

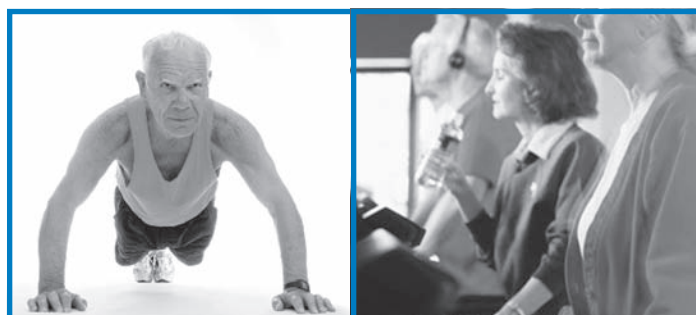


Thanks to Everyone Who Participated In IHRSA's "I Lost It at the Club!"

ESTC's fitness department has just wrapped up the second annual "I Lost it at the Club!" weight loss challenge! Nationwide, this program has helped thousands of people shed unwanted pounds and adopt a healthier lifestyle. During the past two months, 20 of ESTC's members have made the commitment to better health! The program provided encouragement to jump start their workout routines and make healthy dietary changes! Through weekly exercise records, group workouts, food challenges and body measurements, participants were able to stay on track and progress towards individual goals. Thanks to all who took the challenge and keep up the good work! Look for more fitness incentives to come as the summer months approach!

Attention Seniors:

Are you looking to get back into a healthy exercise regimen? Do you want to take action against osteoporosis, heart disease, high blood pressure and high cholesterol? Are you interested in improving your balance, strength, endurance and flexibility?



If your answer is yes, then come check out the Senior Group Fitness class, held in ESTC's weight room! Coached by personal trainer and Fitness Coordinator, Julie, each participant receives a workout program specifically designed to meet their personal fitness goals and needs. Drop-in and workout as your schedule permits

Days: MWF Time: 11:00 A.M. - 12:00 P.M. Cost: FREE

GET FIT!



WELCOME NEW MEMBERS

Please help us welcome the following new members to ESTC:

Tennis Memberships

Dean & Jonathan Smith
Tony Lam
Dane and Kathryn Butler

Nate Larson
Chase Towery

Fitness Memberships

Adam Bonner
Joan Hayter-Stevens

Patricia & Charles Shepard Family



DARTFISH Video Training

Our ESTC tennis professionals, with the use of Dartfish High Speed Video Software, are helping to improve the athletic performance, footwork, stroke production and overall tennis games of our own ESTC members and they love it! A lesson with Dartfish video software will enhance your technical understanding through instant visual feedback and analysis. We are now able to give you a more thorough and better understanding of the corrections and adjustments needed to take your game to the next level. Call one of the ESTC professionals in the tennis department to schedule a lesson with Dartfish today!

Let Dartfish change the way you look at tennis!

March Special: Sign up for a Dartfish Doubles lesson in March and get a 10% discount!

Winter/Spring Adult Programming Update - Check It Out!

Try our fun, free and low cost tennis programs for adults of all ages and ability levels. 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:

8:30-9:30 A.M. - Cardio Tennis
6:30-8:00 P.M. - Mixed Doubles Night

Tuesdays:

9:00-11:00 A.M. - Ladies Day Doubles
12:30-3:30 P.M. - Men's Doubles Drop In

Wednesdays:

8:30-9:30 A.M. - Cardio Tennis
11:00 A.M.-12:00 P.M. - Advanced Beginner Class
(2.5 level player or new 3.0 players)

Thursdays:

12:30-1:30 P.M. - Adult Skills and Drills Class
5:30-6:30 P.M. - Adult Skills and Drills Class
6:30-8:00 P.M. - Men's Night Doubles

Fridays:

12:30-2:00 P.M. - Co-ed Doubles Drop In

Sundays:

3:00-4:00 P.M. - "Welcome to Tennis" Beginner Class (Instructional)
4:00-5:00 P.M. - Advanced Beginner Class
(2.5 level player or new 3.0 players)

ESTC Annual Meeting March 16th

The Eugene Swim & Tennis Club Annual Meeting is scheduled for Monday, March 16th at 6:30pm. Join club management, staff and ESTC Board members for an evening of informative conversation, announcements on the "state of the club" and board elections results. The Annual Meeting is a great opportunity for all ESTC members to learn more about the structure of a members based club, the current challenges we face in moving forward and the exciting possibilities for the future.



Net News



The Newsletter of the Eugene Swim & Tennis Club
March/April 2009

Keep In Contact!

We appreciate those of you who have provided your email address, but we're still looking for more! Help us keep you informed with announcements of upcoming events through email messages. Please complete a short member update form at the front desk the next time you're at the club. Thanks for keeping in touch.

