



Net News



The Newsletter of the Eugene Swim & Tennis Club
July/August 2005

2005 Senior/Masters Sport Festival July 18th – 24th

ESTC will host this multi sport event that will attract athletes from the Eugene area and around the state. Participants compete in events such as tennis, golf, croquet, racquetball and sand volleyball. This year marks the 23rd annual with ESTC hosting the tennis and sand volleyball events. ESTC will also host the festival dinner on Saturday, July 23rd. Our very own ESTC member Doug Post is the Executive Director for the event and is excited about having the club host the festival and seeing many of our members participating. Event entry forms are available at the front desk.

Calling all ESTC Summer Members

Please join us on August 28th for a **FREE** Junior and Adult tennis clinic and BBQ. Exclusively created and designed for our summer members! Sign up at the front desk.

Junior Clinic: 1:00 P.M.-2:00 P.M.
BBQ: 3:00 P.M.-4:00 P.M.

Adult Clinic: 2:00 P.M.-3:00 P.M.

Pro Beach Volleyball 3rd Annual ESTC Open



**Men's Sand Doubles Tournament
Saturday, July 9th**

Women's Sand Doubles Tournament Sunday, July 10th

This year both women and men will battle for the crown and prize money. The areas top volleyball players will bring their game to the best club in town. Don't miss this exciting event happening along with the 43rd Annual Pac-West Tennis Championships. Contact Mike Gaffaney for more information. Sponsored by Nike and ESTC.

PACIFIC CONTINENTAL THE RIGHT BANK

2005 Pacific Continental Bank Pac-West Championships

ESTC is proud to announce the **PACIFIC CONTINENTAL BANK** is once again this year's Title Sponsor for the **\$12,000 PAC-WEST CHAMPIONSHIPS**. Play begins Thursday July 7-10th. Players from the entire country as well as noted foreign players will compete in divisions from open-80's. Come by and see some of the best tennis on the west coast.

Pac-West Circle of 100 Club!!!

The **Circle of 100 Club** returns for this year's Pac West Championships. It's a great way to show your support for this historical tournament at ESTC.

For a tournament sponsorship of \$100 you receive:

- Two VIP tent privileges the entire tournament, which includes refreshments, coffee, snacks, and Ben and Jerry's ice cream!!
- **Circle of 100 Club** gift
- Two tickets to Friday Pizza Party-Saturday Lunch-Saturday Players Dinner Party.
- Invitation for two to three Circle of 100 Club tennis clinics in 2005/06
- Name recognition on Circle of 100 Club Poster at ESTC.

To become a **Circle of 100 Club** Member sign up at the front desk.

2005 Pac-West Volunteers

Those wishing to volunteer for this year's PCB- Pac West tournament please check the front desk to sign up for your volunteer category.

We will be looking for people to work the Registration Desk, Tournament Desk, parties, Sponsors Tent, player housing, and all around tournament helpers.

If you have any questions contact Don.

New Indoor Court Lighting Project

Tennis Court Closures...

The new system incorporates the latest in lighting technology and will be installed on indoor courts 1 – 8. The new system will offer superior light quality with consistency throughout all the eight courts. The system will include occupancy controls that will automatically dim the lights when players exit, but will not completely turn off.

With the latest technology come dramatic energy savings and less maintenance costs. Members will notice that the new system will be direct lighting rather than indirect. Direct lighting provides enhanced visibility and greater tennis ball lamination. The project will start early August and continue throughout the month. Each construction phase will close three indoor areas of the club. The first will be the building that houses courts 1-3, the second courts 4 & 5, and the final phase courts 6-8. Every effort will be made to minimize the inconvenience on members as possible. We appreciate everyone's understanding and cooperation during the construction.

CLUB HOURS SPRING/SUMMER SCHEDULE

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.

CHILD CARE HOURS

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

Extended Child Care Hours

MONDAY – THURSDAY 3:30 P.M. – 7:00 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

Don Patrick, Tennis Director
donp@estc.org

Sharon Silvers, Member Services Director
sharons@estc.org

Eldon Wilson, Head Pro
eldonw@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 JAY GETCHELL

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



TENNIS DEPARTMENT NEWS

Summer Adult Programming

Check out these fun, free or low cost, tennis programs for all ages and ability levels; a great way to improve your game and meet new people. Also pick up a copy of the weekly tennis calendar or see the schedule on our web site. Classes and times are subject to change.

