

Attention Teens – Do you want to start working out?

TEEN FITNESS ORIENTATION – AGES 12-15

You can gain access to the weight room through a 1 ½ hour session with Julie. You'll learn the exercise fundamentals, how to use the cardiovascular and weight training equipment, and receive a complete workout routine to get you started. The orientation session will cover warm-up, aerobic exercise, resistance training, cool down, and stretching. **Completion is required for all junior members desiring to workout without an adult present.**

Instructor: Julie

Fee: \$45 - 1.5 hour private session.
Group Sessions available upon request.
Registration available at the front desk.

Personal Training Aquatics Style

Whether you are training for a specific event, trying to become more fit, or getting in shape to join the local volleyball team, training in the water might be for you! The water allows you to do moves that you may not be able to do on land. It is an excellent tool for conditioning, strength and core training, and injury prevention and rehabilitation.

There is a water-fitness routine for every BODY! Join ESTC Fitness Professional, Heike McNeil as she provides personal training sessions to increase performance and be more powerful and resistant to injury, without the hip/knee/back pain that can often be associated with high intensity fitness training on land! Register your name at the front desk and Heike will be in contact with you.

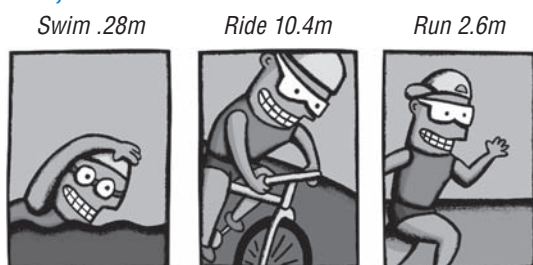
Senior Group Fitness

MWF 11-12PM • **NEW** Tuesday 10-11AM

A weight room class just for seniors! Coached by a personal trainer, students will experience aerobic, resistance, balance, and flexibility training. All participants will receive a workout program specifically designed to meet their individual needs. No sign-up required. Contact Julie for more information!

ESTC's First Ever Summer Fun Sprint Triathlon!

August 22, 2009



This sprint triathlon is designed for both the athletes **and the ones who never thought they could!**

Summer Training Camp for this event has already begun, but space permitting it's not too late to join in the fun! Over six weeks still remain, and goals are much more achievable with good coaching and good camaraderie! See Kris or Julie to see if space is available. If you are unable to join us for training camp, see Julie for your weekly triathlon training goals. Work hard and train well for the next several weeks, then join us and a bunch more of your ESTC friends on race day and have a blast!

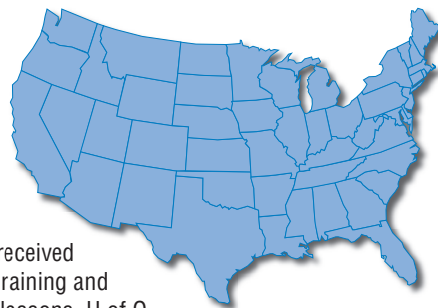
Entry fee is \$35 (discounted to \$15 for **Summer Training Camp** participants). Participation will be limited, so don't wait too long to sign up! Deadline is August 1. Watch your email and in-club announcements for ongoing details!

Training on your own? Pick up a free training packet from the front desk! Packet includes important information regarding each event of the triathlon, how to prepare for the day of the race, and a 10-week beginning training program.

Questions? Contact Julie Hafemeister – julieh@estc.org

Congratulations Travelers!

Once again, more than 50 of ESTC's members successfully exercised their way across America! As they arrived at various check points, participants received prizes including personal training and massage sessions, tennis lessons, U of O sports tickets, and items from the ESTC pro shop!



First 5 to reach the finish line:

Karen Klump Mary Pat Kersten Jeff Priske
Tom Malpass Dan Howells

Well done everyone! Thank you for participating and keep on trekking!



Attention All Group Cycling Enthusiasts!

If you are interested in bringing Group Cycling Classes to ESTC we need to hear from you! July 6 through July 13 there will be a bulletin board in ESTC's lobby area for you to let your interest be known! If

Group Cycling (also known as "spinning") interests you, please sign your name and let your voice be heard!

HEY JUNIORS – GET READY FOR SOME GREAT ACTIVITIES COMING YOUR WAY!

