



Net News



The Newsletter of the Eugene Swim & Tennis Club
September/October 2005

New Indoor Court Lights Making Big Impact

By now we hope most members have had the opportunity to experience our new indoor tennis court lighting system. The new system incorporates "direct lighting" using new technology fluorescent lamp and a slim profile fixture. In general the addition of the new lighting will provide consistency throughout indoor courts 1 – 8, with energy efficiency and superior lighting quality. Players will also notice occupancy sensors on each of the courts that will dim the vacant court rather than turn the court lights completely off. The fixtures also include impact resistant lens covers to improve safety.

This project has been on the drawing board for over two years, and much thanks needs to go to Elroy Harrison, ESTC Maintenance Director and project coordinator. He and his staff have worked hard to coordinate the safe and timely installation and the successful completion of this major capital project for ESTC. We are confident members will appreciate the new system and hope it adds to your enjoyment and experience.

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.

Annual Maintenance Closure Sept. 8th & 9th

Our annual club closure for necessary maintenance will be Thursday & Friday, September 8th & 9th. The club will be closed the entire day on Thursday and Friday and reopen Saturday morning at 7:00am (regular time). The closure is needed to complete various maintenance and major cleaning projects that are impossible to take care of during normal operating hours. During the closer the club phones will be answered from 7:00am – 4:00pm. We want to thank members for their cooperation.

CLUB HOURS

SPRING/SUMMER SCHEDULE		FALL/WINTER SCHEDULE	
MON.-FRI.	5:00 A.M. – 10:00 P.M.	STARTING OCTOBER 1, 2005	
FRIDAY	5:00 A.M. – 10:00 P.M.	FRIDAY	5:00 A.M. – 9:00 P.M.
SATURDAY	7:00 A.M. – 10:00 P.M.	SATURDAY	7:00 A.M. – 9:00 P.M.
SUNDAY	7:30 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.

Extended Child Care Hours

MONDAY – THURSDAY	3:30 P.M. – 7:00 P.M.
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E.S.T.C. E-MAIL ADDRESSES

STAFF EMAIL ADDRESSES:

Mike Gaffaney, General Manager *Sharon Silvers, Member Services Director*
mikeg@estc.org sharons@estc.org

Eldon Wilson, Head Pro *Melanie Bennett, Front Desk Supervisor*
eldonw@estc.org melanieb@estc.org

Amy Freeman, Fitness Director – amyf@estc.org

BOARD OF DIRECTORS

MAX KESSLER - PRESIDENT, ERIN KOSS - VICE PRESIDENT, WARREN BROWN, TERRY BURGESS, PAM PEAKE, KEITH THERRIEN, AND JAY GETCHELL

UPCOMING EVENTS

Children's Miracle Network Tournament Sept 30-Oct 2nd

NEW FUN FORMAT to better accommodate family schedules!!! We will feature a Block Style format in which each event will be completed in a 4-hour block of time with a guarantee of three matches per event. Events will be Potluck, so bring your favorite dish to share because we will be having a party at each event. Match length will be shortened to a Pro Set of 8 games to accommodate this time frame. So come on out and play Singles, Doubles, Mixed Doubles, any combination or play all three and get a whole weekend of great competition while supporting a very, very important charity. Pick up an entry form at the front desk and Sign Up Today!

2nd Annual Dick Black Memorial Tournament Dec. 2nd-4th

Come out and join us for a weekend of Doubles and Mixed Doubles as we remember a true friend to ESTC. Dick Black, who unexpectedly passed away 2 years ago, continues to be in the thoughts of many us at the club. His positive attitude and enthusiasm for the game of tennis, that he loved so dearly, will forever be part of this club. Dick is remembered as a person who enjoyed the game as well as the many social aspects of being a part of ESTC. Look for more details on this special event in the next issue, and pick up an entry form available at the front desk soon.