Mondays:

6:30 P.M.-7:30 P.M.—Adult Intermediate Tennis Class (Instructional)
6:30 P.M.-8:00 P.M.—Ladies Doubles Night

Tuesdays:

9:00 A.M.-11:00 A.M.—Ladies Doubles Day
12:30 P.M.-3:30 P.M.—Men's Doubles Drop in
6:30 P.M.-7:30 P.M.—Welcome to Tennis Beginner Class (Instructional)
5:30 P.M.-6:30 P.M.—Intermediate Skills and Drills Class

Wednesdays:

9:00 A.M.-10:00 A.M.—Welcome to Tennis Beginner Class (Instructional)
12:30 P.M.-1:30 P.M.—Co-ed Skills and Drills Class
(there will be no class July 6th due to special events)
5:30 P.M.-6:30 P.M.—Advanced Men's Workout Class (4.0-4.5)
(there will be no class July 6th due to special events)

Thursdays:

9:00 A.M.-10:00 A.M.—2.5-3.0 Ladies Workout Class (Doubles Oriented)
(there will be no class July 7th due to special events)
12:30 P.M.-1:30 P.M.—Co-ed Skills and Drills Class
(there will be no class July 7th due to special events)
5:30 P.M.-6:30 P.M.—Adult Intermediate Skills and Drills Class
(there will be no class July 7th due to special events)
6:30 P.M.—Men's Night Doubles
(there will be no men's night July 7th due to special events)

Fridays:

Adult Tennis "Party at the Club" Monthly event. Check calendar for details
July 22nd- "Volkl Demo Night" Party at the Club 5-9pm
Aug 12th- Party at the Club 6-10pm (Theme TBA)

Saturdays:

11:00 A.M.-2:00 P.M. Co-ed Doubles Drop in Play
(No Co-ed Drop in July 9th due to special events)

Sundays:

4:00 P.M.-5:00 P.M.- Welcome to Tennis Beginner Class (Instructional)
(There will be no class July 10th, or Aug 28th due to special events.)

USA Adult League District Play-Offs

Two ESTC teams qualified for the USA Sectionals this August in Portland by winning their District Play-offs held at ESTC June 11-12.

Captains Liane McIrvine and Libby Tower's 3.0 team won their play-off by going undefeated over the weekend. Team members are: Barbra Cervi-Skinner, Elizabeth Baker, Lana Dowell, Laurie Rowe, Debbie Hazell, Penny VanOurker, Sherri Gibson, Kathleen Bauder, Kathie Morris, Janis Beebe and Elvie Hunt.

Captain Rick Rabner and his team captured the Men's 3.0 title in a closely contested weekend of play. Team members are: Doug Waters, John Dye, Ed Siecinski, John Williams, Andy DalGLISH, John Cobarrubias, Eric JungJohann, Jeff Wilson, Stu Adler, Glen VanDevender, Mike Vanett and Curtis Sexton.

Other teams competing this weekend were Lori Romania's 3.5 team, and Chuck Wetherald's 4.0 team.

Congratulations to all and good luck to those team's going forward.

Go Nationals!

Two Long Time ESTC Tennis Pros Moving On

For the last 6 years Don Paitrick has managed the tennis operations at the Eugene Swim and Tennis Club. During this time the tennis department has undergone a number of changes and much growth. The tennis industry now demands clubs to create and offer dynamic and innovative programming and services to meet the needs of an ever changing demographic. Club players want a variety of activities that are fun, social, instructional and competitive. ESTC has been the leader in the Eugene area in providing its members an assortment of programs; as well as being a club who plays host to such events as professional tennis tournaments, celebrity clinics and Oregon State High School Tennis Championships.

Don and his wife Elizabeth, and the twins... Bret & Emma will begin a new adventure in Fredericksburg, Virginia. Don will be the Tennis Director for a new indoor tennis facility at the University of Mary Washington. On behalf of the staff, and membership at ESTC, we would like to take this opportunity to express our appreciation and gratitude. Don has been instrumental in bringing the game of tennis to thousands of members and to those in the community. Don and his staff have been innovators in offering unique and exciting tennis programs, as well as bringing top level tennis events hosted by ESTC for the enjoyment and participation of members and guests alike. This opportunity marks a change both for Don and ESTC. Eldon Wilson, Head Pro will assume the leadership role as the department head. Eldon and the staff, Walter Seidel and David Chun, will continue to offer a full schedule of programs and services that ESTC members are accustomed to.