Junior Activity Night:

Soccer, basketball, tennis, volleyball, dodgeball – we'll play a little of everything! Bring your shoes, racquet and water bottle and get ready for a great time!

Pizza Dinner Included!

Friday, July 24, 6:00 P.M. - 9:00 P.M.

Ages 8-15 years

\$15, \$10 second family member

Register at the front desk!

Movie by the pool for the whole family!

Grab your suit, towel, and a picnic dinner and head to ESTC! Join us as we show a family friendly movie on the pool deck!

Friday, August 7th

Time: Dusk! (TBA)

FREE!

WELCOME NEW MEMBERS

The staff and members at ESTC extend a warm welcome to our club! It's a fantastic time to be at ESTC and we are glad you joined us!

Net News



The Newsletter of the Eugene Swim & Tennis Club
July/August 2009

Annual Maintenance Closure September 17th & 18th

Our annual club closure for necessary maintenance will be Thursday and Friday, September 17th & 18th. The club will be closed the entire day on Thursday and Friday and will reopen Saturday morning at 7:00AM. The closure is needed to complete various maintenance and cleaning projects that are impossible to take care of during normal operating hours. During the closure, the phones will be answered from 7:00 A.M. until 4:00 P.M. Thank you for your understanding.

A Note From The Interim GMs...

We would like to sincerely express our gratitude to the membership and the staff for your understanding and patience during this period of transition for our club. Your support is appreciated!

Linnet O'Hanlon and Paul Swangard

Summer Adult Tennis Programming!

See the enclosed flyer for information on our **NEW** schedule of summer clinics and drop-ins!

PLAY TENNIS

CLUB HOURS

SPRING/SUMMER SCHEDULE

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

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

Linnet O'Hanlon, Interim General Manager
linneto@estc.org

Paul Swangard, Interim General Manager
pauls@estc.org

David Chun, Head Pro
davidc@estc.org

Tyler Kempton, Head Pro
tylerk@estc.org

Melanie Bennett, Front Desk Supervisor/Membership Sales
melanieb@estc.org

Dirk Baker, Tennis Director
dirkb@estc.org

Sharon Silvers, Member Services Director
sharons@estc.org

BOARD OF DIRECTORS

JOHN BROWN - PRESIDENT, PAM PEAKE, PAUL SWANGARD, LINNET O'HANLON, MARK LERFALD, LIANE McIRVIN, AND TIM HENDRIX

PACIFIC CONTINENTAL

THE RIGHT BANK



July 2nd – 5th The 48th Annual Pacific Continental Bank Open Tennis Championships

The four day tournament will feature men and women competing in numerous open and age group events. This premier sporting event draws some of the top athletes and future tennis professionals from around the Pacific Northwest.

We are proud to have Pacific Continental Bank serve as our presenting sponsor for the third consecutive year. We are also pleased to have the support of a Lane County Tourism Grant and a host of Circle of 100 members as additional sponsors to help make this a successful event. Thank You!!!

ESTC SUMMER CELEBRATION

It's A POTLUCK!... It's POWER!... It's PLAYTIME!...
IT'S A PARTY... AT THE POOL!!!

Mark Your Calendars...

Saturday, July 18 is ESTC's day of
FAMILY FUN IN THE SUN!

Secure a main dish and...a side dish, salad or dessert to share...then round up your family and head to the pool!

Arrive at 11:00 A.M. Lunch begins at 11:30 A.M.!

Activities planned until 3:00 P.M.

- Face painting!
- Kid's Games!
- Tennis Fun!
- Staff Fun!
- Prizes!
- More!

The event also features two special activities from our fitness and tennis departments

- Our Group Power Team will be showing off the new Group Power Summer '09 Release live from poolside.
- Our team of tennis professionals will be on hand to run your entire family through drills and contests on the outdoor courts.

See you at the Club on the 18th.



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!

USTA Spring League 2009 Wrap-Up

The 2009 season is complete. Thanks to all the Captains and players for another great season at ESTC! We were a very competitive club this year with six of our teams competing in the Southern Oregon Division play-offs hosted by Eugene Swim and Tennis Club. Thirty-two USTA teams fought hard on our indoor and outdoor courts during the last weekend in May. Two ESTC team qualified for sectional play-offs along with eight others from the Southern Oregon Division.