Parking Lot Security

Just a quick reminder for all members to please be sure not to leave any valuables in your vehicle when parking at the club. Please report any suspicious activities in and around the club. Thank you for your assistance.

Membership Upgrades/Changes?

If you're among those many members who consider upgrading their membership as we move into the spring and summer months we ask that you let us know before April 20th. This way we can have your upgrade effective for May when the pool opens. Please pick up an upgrade form at the front desk.

Schedules

Find our adult tennis drop-in and group fitness schedules on the ESTC website and also available at the front desk.



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 8:30 AM - 1:00 PM
TUESDAY, THURSDAY 9:00 AM - 1:00 PM

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

Mike Gaffaney, General Manager mikeg@estc.org
Dirk Baker, Tennis Director dirkb@estc.org
David Chun, Head Pro davidc@estc.org
Sharon Silvers, Member Services Director sharons@estc.org
Tyler Kempton, Head Pro tylerk@estc.org
Melanie Bennett, Front Desk Supervisor/Membership Sales melanieb@estc.org

BOARD OF DIRECTORS

JEFF PRISKE - PRESIDENT, PAM PEAKE, KELLY TOWER, PAUL SWANGARD, LINNET O'HANLON, JOHN BROWN, AND TIM HENDRIX

It's Back...! Early Morning High Intensity Training:



Join Us For... Spring Boot Camp 2009!

MWF 6:00 A.M. - 7:00 A.M. (March 30 thru May 1)

5 Weeks/15 Sessions/\$109 per Person
Coached by Kris Ibrao and Julie Hafemeister

Front desk registration required • Maximum 22 participants.
Pick up a flyer for more information.

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 Oregon's Friendliest Club, send them our way. You can receive a \$50.00 credit on your account for a new Jr. Tennis or Fitness membership, or \$100.00 for all other new Tennis memberships. For more information contact Melanie Bennett.

"NEW" Quickstart Tennis

ESTC introduced Quickstart Tennis this February for juniors ages 10 & under with some great success. The Quickstart concept uses smaller nets and racquets with foam and low compression tennis balls to create a learning environment to fit the younger junior player needing to learn the basics of this great game. We will continue to run the Quickstart classes through the spring. Registration is required and can be done by calling or visiting the front desk the next time you're at the club. For specific questions, contact a member of the ESTC tennis department.



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 NEWS” IN TENNIS!! WINTER/SPRING 2009 Tournament News

ESTC Dick Black Memorial Club Championships Results

The 2009 Dick Black Memorial was converted to a “Club Championships” this year with some great tennis in memory of our dear friend Dick Black. Both doubles and singles play made up the two weekend event.

Men’s 4.0 Doubles Champions - Greg O’Hanlon/Kevin Quah
Men’s 3.5 Doubles Champions – Terry Burgess/Tom Fenimore
Men’s 3.0 Doubles Champions – Glen VanDevender/John McIrvine
Women’s 3.5 Doubles Champions – Linda VanDevender/Elise Crum
Women’s 3.0 Doubles Champions – Mary Ann Hanson/Sherrri Gibson

In the singles events:

Men’s 4.0 Singles Champion – Erik Vos
Men’s 3.5 Singles Champion – Charles Caldwell
Men’s 3.0 Singles Champion – Tom Jordan
Women’s 3.5 Singles Champion – Laurie Leece
Women’s 3.0 Singles Champion – Hollie Atkinson (not pictured)



At this year’s event, we have a Good Sportsmanship award given to Greg O’Hanlon for showing exceptional sportsmanship in his final doubles match. Thanks to all the ESTC members for coming out and participating in this year’s event.

Congratulations Team McIrvine 2009

The fall league 3.5 mixed doubles team, led by Captain Liane McIrvine, is the Southern Oregon District Champion! The team advances on to sectional play this coming August in Sunriver. Great job everyone!



Back Row Left to Right – Lynn Chase, Mike VanOurkerk, Kelly Tower, Charles Caldwell, Sarah Roome, Doug Kelly.

Front Row Left to Right – Penny VanOurkerk, Eve Siecinski, Kris Parker, Isabel Kelly, Team Captain Liane McIrvine

EETA-Paul Hubbard Memorial Tournament:

The ESTC Tennis Staff and the Emerald Empire Tennis Association, would like to thank the ESTC members, and the community, for supporting this great event. Thanks to you, the EETA raised about \$1400.00, with 100% of the proceeds going to benefit the Paul Hubbard Memorial Jr. tennis scholarship fund and other great events sponsored by the Emerald Empire Tennis Association throughout 2009. Your generosity and love for the game of tennis allows us to pass on that privilege to others less fortunate who might otherwise not afford the chance to learn about the sport of tennis, the sport for a lifetime.