Another long time ESTC tennis staff member, Kirby Berlin will be relocating to Tulsa, Oklahoma to continue business adventures and life. This popular staff member has been a fixture in the tennis department for the last 6 years. Kirby was both a teacher and tennis coach at Junction City High School, as well as conducting tennis classes here at the club. His passion and enthusiasm for the game inspired members of all ages. Kirby's energy for life and his dedication to health and fitness will always be admired.

ESTC would like to sincerely thank both Don and Kirby for their tremendous contributions they have made to the club. We wish them the very best in their new endeavors.



ESTC staff pose with the charismatic Jenson

Luke Jenson Visits ESTC

Former French Open Doubles Champion visited ESTC May 28th and gave two outstanding clinics. 49 juniors and 35 adults were entertained with numerous on court drills, conditioning, point play, and Luke's world famous return of "Luke's" serve contest.

The junior clinic was in the morning with the adults in the afternoon. A noon luncheon sponsored by Big Town Hero was followed by a question and answer session with Luke. He spoke of life on the tour, what it takes to be a professional player, his current work with ESPN as a tennis commentator, and words of encouragement to the juniors to practice hard and be patient with their progress.

Afterwards Luke commented what a wonderful facility ESTC is and how lucky we are to have it here in Eugene.

A great time was had by all.

Best of Luck to the 4.0 Senior Men's Team

The ESTC 4.0 Senior tennis team received a wild card entry in the 2005 USA League Tennis Senior Sectional Tournament that will be held on June 23rd, thru June 26th in SunRiver. The participating team members at this point are Mike Favret, John Brown, Doug Post, Andy McWilliams, Steve Halberg, Dean Hansen, Ken Johnston, Bruce McKay, Gayle Harley, and Paul Chavin. We want to wish the team the best of luck and congratulations on a successful season. Team co-captains are John Brown and Dean Hansen. Way to go guys!



FITNESS DEPARTMENT NEWS

PARENTS: Keep your kids fit this summer!

Check out the Fitness Department's Youth Summer Programs:

Youth Hip Hop & Jazz	Ages 6-9	Tuesdays, 11:15 A.M.-12:00 P.M.
	Ages 10-14	Thursdays, 11:15 A.M.-12:00 P.M.
ESTC Cheer	Grades 1-8	Mondays, 5:30-7:00 P.M.
Teen Fitness	Ages 12-15	10:30-11:30 A.M., (2 Week Series)
Sport Conditioning	Ages 11-16	Mon./Wed., 11:30 A.M.-12:30 P.M.
Female Self Defense	Ages 8-12	Wednesday, 7/13, 10:30-11:30 A.M.
Self Defense	Ages 4-6	Mondays, 2:45-3:30 P.M.
	Ages 7-12	Mondays, 3:30-4:15 P.M.

Back By Popular Demand – Female Self Defense

w/Adam Roberts; Wednesday, July 13th

Ages 8-12	10:30-11:30 A.M./\$10
Ages 13 & over	6:30-8:00 P.M./\$15

Participants will learn:

- Self defense techniques to overcome larger & stronger opponents
- Environmental awareness to prevent a threatening situation
- Realistic strategies to remain safe and protect yourself

You are guaranteed to learn invaluable strategies to help keep you and your children safe.

COMMIT TO BE FIT – 2005



Weight Loss • Goal Setting
Accountability
Education • Results

We want to commend the participants of our popular group training program for losing a total of 89 pounds of body fat. This is an average of 10 pounds per student. While shedding body fat, participants increased muscle mass, improved their level of fitness, and have shown their commitment to being fit. These are outstanding results in just 2 months time. Congratulations to their trainer, Michael, and to all students involved. Keep up the good work!

Classes are held:

Mon./Wed.	7:00 A.M.-8:00 A.M. Class
Mon./Wed.	6:00 P.M.-7:00 P.M. Class

Contact Michael Spino for more information.



YOGA ZONE

Guest Instructor

Our Fitness Director, Amy Freeman, is a guest instructor for the Yoga-Pilates class during July and August. Amy brings a special flare to her yoga classes with an emphasis on balance, core strength, and muscle tone while maintaining focus on breathe and meditation. If you haven't taken a class from her yet, give it a try. Classes are drop-in and free of charge for ESTC members. Tuesday/Thursday 10:00 A.M.-11:00 A.M.

