. A strong emphasis is placed on conditioning, match play, point construction and how to handle tournament level competition. Please Note: **This class requires approval to participate.**

WHAT'S NEW IN TENNIS, Cont.

Fall USTA Senior Women's 3.5 Division Champions Team Scherer



Pictured top left: Laurie Leece, Nancy Degeneault, Laura Bruni, Deborah Kingsley, Kathy Thompson, Pam Peake
Bottom left: Terry Scherer, Susie Burgess
Not pictured: Linda Post, Janet Starr, Linda Vandevender

Congratulations Team Scherer for winning the Women's 3.5 Senior Division. Team Scherer moves on to Sectional play, June 23-26 in Sunriver, Oregon. They will be joined by the Senior Women's 4.0 team led by Kathy Gates. Our mixed 7.0 team led by Liane McIrvine also moves on to sectional play this coming August. Congratulations to all our teams!

50 YEARS

2010 National Championships

2010 PNW Men's 2.5 Section Champions

2010 Section Champions

Pacific Continental Bank Open
500 Dollars
Five Hundred

WHAT'S NEW IN TENNIS, Cont.

Tournament News

2nd Annual Club Championships 2011 (results)

Congratulations to our 2011 Club Champions! Your names have been engraved on our Club Champions plaques which are located on the wall across from the front desk.

2011 Men's Singles Champions

3.5 - Bob Board
4.0 - Jeff Ziller
4.5 - Erik Vos

2011 Men's Doubles Champions

3.0 - Adam Aronson/Tyler Demers
4.0 - Preston Martin/Max Kessler
4.5 - Mark Chronister/Jeff Priske

2011 Women's Singles Champions

3.5 - Tami Calkin
4.0 - Denise Wolfe
4.5 - Brenda Grella

2011 Women's Doubles Champions

3.5 - Linda Vandevender/Lisa Clevenger
4.0 - Elise Crum/Vicki Gray
4.5 - Wendy Giarrusso/Brenda Grella

2011 Mixed Doubles Champions

6.0 - Adam Aronson/Trisha Aronson
7.0 - Preston Martin/Sian Haworth-Liu
8.0 - Mark Lorfald/Sharlean Lorfald
9.0 - Tony Lam/Brenda Grella

2011 Junior Division Champions

Boys 12 and under - Peter Shen
Boys 14 and under - Blake Nelson
Boys 16 and under - Neu Niptasha
Girls 16 and under - Emily Beckley
Girls 18 and under - Jessica Laurie

Thanks to all who participated in this year's Club Championships. Although the tournament had many high points, during the course of play we sadly lost a long time member and avid tennis player **Bruce Burrow**. Bruce participated in many weekly ESTC functions, ESTC and community tournaments and sponsored many ESTC events. Above all, he loved the game of tennis. ESTC grieves the loss of one of our own and our thoughts go out to Bruce's family.

MEMBER NEWS



Parent's Night Out

March 4th, 6:30 - 8:30 p.m.

Hey parents, need a night out? Let the ESTC staff entertain your kids on Friday, March 4th, from 6:30-8:30pm. The night will be filled with age appropriate games including dodgeball, tag games, and team relays! Bring your tennis shoes and water bottle and get ready for a great time!

Come hungry - Pizza and soda included!

We encourage you to sign up early as space is limited.

Ages 5-12 years

Fee: \$5 members, \$10 non-members.