Dan Gates, John Williams, Greg Hunt, Ron Howard, Mike Vannett, Roger Diddock & Doug Waters

Senior Men Doubles achieve PNW Sectional Finals

ESTC Senior Men's 3.0 Doubles Team just missed the "brass ring" competing in the PNW Sectionals in Sunriver, Oregon in late June for National qualifying. The team was runner up to Wenatchee

Racquet Club losing 2-1 in the finals. Roger Diddock and Ron Howard led ESTC and were undefeated in four matches. Also playing for ESTC were Dan Gates, Greg Hunt, Mike Vannett, Doug Waters, and John Williams. Everyone had a great time and was pleased with the reception from the USA Officials who made everyone feel welcome. The teams said they sorely missed Captian Stu Adler's pep talk, and "wait till next year!" Other ESTC Teams competing in the Sunriver PNW Sectionals were the Men's 4.0 Team and the Women's 4.0 Team.

Congratulations to ESTC's 3.0 Champions

ESTC Men's 3.0 Adult Team captained by Rick Radner and Doug Waters recently won their 12 Team USA League with a 10 win 1 loss record. They then followed this up with a League Championship in the four team playoffs at ESTC on June 10, 11 & 12. Ironman John Dye, playing in every match, was undefeated in doubles, as was Tim Wise at number one singles. Despite a tough loss in Portland at the recent Sectionals, losing to a very strong Amy Yee Team from Seattle, the team had a wonderful time and a successful season. Team members are Rick Radner, Doug Waters, John Dye, Tim Wise, Eric Jungjohann, Glen Van Devender, Ed Siecinske, John Cobarrubias, Mike Vannett, Curtis Sexton, John Williams, Stu Adler, Andy Dalglish, and Jeff Wilson.

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



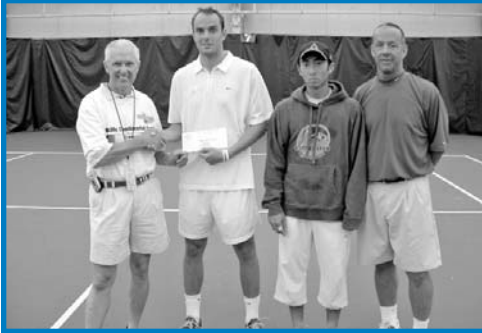
TENNIS DEPARTMENT NEWS

"WHAT'S NEWS" IN TENNIS!! FALL 2005

Tournament News

2005 Pacific Continental Bank Pac-West Championships (Recap)

This year's tournament was a huge success even with the surprise July rain. This year's PCB Pac-West Championships boasted the largest purse in tournament history with over



Dean Hanson, Sr. Vice President with PCB presents a check for \$2,200 to the men's Singles Champion, Sven Swinnen along with the Finalist, Pannhara Mam, and Mike Gaffaney, ESTC General Manager

250 entrants playing the event. Great job to all of the ESTC members who played in the tournament and a great big thanks to all of the volunteers who helped support our biggest event of the year! We could not have done it without you. Plans and preparations are already starting for next year's event. If you would like to participate and help with the planning of this and other events, we are putting together a Tournament Committee and would love to have your support. Please contact Eldon Wilson if you are interested.

Winners from the 2005 PCB Pac-West Open Championships

Men's Open Singles- Swen Swinnen
Men's Open Doubles- Brad Erickson, Scott Schnug
Women's Open Singles- Kelcy Mckenna
Women's Open Doubles- Kelcy Mckenna, Emily Kirchem

Party at the Club, October 28!!

Our club tennis parties have been a real hit over the past few months. Our July and August Parties were no exception. We had over 100 members and guests participating in the two events. Jeff Asay was our big winner at the July Party and walked away with a brand new Volkl DNX Tennis Racquet (a \$208.00 value)! Michelle Charpentier and Grady O'Conner won \$25.00 Gift Certificates playing Texas Hold'em at our Hot August Nights Party! You never know what the next prize will be, so come on out and be a part of the fun! Our next party will be October 28th for Halloween and you will not want to miss it. The theme will be the Casino Royale Costume Ball. We will have everything from Texas Hold'em and Black Jack, to Craps and Roulette. So wear your favorite Halloween Costume and bring your Lucky Rabbit's Foot for a night of fun, food, friends, and tennis. Bring a dish to share and play Doubles, Mixed Doubles, and Singles. And back by popular demand: We will feature the wonderful food from our friends at Hawaiian Time Restaurant!

Looking for a team?

We will be having a free informational meeting on November 17th at 7:00 pm to help you find a USTA League Team to play on for the 2006 season. We have over 20 USTA League Teams here at ESTC and one of them has a spot for you! For more information please contact Eldon Wilson in the tennis office.