You might be doing yoga and don't even know it!

Yoga is a great way to increase body awareness and coordination, relaxation, muscle balance, and flexibility. The numerous styles and benefits of yoga make this form of exercise perfect for any workout! Many of the classes at ESTC incorporate yoga asanas (postures) directly into the workout or with the cool down and stretching. If you are hesitant to try yoga or want to do so in small doses, try one of these fitness classes and get a small taste in a familiar environment:

Power In Motion	Mon. 9:00 A.M. or Saturday 8:30 A.M.
Total Body Conditioning	Mon./Wed. 4:30 P.M. or Tue./Thur. 9:00 A.M.
Total Body Step	Mon./Wed./Fri. 12:00 P.M.



MASSAGE NEWS

The sun is out and our energy levels are high. This is a great time to plant gardens and mow lawns, restart your exercise program, and just become more active. This is also the time of year that many ESTC members tend to see more injuries. Be aware of how fast you are increasing your activity levels in order to prevent injury. As with any time of the year, you shouldn't increase your workouts (this includes tennis) by more than 10% per week. Also, take into consideration your additional activities throughout the week such as increased yard work, play time with kids, water skiing, biking, etc. All of these activities are encouraged but remember to increase your levels gradually or your body may start protesting. If you are experiencing increased muscle tension or pain, take the time to stretch and nurture your body. The longer you wait to address a potential injury, the longer it will take to subside. If you are already dealing with an injury or are experiencing muscle tightness or pain, try a massage to accelerate healing time.

Massage Therapy Hours:

Mon./Wed.	2:00 P.M. to 8:00 P.M.
Tue./Thur.	9:00 A.M. to 8:00 P.M.
Friday	10:00 A.M. to 4:00 P.M.
Saturday	9:00 A.M. to 2:00 P.M.



MEMBER NEWS



Attention: Under 16 Years Old?

NO ONE under the age of 12 is allowed in the weight room.

Anyone 12-15 years old must pass the Teen Fitness class in order to work out in the weight room without direct adult supervision. This is strictly enforced. Class information and registration is located at the Front Desk.

Wanna Dance?