Congratulations to our Women's 3.5 team Captained by Terri Baker and Women's 4.0 team Captained by Theresa Park! They were the winners of their divisions in this year's USTA Play-Offs and move on to the PNW sectional tournament in Portland this coming August.



Top Left - Leah Asay, Isabel Kelly, Carmen White, Calli Dean, Vicki Gray, Kathleen Matson.
Middle Left - Dee Guckenberger, Terri Baker, Karen Klump, Lindsay Asay, Elise Bruni,
Bottom Left - Sarah Roome, Frances Cheng

Our two spring teams join the McIrvine 7.0 mixed doubles team, who won their division earlier this year and are heading to the PNW sectional tournament in Sun River this coming August. Great playing this year and good luck to everyone in August!



Back Left - Lynn Chase, Mike VanOurkerk, Kelly Tower, Charles Caldwell, Sarah Roome, Doug Kelly.
Front Left - Penny VanOurkerk, Eve Siecinski, Kris Parker, Isabel Kelly, Liane McIrvine

ESTC Women's 4.0 Team (not pictured)

Theresa Park, Sally Ruxton, Anamaria Clemens, Chelsea Loomis, Julie Mohler, Sue Devereux, Wendy Giarrusso, Isabel Kelly, Lindsay Carlson, Cheryl Burke, Vicki Gray, Kristen Bell, Lori Romania

ESTC Summer Team Tennis 2009!

ESTC's favorite summer league is underway! Once again, Team Tennis is a huge success.

Check the ESTC website for weekly match scores and team stats.
www.estc.org

Come out and support your favorite Team Tennis teams! Matches are played every Sunday and Monday nights on the outdoor courts. Join the fun!

Prince and Wilson Demo Night

The tennis staff and the sales reps from Prince and Wilson came out last month for a fun filled demo event and clinic. ESTC members were able to try the latest in racquet technology from these great manufacturers. Participants walked away with some great tips for their tennis games and won some great prizes.



Cardio Tennis News "Heart Pumping Fun-Fun-Fun!"

Cardio Tennis 2009 is a fun, fast-paced tennis class that will keep your heart rate up and keep you burning calories. Players can look forward to running faster and jumping higher this summer. A great cross training class for those of you training for the Triathlon. Plyometrics, core, agility, and stroke production exercises are designed to improve your footwork, fitness and overall tennis game. 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! Register at the front desk or contact David Chun (davidc@estc.org) for more information.

Youth Swim Lessons

Our youth swim classes are one half hour in length between the hours of 10:00 A.M. – Noon. Please contact the front desk for class availability and specific class times. Sessions run two weeks and classes are held Monday through Thursday.

Remaining summer sessions:

July 6th - 16th August 3rd - 13th
July 20th - 30th August 17th - 27th

Adult Swimming Development

Improve your swimming skills! ESTC is offering a swimming development series for adults with swim coach Calli Dean. Register at the front desk.

Fridays at 11 AM / Saturdays at 9:30 AM

Fee: \$10 per class or a series of six for \$50. (Limit 5 people per session).

June 19th/20th	Basic swimming instruction and water safety
June 26th/27th	Beginning freestyle - basics and form
July 3rd/4th	Freestyle II - focusing on body position and breathing
July 10th/11th	Advanced freestyle - lengthening out strokes, swimming smarter not harder.
July 24th/25th	Flip turns (specifically freestyle and backstroke)
July 31st/Aug 1st	Backstroke and breaststroke basics

Membership Upgrades & Changes

Just a reminder that adjustments to your account status must be completed by the 20th of the month prior to the effective date. Should you miss the deadline, we are unable to prorate your dues. Thank you for your cooperation.



ESTC JUNIOR NEWS & EVENTS



Upcoming ESTC Tournaments & Tennis Events

- July 24th – 26th Junior Champs/Challenger
- August 28th – 30th ESTC Junior Club Championships/Summer Party

Junior Match Play Day

Match play is a vital part to any player's improvement. To compliment the lesson components of the Junior Development Program, we are offering "Junior Match Play Days". This program will provide junior players an opportunity to compete and have fun, while using the skills they have gained in their lessons. Match play will include Pro-Sets, Tie-Breakers, Live-Ball Drills, and Bumping Drills.