Fall Adult Programming Update

Check out 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:

8:30-9:30 A.M.-Cardio Tennis **Begins October 3rd!**
5:30-6:30 P.M.-Adult Intermediate Skills and Drills Class **New Day and Time!**
6:30-8:00 P.M.- 1st and 3rd Monday is Ladies Doubles Night
6:30-8:00 P.M.- 2nd and 4th Monday is Mixed Doubles Night **New Program!**

Tuesdays:

9:00-11:00 A.M.-Ladies Doubles Day
12:30-3:30 P.M.-Men's Doubles Drop in
6:30-7:30 P.M.-Welcome to Tennis Beginner Class

Wednesdays:

8:30-9:30 A.M.-Cardio Tennis **Begins October 5th!**
10:00-11:00 A.M.- Welcome to Tennis Beginner Class (Instructional)
12:30-1:30 P.M.-Adult Intermediate Skills and Drills Class

Thursdays:

12:30-1:30 P.M.- Adult Intermediate 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
October 28th- Halloween Casino Royale "Party at the Club" 7:00-11:00 P.M.

Saturdays:

9:30-10:30 A.M.-Cardio Tennis **Begins October 8th!**
11:00-2:00 P.M. Co-ed Doubles Drop in Play (No Co-ed drop in October 1st due to special events)

Sundays:

4:00-5:00 P.M.- Welcome to Tennis Beginner Class (Instructional)
(No class on October 2nd due to special events)

COMING SOON



National Cardio Tennis Rage Hits ESTC!

The heavily advertised program at this years US Open is sure to be the next Cardio rage at our club. Move over Tai Bo – Here comes Cardio Tennis! Sign up early for the October sessions.

Session 1: October 3rd thru November 9th
8:30-9:30 A.M. Mondays and Wednesdays

The cost is \$132.00 for 12 classes and you will receive a Polar F5 heart rate monitor, a \$99.00 retail value.

Session 2: October 8th thru November 12th
9:30-10:30 A.M. Saturdays

The cost is \$90.00 for 6 classes and you will receive a Polar F5 heart rate monitor, a \$99.00 retail value.





FITNESS DEPARTMENT NEWS

Women's Boot Camp

Tuesday/Thursday 6 A.M., Sept. 13th – Nov. 11th, \$99

The summer session of Women's Boot Camp was such a success that we are offering another series. Thanks to your feedback we have tailored this series to meet your needs even better. Join Krista and Tori for a fun class that will add variety and intensity to your mundane routine! Class size is limited so be sure to sign up early. Sign up at the Front Desk.

Non-Members \$130.00

30-Minute Express Classes

Due to the popularity of 30 minute classes, we are now offering 2-30 minute cardio classes in addition to the 4-30 minute Ab Workouts. We are calling the 30 minute classes 'Express' classes so you can identify it as a shorter class. Classes are free and drop-in. All levels are welcome. Add one of these classes to jump start your exercise program or improve your tennis.

Ab Express	Monday/Wednesday Tuesday/Thursday	10-10:30 A.M. 5:30-6 P.M.
Cardio Express	Tuesday/Thursday	5-5:30 P.M.

New Fitness Equipment Coming Soon!

Keep your eyes peeled for new equipment to arrive in October. We will be replacing all of the Precor cardiovascular equipment with new models. This will include: 3 treadmills, 2 ellipticals, 2 climbers, 1 recumbent bike, and 1 upright bike. This will provide us with some of the latest and greatest equipment available.



YOGA ZONE

Make Your Practice Uniquely Yours

Whether you wake up feeling dull and sluggish or your muscles are tightly clenched and uncomfortable, you need to make your yoga practice suit your present needs. Yoga is a dynamic practice that encourages balance – of both mind and body. This balance will vary from person to person, from day to day, and from year to year. This means that not every yoga class will offer what you need for a particular day. You must be aware of your body's current needs and adjust your practice accordingly. If you are having a low energy day, respect your body and take breaks between more difficult asanas to re-center and find your personal balance. On the other hand, if you wake up feeling invigorated, utilize that energy to bump up your workout and take your practice to the next level. Keep your practice your own; never comparing yourself to those around you, and you will reap the benefits of a balanced practice that is right for you.