Join us for SALSA lessons at ESTC. Classes are being held Friday (July 8th & 22nd, and August 12th). No prior experience or dance partner required. Just drop in and pay \$8 at the front desk prior to class. Bring your dancing legs and have a ball!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>July</h1>						
					1 Junior Pizza Night 6-7:30 pm Ages 7-11	2 Co-Ed Drop-in Doubles 11 am-2 pm
3 Welcome to Tennis Class 3.0 & Below 4:00-5pm	4 Adult Inter. Class 3.0 & Above 6:30 pm Ladies Night 6:30 pm	5 Ladies Day 9:00 am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30 pm Inter Skill/Drill 6:30 pm	6 Welcome Tennis Class 3.0 & Below 10:00 am <i>PCB Pac-West Pro-Am</i>	7 <i>PCB Pac-West Tennis Tournament</i>	8 <i>PCB Pac-West Tennis Tournament</i>	9 <i>PCB Pac-West Tennis Tournament Men's Pro Beach Volleyball</i>
10 <i>PCB Pac-West Tennis Tournament Finals Women's Pro Beach Volleyball</i>	11 Adult Inter. Class 3.0 & Above 6:30 pm Ladies Night 6:30 pm	12 Ladies Day 9:00 am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30 pm Inter Skill/Drill 6:30 pm	13 Welcome Tennis Class 3.0 & Below 10:00 am Co-ed Skill/Drill 12:30 pm Adv. Men's Workout 4.0-4.5 6:30pm	14 2.5-3.0 Ladies Class 10:00 am Co-ed Skill/Drill 12:30 pm Inter Skill/Drills 5:30 pm Men's Night 6:30 pm	15	16 Co-Ed Drop-in Doubles 11 am-2 pm
17 Junior Pizza Day 2-3:30 pm Ages 7-11 Welcome to Tennis Class 3.0 & Below 4:00-5pm	18 Adult Inter. Class 3.0 & Above 6:30 pm Ladies Night 6:30 pm	19 Ladies Day 9:00 am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30 pm Inter Skill/Drill 6:30 pm	20 Welcome Tennis Class 3.0 & Below 10:00 am Co-ed Skill/Drill 12:30 pm Adv. Men's Workout 4.0-4.5 6:30pm	21 2.5-3.0 Ladies Class 10:00 am Co-ed Skill/Drill 12:30 pm Inter Skill/Drills 5:30 pm Men's Night 6:30 pm	22 <i>Volkl Demo Night Party at The Club Seniors/Masters Sports Festival</i>	23 Co-Ed Drop-in Doubles 11 am-2 pm <i>Seniors/Masters Sports Festival</i>
24/31 <i>Seniors/Masters Sports Festival</i> Welcome to Tennis Class 3.0 & Below 4:00-5pm	25 <i>USTA Jr. A's Tennis Tournament</i> Adult Inter. Class 3.0 & Above 6:30 pm Ladies Night 6:30 pm	26 Ladies Day 9:00 am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30 pm Inter Skill/Drill 6:30 pm	27 Welcome Tennis Class 3.0 & Below 10:00 am Co-ed Skill/Drill 12:30 pm Adv. Men's Workout 4.0-4.5 6:30pm	28 <i>Summer Jr. A's Tennis Tournament</i> Inter Skill/Drills 5:30 pm Men's Night 6:30 pm	29 <i>Summer Jr. A's Tennis Tournament</i>	30 <i>Summer Jr. A's Tennis Tournament</i>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>August</h1>						
	1 Adult Inter. Class 3.0 & Above 5:30 pm Ladies Night 6:30 pm	2 Ladies Day 9:00 am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30 pm Inter Skill/Drill 6:30 pm	3 Welcome to Tennis Class 3.0 & Below 10:00 am Co-ed Skill/Drill 12:30 pm Adv. Men's Workout 4.0-4.5 6:30pm	4 2.5-3.0 Ladies Class 10:00 am Co-ed Skill/Drill 12:30 pm Inter Skill/Drills 5:30 pm Men's Night 6:30 pm	5 Junior Pizza Night 6-7:30 pm Ages 7-11	6 Co-Ed Drop-in Doubles 11am-2 pm
7 Welcome to Tennis Class 3.0 & Below 4:00-5pm	8 Adult Inter. Class 3.0 & Above 5:30 pm Ladies Night 6:30 pm	9 Ladies Day 9:00 am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30 pm Inter Skill/Drill 6:30 pm	10 Welcome to Tennis Class 3.0 & Below 10:00 am Co-ed Skill/Drill 12:30 pm Adv. Men's Workout 4.0-4.5 6:30pm	11 2.5-3.0 Ladies Class 10:00 am Co-ed Skill/Drill 12:30 pm Inter Skill/Drills 5:30 pm Men's Night 6:30 pm	12 <i>"Party at The Club" 6:00 pm - 10:00 pm</i>	13 Co-Ed Drop-in Doubles 11am-2 pm
14 Welcome to Tennis Class 3.0 & Below 4:00-5pm	15 Adult Inter. Class 3.0 & Above 5:30 pm Ladies Night 6:30 pm	16 Ladies Day 9:00 am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30 pm Inter Skill/Drill 5:30 pm	17 Welcome to Tennis Class 3.0 & Below 9:00 am Co-ed Skill/Drill 12:30 pm Adv. Men's Workout 4.0-4.5 6:30pm	18 2.5-3.0 Ladies Class 9:00 am Co-ed Skill/Drill 12:30 pm Inter Skill/Drills 5:30 pm Men's Night 6:30 pm	19	20 Co-Ed Drop-in Doubles 11am-2 pm
21 Junior Pizza Day 2-3:30 pm Ages 7-11 Welcome to Tennis Class 3.0 & Below 4:00-5pm	22 Adult Inter. Class 3.0 & Above 5:30 pm Ladies Night 6:30 pm	23 Ladies Day 9:00 am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30 pm Inter Skill/Drill 5:30 pm	24 Welcome to Tennis Class 3.0 & Below 9:00 am Co-ed Skill/Drill 12:30 pm Adv. Men's Workout 4.0-4.5 6:30pm	25 2.5-3.0 Ladies Class 9:00 am Co-ed Skill/Drill 12:30 pm Inter Skill/Drills 5:30 pm Men's Night 6:30 pm	26	27 Co-Ed Drop-in Doubles 11am-2 pm
28 <i>Summer Member Jr. & Adult Tennis Clinic/BBQ</i>	29 Adult Inter. Class 3.0 & Above 5:30 pm Ladies Night 6:30 pm	30 Ladies Day 9:00 am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30 pm Inter Skill/Drill 5:30 pm	31 Welcome to Tennis Class 3.0 & Below 9:00 am Co-ed Skill/Drill 12:30 pm Adv. Men's Workout 4.0-4.5 6:30pm			