When: Friday, July 10th, 17th & 31st,
August 14th & 21st
Finishing with our ESTC Junior Club Championships
(August 28th – 30th)

Who: 11:00AM to 12:30PM
(Intermediate, Jr. Challenger, & High School classes)
12:30PM to 2:00PM (Champs & Elite)

Cost: \$5 for Member Drop-in
\$7 for Non-Member Drop-in
\$20 Member Session (**one free class for session rate**)
\$28 Non-Member Session

NJTL Rally Day

Juniors looking to have a great day of tennis and lots of prizes join us August 7th from 12:30 to 3:30 PM for the annual NJTL community tennis rally. This three hour play day will be filled with fun games and drills held by our ESTC tennis staff and other Eugene area tennis professionals. This event is free for players of all ages and ability levels. Registration is preferred and can be done by calling or stopping by the front desk.

ESTC Summer Junior Ladder

For some extra match play against a wide range of players you will want to get onto the Junior Ladder this summer. The Junior Ladder is a vital part of any player's improvement. This program will provide junior players an opportunity to compete and have fun, while using the skills they have gained in their lessons. In a pyramid style ladder, players will schedule their own matches and based on results will position themselves within the ladder. Players are required to report their scores, with results posted at the beginning of each week. Players are encouraged to participate as much as they like. Prizes will be awarded based on matches played, results, and sportsmanship.

When: June 22nd to August 27th and leading up to our ESTC Junior Club Championships (Aug. 28th – 30th)

Who: Junior players able to play matches on their own.

Cost: FREE for Members

JUMP INTO JUNIOR SUMMER TENNIS

Please make note of our 2009 class times with our summer junior group instruction schedule. Classes are available in six different skill levels to accommodate the wide range of ages and abilities and ensure proper development for players to grow.

- Classes run in two week sessions: Monday through Thursday each week.
- Classes have a maximum of six students per instructor.
- Classes will focus on proper technique, strategies and tactics, physical conditioning, rules and etiquette.

Pre registration is required for each session. Please register at the front desk.

Junior Class Descriptions

Little Tennis: 10:15AM – 11:00AM (Ages 4-6)

This program features a wide variety of lesson plans and teaching aids to create a fun and exciting environment. Many of the skills covered (throwing, catching, movement, etc.) are "carry over" skills to help further their development as they move on to the next level of play.

Tuition: Member - \$56 Non Member - \$72 (8 classes)

Beginner Tennis: 11:00AM - 12:30PM (Ages 7-10)

Players are introduced to tennis at the entry level. Class curriculum includes: correct grips, proper stroke technique, good footwork, and light conditioning taught through fun and exciting drills and games. A FUN environment for all kids to enjoy as they advance to the next level.

Tuition: Member - \$120 Non Member - \$144 (8 classes)

Intermediate Tennis: 11:00AM - 12:30PM (Ages 9-12)

Players develop the technical, physical and mental skills toward improving their tennis abilities and life skills. Players are introduced to match play and how to begin to play points, while continuing to focus on proper stroke production. This is all created in a fun game based environment.

Tuition: Member - \$120 Non Member - \$144 (8 classes)

Jr. Challenger: 12:30PM – 2:00PM (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 advanced tournament play throughout the year.

Tuition: Member - \$120 Non Member - \$144 (8 classes)

High School: 12:30PM – 2:00PM (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 and advanced footwork patterns. Includes physical conditioning along with supervised match play covering both singles and doubles.

Tuition: Member - \$120 Non Member - \$144 (8 classes)

Champs: 2:00PM – 3:30PM (No age limit)

This class is 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 tournaments. 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.

Tuition: Member - \$120 Non Member - \$144 (8 classes)

Junior Development Program Session Dates

(For questions regarding half sessions please contact Dirk Baker in the Tennis Department.)

- | | |
|-------------------------|-----------------------|
| 1) June 22nd – July 1st | 4) August 3rd – 13th |
| 2) July 6th – 16th | 5) August 17th – 27th |
| 3) July 20th – 30th | |

(No Class July 2nd/Session rate will be adjusted accordingly.)