MASSAGE NEWS

Jodi Hoelscher



We are excited to add Jodi as a Massage Therapist. Many of you already know Jodi, since she has worked at the Front Desk for a year. Jodi is currently a massage student practicing Swedish, Deep Tissue, Myofascial Release, Trigger Point Therapy, and Reiki. She will be receiving her massage license in October and will officially start providing massage for our members thereafter.

Jodi's mission is to provide pain management, stress relief, and relaxation while promoting the healing goals of each individual. *Jodi is offering free chair massage during special events throughout September & October. Be sure to take advantage of this great opportunity to try out a massage at no charge (dates and times TBA).*



MEMBER NEWS



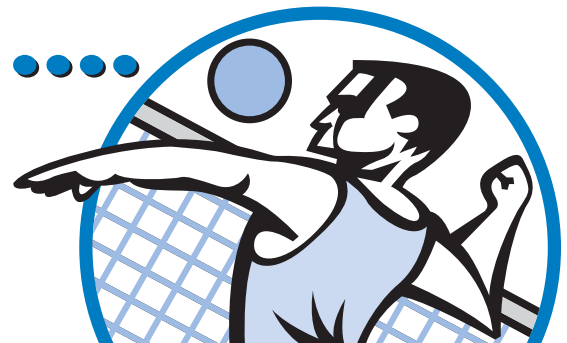
Rec. League Champions "Team Slightly Spiked" Cheryl & Jon Burke, Kathleen & James Matson, Tammi & Mark Kalen

Co-Ed Summer Sand Volleyball Leagues Crown their Champions

Another exciting sand volleyball league season comes to an end with a total of 10 teams participating. The season culminated with a league tournament and barbeque; but more importantly a lot of fun being had by all! The

Tuesday Recreational league champions were team "Slightly Spiked". In the Competitive league played on Thursday nights, it was team "Toe Jam" who took the Championship.

Thanks to all the teams who participated in this year's league and tournament.



Each year there are two constants that continue to increase... the level of play and the amount of fun. Look for details on the 2006 season in the spring newsletter and the ESTC Summer Magazine.



Competitive League Champions "Team Toe Jam"