JUNIOR TENNIS NEWS

2005 Jr. Summer Tennis Camps

Jr. Summer Tennis Camps

CLASS DESCRIPTIONS: ALL CAMP TUITIONS ARE FOR ONE WEEK

Little Tennis: Mon.-Thur. 12-12:30
\$19.00 members \$25.00 non-member

Getting Started: Age 7-10 Mon.-Thur. 10:30-12:00 pm
\$54.00 members / \$68.00 non-members

Rookies: Age 10-14 Mon.-Thur. 10:30-12:00 pm
\$54.00 members / \$68.00 non-members

Middle/High School: Age 13-17 Mon.-Thur. 3:00-4:30
\$54.00 members / \$68.00 non-members

Champs/High Level A's: Age 13-17 Mon.-Thur. 3:00-4:30
\$54.00 members / \$68.00 non-members

6th Annual ESTC Junior Team Tennis

ESTC'S Junior Team Tennis is a program for Rookie-Middle/High School level play. Emphasis is on point and match play, singles and doubles. Team competition is with other clubs or in house. Team members practice twice a week. Matches and play days are on Fridays. **TEAM TENNIS** is a low cost program to supplement our other tennis camps. Players are not required to be at every session.

TEAM TENNIS Practices are Mondays and Wednesdays: 12:00-1:00 P.M. (Wimbledon) and 1:00 P.M.-2:00 P.M. (US Open)

Match Play Days are Fridays: 12:00-2:00 P.M.
(For both Wimbledon and U.S. Open Groups)

TUITION: \$104.00 MEMBER \$144.00 NON-MEMBER Fee covers entire summer. **No pro rates.**

ALL CAMP REGISTRATION IS AT THE FRONT DESK. EARLY SIGN-UP IS RECOMMENDED. CLASSES ENROLLMENT IS LIMITED.

ESTC Juniors Shine at Our Spring Challenger Tournament

Over 100 juniors competed in our annual Spring Challenger Junior Tennis Tournament May 27th-30th. Players from all over the Pacific Northwest played in their age divisions. ESTC juniors of note were Josh Guckenberger who captured the Boy's 16 Singles Title, and Sophia Larson who was runner-up in the Girls 16 Singles.

Congratulations to all ESTC juniors who participated. Good luck this summer on the Junior circuit.



MEMBER NEWS, cont.

Water Babies

What's a water baby you ask... this 30 min. swim class is for both parents and kids (ages 6 months – 3 years). Parents learn valuable safety skills and teaching techniques for their little ones. This is not only a rewarding and fun class that both parent and child experience together; it's a wonderful way to introduce your child to the water in a safe and comfortable environment. Please have your trusty water diapers (elastic fitting) that are available for purchase at the front desk.

The next session of Water Babies will be offered:

July 18th – 28th 11:30 A.M. – Noon
Fee: \$32 member / \$38 non-member

MEMBER NEWS, cont.

ESTC Swim Team!

The 2005 season is underway and the fun has begun! This summer youth program attracts swimmers of all levels, and for some, leads to participation on their high school teams or with a local USA swim team. Head Coach, Kristin Quirke and Assistant Coach, Jeremy Strickland are hard at work with the kids and a team of over 80 swimmers. The team has scheduled workouts through August 11th with a number of swim meets set up with other local clubs. It's a fun and healthy way to spend a summer at ESTC.

Please note the following pool closures for these home swim meets:

Friday, July 15th—pool closed 12:00 noon – 4:00 pm vs. Eugene Country Club.

Thursday, Aug. 4th—pool closed 12:00 noon – 4:00 pm vs. YMCA.

Thursday, Aug. 11th—pool closed 8:00 am – 10:00 am / Inter Squad meet.

Sunday, Aug. 21th—pool closed 12:00 noon – 4:00 pm vs. Junction City.