Congratulations ESTC Champions!

EETA- Paul Hubbard Memorial Tournament Results

Men’s Singles

3.0 - Bruce Brubeck
3.5 - Charles Caldwell
4.0 - Lou Butera
4.5 - Walt James

Men’s Doubles

3.0 - Bruce Brubeck/Dave Wozniak
3.5 - Elwin Heiny/Dave Thomas
4.0 - Frank Johnston/Andy McWilliams
4.5 - Joel Halberg/Charlie Tebbutt

Women’s Singles

3.5 - Kim Hanson
4.5 - Jessica Laurie

Women’s Doubles

3.5 - Libby Priske/Katie Clawson
4.5 - Sheila Kryl/Patty Lyon

Mixed Doubles

3.5 - Charles Caldwell/Kris Parker
4.5 - Will Forsyth/Dee Knode



Cardio Tennis News “HEART PUMPING FUN-FUN-FUN!”

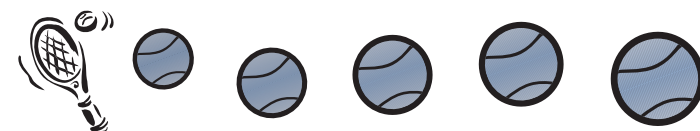
Cardio Tennis kicked off 2009 into high gear, our heart rates are still up, and were still burning calories at ESTC’s favorite tennis class. Players can look forward to running faster and jumping higher in 2009 and Cardio Tennis is a great start to your day with more intense warm-ups! Plyometrics, core, agility and stroke production exercises are designed to improve your footwork, fitness and overall tennis game. Plus, new drills and games will keep you on your toes and making great shots! Cardio Tennis is a great way to GET FIT, HAVE FUN, and MAKE FRIENDS!

Cardio Class Times - Monday & Wednesday 8:30-9:30

Sign up at the front desk today or call David Chun at 342-4414 for more information.

USTA 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!



ESTC JUNIOR NEWS & EVENTS

Junior Class Schedule

Winter / Spring Junior Tennis Program 2009 Junior Tennis Schedule and Descriptions

Please make note of our 2009 junior group instruction schedule. Classes are available in seven different skill levels to accommodate the wide range of ages and abilities. Please check the front desk for session prices.

- Classes are offered in monthly sessions: 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 of lesson fees at the ESTC office is required. 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.

Beginner:

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. It provides a FUN method to progress students into the intermediate level class.

Intermediate:

4:30-5:30 P.M. on Tuesday & Thursday (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 as well as game based drills are used to further advancement to the next level.

“NEW” Junior Intro to Tennis:

4:30-5:30 P.M. on Tuesdays (Ages 13-17)

This entry level class is for the middle school to high school beginner looking to improve all the basics of the game. Proper grips, stroke technique and basic court positioning are covered in a fun and friendly environment. This class will only run as a session and is not offered year round. Please register at the front desk.

High School:

4:00-5:00 P.M. on Monday & Wednesday (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:

4:00-5:00 P.M. on Monday & Wednesday (Ages 8-13)

This class is for the younger player involved in competitive USTA sanctioned Challenger level tournaments or has experience playing USTA Junior team tennis. Players in this class show a strong interest in improving their tennis abilities and look to further their advancement in tournament play throughout the year.

Champs:

5:00-6:30 P.M. on Mondays & Wednesdays (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, some 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 from Dirk Baker to enter.

Upcoming Area Junior Tournaments:

Rookies

Cascade Rookies #2: Cascade Athletic Club, Gresham, OR. (April 3rd - 5th)

Challenger

GPTC CGM Boy’s Challenger: Club Green Meadows, Vancouver, WA. (March 14th - 16th)

GPTC CGM Girl’s Challenger: Club Green Meadows, Vancouver, WA. (March 20th - 22nd)

Champs

Boy’s Dual Level 5: ESTC, Eugene, OR. (March 27th - 29th)

Girl’s Dual Level 5: Yakima Tennis Club, Yakima, WA. (March 27th - 29th)

Registration for the above tournament can be done online at www.pnw.usta.com under “Junior/Schedules.”

Tournament Result Update

Congratulations to the following ESTC Juniors for the great results in the first big Dual Level 5 tournament of the year: Madisyn Bryant reached the semi-finals in the G12’s singles; Ellie Grossman reached the quarterfinals in the G14’s singles; Chris Wiechert & Omeed Balou reached the quarterfinals in their singles divisions.

Spring Break Camp

Juniors, join us March 23rd, 24th, & 25th for our annual junior Spring Break Camp. Classes will be available for all ages and ability levels. Registration forms are currently available at the front desk.