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September</h1>						
				1 Adult Inter. Skill/Drill 12:30pm & 5:30pm Men's Night 6:30pm	2 Junior Pizza Night 6-7:30pm Ages 7-11	3 Co-Ed Drop-in Doubles 11:00am - 2:00pm
4 Welcome to Tennis Class 3.0 & Below 4:00-5pm	5 Adult Inter. Skill/Drill 5:30pm Ladies Night 6:30pm	6 Ladies Day 9:00am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30pm	7 Welcome Tennis Class 3.0 & Below 10:00 am Adult Inter. Skill/Drill 12:30pm	8 <i>Club Closed</i> Annual Maintenance Closure	9 <i>Club Closed</i> Annual Maintenance Closure	10 Co-Ed Drop-in Doubles 11:00am - 2:00pm
11 Welcome to Tennis Class 3.0 & Below 4:00-5pm	12 Adult Inter. Skill/Drill 5:30pm Ladies Night 6:30pm	13 Ladies Day 9:00am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30pm	14 Welcome Tennis Class 3.0 & Below 10:00 am Adult Inter. Skill/Drill 12:30pm	15 Adult Inter. Skill/Drill 12:30pm & 5:30pm Men's Night 6:30pm	16	17 Co-Ed Drop-in Doubles 11:00am - 2:00pm
18 Junior Pizza Day 2-3:30pm Ages 7-11 Welcome to Tennis Class 3.0 & Below 4:00-5pm	19 Adult Inter. Skill/Drill 5:30pm Ladies Night 6:30pm	20 Ladies Day 9:00am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30pm	21 Welcome Tennis Class 3.0 & Below 10:00 am Adult Inter. Skill/Drill 12:30pm	22 Adult Inter. Skill/Drill 12:30pm & 5:30pm Men's Night 6:30pm	23 Junior Doubles Night 5:00pm - 7:00pm	24 Co-Ed Drop-in Doubles 11:00am - 2:00pm
25 Welcome to Tennis Class 3.0 & Below 4:00-5pm	26 Adult Inter. Skill/Drill 5:30pm Ladies Night 6:30pm	27 Ladies Day 9:00am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30pm	28 Welcome Tennis Class 3.0 & Below 10:00 am Adult Inter. Skill/Drill 12:30pm	29 Adult Inter. Skill/Drill 12:30pm & 5:30pm Men's Night 6:30pm	30 Children's Miracle Network Tournament	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>October</h1>						
						1 Children's Miracle Network Tournament
2 Children's Miracle Network Tournament	3 Cardio Tennis 8:30am Adult Inter. Skill/Drill 5:30pm Ladies Night 6:30pm	4 Ladies Day 9:00am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30pm	5 Cardio Tennis 8:30am Welcome Tennis Class 3.0 & Below 10:00am Adult Inter. Skill/Drill 12:30pm	6 Adult Inter. Skill/Drill 12:30pm & 5:30pm Men's Night 6:30pm	7 Junior Pizza Night 6-7:30pm Ages 7-11	8 Cardio Tennis 9:30am Co-Ed Drop-in Doubles 11:00am - 2:00pm
9 Welcome to Tennis Class 3.0 & Below 4:00-5pm	10 Cardio Tennis 8:30am Adult Inter. Skill/Drill 5:30pm Ladies Night 6:30pm	11 Ladies Day 9:00am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30pm	12 Cardio Tennis 8:30am Welcome Tennis Class 3.0 & Below 10:00am Adult Inter. Skill/Drill 12:30pm	13 Adult Inter. Skill/Drill 12:30pm & 5:30pm Men's Night 6:30pm	14 Junior Doubles Night 5:00pm - 7:00pm	15 Cardio Tennis 9:30am Co-Ed Drop-in Doubles 11:00am - 2:00pm
16 Junior Pizza Day 2-3:30 pm Ages 7-11 Welcome to Tennis Class 3.0 & Below 4:00-5pm	17 Cardio Tennis 8:30am Adult Inter. Skill/Drill 5:30pm Ladies Night 6:30pm	18 Ladies Day 9:00am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30pm	19 Cardio Tennis 8:30am Welcome Tennis Class 3.0 & Below 10:00am Adult Inter. Skill/Drill 12:30pm	20 Adult Inter. Skill/Drill 12:30pm & 5:30pm Men's Night 6:30pm	21	22 Cardio Tennis 9:30am Co-Ed Drop-in Doubles 11:00am - 2:00pm
23/30 Welcome to Tennis Class 3.0 & Below 4:00-5pm	24/31 Cardio Tennis 8:30am Adult Inter. Skill/Drill 5:30pm Ladies Night 6:30pm	25 Ladies Day 9:00am Men's Doubles 12:30 pm Welcome Tennis Class 2.9 & Below 6:30pm	26 Cardio Tennis 8:30am Welcome Tennis Class 3.0 & Below 10:00am Adult Inter. Skill/Drill 12:30pm	27 Adult Inter. Skill/Drill 12:30pm & 5:30pm Men's Night 6:30pm	28 Junior Doubles Night 5:00pm - 7:00pm Halloween "Casio Royale" Party at The Club 7:00 pm	29 Cardio Tennis 9:30am Co-Ed Drop-in Doubles 11:00am - 2:00pm



JUNIOR TENNIS NEWS



"JUST FOR JUNIORS" FALL PROGRAMMING 2005

Tournament News

Summer Jr A's Tournament (Recap)

Congratulations to all of our juniors who participated in the Summer A's Tournament. Kelsie Burke, Madisyn Bryant (Finalist 10's), Elizabeth Navarro (Winner 12's), Kye Yu Kwak, Amanda Woods, Erin Iskra, Sophie Larson (Winner 16's), Wyatt Nelson, Andrew Woods, Andrew Stewart, Luke Steele, Taylor Farnham, Albert Kwak, Zack Steele, Hayden Rear (Winner 14's) and Ryan Romania who played in the 16's. Great job everyone! And an extra special thank you to Noni Cremeans for being a super volunteer for both days of the tournament.

Following up the highly successful Jr. Summer Tennis Camps will be our Fall/Winter after school Tennis Classes for all ages. (Classes Begin September 12th)

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

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**

5:00-7:00 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**

Sundays:

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



MEMBER NEWS, cont.