Masters Swim Workout NEW

You won't want to miss the ESTC masters swim workout for adults (ages 17 & over) every Wednesday morning from 6:15 am – 7:15 am and Saturday mornings from 9:30am – 10:30am. The workouts will be coached, and is excellent for those of you who are triathletes, competitive swimmers, or just looking for a good workout. Training sessions are tailored to your goals. No prior swim team experience necessary.

This program is **FREE** to members and no registration or sign up necessary... see you at the pool!

Youth Swim Lessons

Classes are forming now for the 2005 summer season. Group swim lessons at ESTC are among the most popular in the area and provide a safe and enjoyable atmosphere for any age or ability level. Classes are 1/2 hour in length, between the hours of 10am – Noon / Mon. – Thurs. Session dates are as follows:

- July 5th – 8th
- July 18th – 28th
- August 1st – 11th
- August 15th – 25th
- August 29th – Sept. 2nd (5 days / Mon. – Fri.)

Contact the front desk for availability and fees.

2005 Summer Kids Camps!

The ESTC Summer Kids Camp is a great day camp packed with arts & crafts, organized games, tennis and swimming. Campers between the ages of 4 & 10 will enjoy hanging out with friends while making new ones along the way. Camp runs Monday thru Thursday with an optional Friday camp. Kids Camp is intended to stimulate camper's interests in swimming and tennis. Appropriate dress for camp includes comfortable activity clothes and athletic shoes (no black soles or sandals). In addition, campers will need to bring a swimsuit and towel. We prefer that parents apply sunscreen before camp each day.

Remaining Session Dates:

- July 5th – 8th
- July 25th – July 28th
- Aug. 15th – 18th
- July 11th – 14th
- Aug. 1st – 4th
- Aug. 22nd – 25th
- July 18th – 21st
- Aug. 8th – 11th
- Aug. 29th – Sept. 1st

Camp Fees: First Camp - \$60 / \$55 subsequent camps (members)
\$70 / \$65 (non-members) *Friday (optional) \$15*



Pooh & Tigger Visit ESTC

The 2005 ESTC Family Carnival brought members, cartoon characters and rain. Despite the poor weather conditions, celebrity visits from Winnie the Pooh and Tigger managed to bring out at least some fans; both young and old. Other events included a large bounce

castle for the kids, football toss and some carnival favorite like a water balloon toss and egg toss rounded out the day. The real attraction was Mother Nature... who brought thunder and lightning that forced the pool closer and an early end to the carnival. Not to worry, both Pooh and Tigger promised to return next year! They event said they would bring better weather!?



MEMBER NEWS, cont.



Member Spotlight

Grisel Maria has been a member of ESTC since October 2004. She has been chosen for our member spotlight due to her positive attitude, tenacity, and exercise results. Grisel works out every day for 90 minutes and has only missed 4 days since she started at ESTC 8 months ago. Her dedication to fitness has been driven

by her desire to improve her health and decrease her dependency on diabetic meds. Her persistence has paid off. She has lost weight and points off of her cholesterol, decreased her medications (with medical supervision), and feels great. Grisel is posing with her side kick Rio Cappucino, who she truly adores. Well Grisel, you are doing a great job. Keep up the good work!

Women's Boot Camp

We had such a huge interest in Women's Boot Camp that we added another class. There are a total of 47 women participating in Boot Camp. This six week workshop is a great jump start to any program. We have participants of all ages and levels of ability. Classes are structured to deliver a full workout including some weight training, muscle toning, cardiovascular training, abdominal strengthening, and footwork for sport conditioning and extra fat burning. Keep your eyes open for a Fall program. If you are interested in a future Boot Camp, you can put your name on the interest sheet at the Front Desk and we will be sure to inform you of the next open opportunity.

Please Welcome Alex Scism

Alex just graduated from the University Of Idaho with a Bachelor Of Science in Physical Education, majoring in Sports Science with emphasis on health and wellness. She is completing over 400 hours of internship credit here at ESTC. She will be working closely with our Fitness Director to perfect and expand her hands-on skills. In addition to internship hours she is a new face you will see at the front desk. She enjoys snowboarding, rollerblading, and volleyball. Thanks for joining us Alex!