ESTC Member Advisory Groups Provide Input

Member advisory groups assist in offering department managers recommendations on policy changes, suggestions on programming, and are involved in helping coordinate various events related to their respective area of interest. We would like to take this opportunity to again thank these individuals for all of their efforts and hard work.

Tennis Advisory Group (TAG)

Michelle Charpentier, Liane McIrvine, Libby Tower, Jeff Asay, & Greg O'Hanlon

Fitness Advisory Group

Amy Kessler, Rose Wilkinson, & Bob Brasch

Finance Committee

Don Doerr, Erin Koss, Yodie Therrien, Max Kessler, & Allen Degeneault

TennisOne Tip of the Month

Make Your Overhead a Weapon

Here, are a couple of quintessential tips that can help transform your overhead from a liability into a lethal weapon!

Arm Preparation

Often, we see players prepare for their overhead as if they are learning to serve for the first time; namely, racquet head back behind their back as if they were scratching their back. While this isn't a terrible way to approach learning the serve or the overhead, players who first learn this pattern must eventually move on to a more refined stroke pattern.

The first move involves not taking the racquet back, but taking the hitting arms elbow back. In fact, as the body turns sideways in preparation, the racquet head should stay in front of the hitting arm with the tip of the racquet pointing towards the oncoming lob.

Whip a "High Five"

The overhead should be thought of as a "cracking a whip." Think of the proverbial lion tamer. From the preparation of the racquet tip held in front, the swing becomes a whip like move without stopping the racquet on the backswing.

If we are using the more desirable continental grip, the analogy of giving the ball a 'high five' creates the correct visual conception of the swing. The racquet moves from an edge-on position with the pronation of the forearm bringing the strings flush to the ball as if giving the ball a high five with the palm.

The elbow moves forward, only to initiate the swing. Skilled overheads feature the elbow stopping its forward progress allowing the whip of the racquet head over the arm. This action maximizes racquet head speed.

Finish

Beginners notoriously lead with the elbow through contact and end up pulling the elbow down, leaving the racquet head well behind the hitting arm even after contact. This action results in a much slower racquet head speed and also limits the variability and direction of the overhead.

Instead of leading with the elbow, skilled players leave their elbow up allowing the racquet head to finish below the hitting forearm before the arm relaxes and finishes down at the player's side.

Practice this technique until it becomes fluid and comfortable. Then work on the timing of hitting the lob out of the air. You will soon find yourself with a formidable overhead that can be hit from anywhere on the court!

Women's 3.0 go to Sectionals

The McIrvine/Tower Women's 3.0 Team Competed at Sectionals in Portland August 12-14. The goal at the beginning of the year was to play well and extend the season. They accomplished that and won Districts, giving the team the opportunity and honor to represent Southern Oregon at the regional tournament.

The competition was tough and many of the matches were very close. Unfortunately at the end of the day there were not enough wins on the courts to advance to the finals. The teams from Hood River Tennis Club and Amy Yee Recreation Center in Seattle were the finalists with Amy Yee winning to become the Pacific Northwest 3.0 Women's representative at Nationals in September.

Participating in USTA during the regular season and going to Sectionals in August was a wonderful experience. Each team member contributed to the effort and will take away memories that will last a long time. Coached by Eldon Wilson, the participating players were; Leah Asay, Elizabeth Baker, Barbara Cervi Skinner, Sherri Givson, Debbie Hazel, Elvie Hunt, Liane McIrvine, Laurie Rowe, Libby Tower and Penny Vanourkerk.



MEMBER NEWS, cont.

Membership Questions...? Here's some important information to know:

For any membership change or concerns, members are asked to contact Sharon Silvers, Member Services Director during normal business hours. In most cases there will be a form that members will need to complete.

Forms are available from Sharon Silvers, Melanie Bennett or Mike Gaffaney, and must be received by the 20th of the month to become effective the 1st of the following month. The front desk does not have access to these forms. You can call in advance to have a form ready for your signature, or we can mail them.

Tennis Memberships

Adding family members ages 22 and older may be added to a **FAMILY** membership for an additional \$10. per month. These individuals must (1) live in the family residence and (2) be financially supported by the head of the family.

All **Tennis** Memberships (excluding Juniors) may add children on a temporary status of up to five months each year. The charge is \$12. per month for children under age 22, and \$24. per month for children 22 and over. This temporary status is a one time charge and cannot be prorated. The front desk has this form available.