New Phone System Installed

As many of our members have already experienced, the club has recently installed a new phone system that includes an automated answering service. The "auto attendant" will improve our ability to provide greater service to members and guests who call the club. The major change members will experience will be when calling for tennis court reservations in the early morning hours. The new system will work as follows:

- Calls coming in 10 minutes **prior** to 7 am (7:30 am on Sun.) will be answered by the auto attendant. Callers can choose from the menu to be directed to "tennis court reservations" which will simply inform the caller to please call back at 7am, and then disconnect.
- Calls coming in at 7 am (7:30 am on Sun.), or after, will automatically be put into the order they called, and will be answered in that order. If callers hear a busy signal it simply means all four of our lines are full; you should then call back.

During the day, 15 minutes after tennis court reservation times, the new system will give callers the option of going to a company directory, hours of operation, driving directions, or be routed to member services and membership sales. Most of the time calls will continue to be answered by the front desk staff as normal. The automated system only answers when staff is assisting other members.

We are enthusiastic that this new system will greatly improve our ability to continue to provide quality service to a growing membership. Thank you for your cooperation.

Old Tennis Balls Donated for a Good Cause

Ever wonder where all the old tennis balls end up? Well one beneficiary is the Greenhill Humane Society and the many dogs and puppies at their shelter. The tennis balls are used with the animals in their play area so potential families looking to adopt a dog can interact with their future pet. Many local organizations such as Greenhill benefit from ESTC donating used tennis balls as well as school tennis programs, parks and recreation programs and many others. So the next time you end your regular match and discard your can of tennis balls; know that placing them in the marked containers at every entrance assures that these balls will continue to be made use of by others.

The Rover Run—formerly titled Wag 'n Train—will be held at Greenhill on Saturday, August 13th and will feature events and entertainment such as a fun run/walk for people and their dogs, demonstrations from the Lane County K9 unit, agility demonstrations, raffles and children's activities. *Pre-Register by printing a registration form, from www.green-hill.org or register at 8:00 a.m. the day of the event.*



Recycle...New On-Court Recycle Containers

It's never too often to remind ourselves that recycling is a good and necessary thing to do. ESTC is committed to encouraging our members to recycle and we've tried to make it as easy as possible. Members should now notice new, more convenient recycle containers on all indoor courts. The new containers are well marked and provide drop areas for both garbage and recycle material. Additional recycle containers are located throughout the club and are also well marked. Please make the effort and spread the word that recycling is a good thing to do. Thank you!

WELCOME NEW MEMBERS

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

Tennis Memberships

Travis Wells
 Kayla Wells
 Todd Walcott & Chad Parman
 Lisa Marie Goeckel
 John & Rachelle Villano
 Jeff & Meg Unger Family
 Nicole Brown
 Coben Tistadt
 Emily Smith
 Karen & Rex Brady
 Linda Hansen & Chris Hamilton
 Andrew Stewart
 Anne & Mark Dean
 Brian & Sheri Bevans Family
 Joel Bartlett
 Angela Copeland
 Katy Harvey
 Dwight Janssen
 Judy & Ben Fusck
 Sophie Larson
 Allix Strahon
 Debbie Wright
 Robyn Alie
 Rinnell Gillis
 Carey Beneke & Richard Hensley
 Jessica McPherson & Tracy Olsen Family
 Eli Burk
 Sherry McKee
 Tricha Diehl
 Jeremy and Annie Thomas
 K. Peter Thomas
 Stanton Swank
 Kit & Mark Sixel Family
 Steven Cozzens
 Laura Hartman & Stephen Cook Family

Fitness Memberships

Patti Wells
 Chris Papapoulos
 Molly Elder

Swim/Fitness Memberships

Celeste & Jamie Rust Family
 Brandy & Erik McKibben Family
 Danielle & Gilbert Castro Family
 Patty Perlow Family
 John & Tanya Figgat Family
 Sheldon & Christy Johnson Family
 Jill Ritchie Family
 Lisa Quigley Family
 Marilyn Steele
 Kelli Caniano Family
 Laura & Jeremy Hunsaker Family
 Janine Allen Family
 Jeanne Wolfer Family
 JoAnn Zebrowski Family
 Carol Holt
 Laura Anderson Family
 Erik Fisher Family
 Laurene Larson Family
 Ron & Isabella Cuevas
 Mark Johnson Family
 Lorie Fisher Family
 William & Larisa Glenn Family
 Tony Losco & Valerie Miles Family
 Kristen Olmos Family