Swim Fitness/Fitness Memberships

Adding family members ages 22 and older may be added to the **FAMILY** membership for an additional \$10. per month. These individuals must (1) live in the family residence and (2) be financially supported by the head of the family.

Changing Membership Status

- A change request must be made in writing on the form provided by the club. No change can be made over the phone.
- There will be a \$25.00 fee charged when downgrading a membership. Changes must be effective for a minimum of six (6) months before another downgrade can occur.
- Members wishing to upgrade will be required to pay the difference in the entry fee. This fee is paid only once, providing there is no lapse in the membership.
- Active family members paying the "additional charge" may convert to their own equivalent membership type with no entry fee.
- **Tennis** Memberships may be placed on an inactive FREEZE status if the account is current. This is offered for a minimum of three (3) months, and a maximum of six (6) months. Members will pay 50% of their current dues and must reinstate at the same membership type. A form is available to FREEZE an account and an additional form to reactivate from FREEZE will be required.
- Termination forms are also available and must be submitted by the 20th of the month to become effective the 1st of the next month. All account balances must be cleared.



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. Many thanks go to the members who donated for the purchase of the laminated signs on each of our new court garbage and recycle containers.

ESTC Triathletes Compete at the All Women's Triathlon at Blue Lake

Amy Freeman, Heike McNeil, Melanie Bennett, Cathy Plahuta



Congratulations to all our ESTC Triathletes who participated at this year's event and who are members of the ESTC Women's Triathlon Club. Not pictured are Pam Simpson and Patty Marpet. A very impressive endeavor and finish by all, way to go ladies!

New Tennis Court Reservations Policy (re: Advance Tennis Court Reservations)

In an effort to maximize prime time court availability and clarify the policy relating to advanced court reservations the Tennis Advisory Group (TAG), and the tennis department have recommended revising the current policy.

As approved by the ESTC Board of Directors, the policy regarding advance tennis court reservations will be as follows:

"Advance reservations are defined as any court reservation made as early as seven (7) days in advance by any of the members who are listed on that specific court time(s). A reservation made from one to seven days in advance is considered an advance reservation. Each member (adult & juniors) are allowed to make up to three (3) advanced reservations during prime time each week (Monday through Sunday). Adult prime time is defined as the following court times: 9:30 am, 3:30 pm, 5:00 pm, and 6:30 pm Monday through Thursday. Junior prime time is defined as 3:30 pm Monday through Thursday."

Also note: Same day reservations may be made after 5:00 pm for any court time the next day or any courts open that evening. Same day reservations do not count toward a player's 3 per week restriction.

This change in policy will be noted in the ESTC Policy Book and is effective immediately. We appreciate the continued cooperation of all ESTC members. If you have any questions please do not hesitate to contact Mike Gaffaney, General Manager or Eldon Wilson, Head Pro. Thank you.

WELCOME NEW MEMBERS

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

Tennis Memberships

Lindsey Asay
 Jeremy Dibos
 Kaitlyn Sage
 Alexis Drakatos
 Corey & Rochelle Malpass Family
 Randy & Janice Schoonhoven Family
 Carlee Hauser
 MaryAnn Orchid
 Crystal Henley
 Ian Taylor
 Rob & Nathalie Hudson Family
 Mary Jo Templeman
 Shawn Bokn
 Audrey Everett
 Robert & Laura Illig
 Tyler Goheen
 Lisa & Jim Dodd
 Richard Rossman
 Olivia Girod
 Matthew Case
 James & Kimberly McNie Family
 Linsey Wages
 Shelly & Reggie Jordan Family

Fitness Memberships

Bruce Burrow
 Melissa & Ben Straughan

Swim/Fitness Memberships

Stacey & Alexis Krivchuk Family
 Mark & Jill McCall Family
 Trevor Crowder
 Mary Holo Family
 Polly & David Tsai Family
 Rebecca Goins Family
 Pamela & David Kennedy Family
 Donna Byrne Family
 Heidi Pollock Family
 Todd Brock Family
 Charles Caldwell Family
 Jane Kammerzelt Family
 Trese Swanson Family
 Andrew Davis Family
 Christi Duhaime Family
 Bethany Olson Family
 Luke Walsh Family
 Diann Morrison-Wilson Family