

Net News



The Newsletter of the Eugene Swim & Tennis Club
November/December 2011



General Manager's Letter

Hard to believe this year is coming to an end. It gives us an opportunity to reflect on the positive changes that have taken place at ESTC throughout the past year.

- Resurfacing courts 1-3.
- Paid \$100,000 toward the Club's debt.
- Increased participation in all adult and junior tournaments.

- Replaced all the light bulbs on courts 1-8.
- Upgraded the parking lot lighting.
- Upgraded the Junior Lounge.

None of these achievements would be possible without your continued support of ESTC and its programs.

Over the past year, members have inquired about our membership numbers and as of October 17th, we have 493 Tennis Memberships and 282 Fitness Memberships. There are 13 Memberships on freeze status, which we hope will return to active status in the near future.

Our membership recruitment continues to be a high priority with us, as we are working very hard to bring in new members – we still need your help. If you have someone who may be interested in membership, please forward their information to Katie so that she can contact them and arrange for a tour of our facilities and explanation of our services and amenities. It is our goal to maintain at least a minimum average membership of 800. This will allow ESTC to continue to make the necessary Club improvements.

On behalf of the ESTC staff, Board of Directors and myself, I wish all of you and your families a Happy Holiday Season and a wonderful New Year.

Wm. Scott Coleman, General Manager

CLUB HOURS

SPRING/SUMMER SCHEDULE (MAY – SEPTEMBER)

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

FALL/WINTER SCHEDULE (OCTOBER – APRIL)

MON. – THUR. 5:00 a.m. – 10:00 p.m.
FRIDAY 5:00 a.m. – 9:00 p.m.
SATURDAY 7:00 a.m. – 9:00 p.m.
SUNDAY 7:30 a.m. – 8:00 p.m.

CHILD CARE HOURS

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

ESTC E-MAIL ADDRESSES

Scott Coleman, General Manager
scottc@estc.org

Katie Leslie, Membership Sales
katiel@estc.org

Kris Ibrao, Group Fitness Coordinator
krisi@estc.org

David Chun, Head Pro
davidc@estc.org

Mitch Adler, Director of Tennis
mitcha@estc.org

Sandi Hoselton, Member Relations Director
sandih@estc.org

Julie Hafemeister, Fitness Center Coordinator
julieh@estc.org

BOARD OF DIRECTORS

BRET HAZELL - PRESIDENT, MARK LERFALD - VICE PRESIDENT, JOHN BROWN - TREASURER,
AMANDA JORDAN - SECRETARY, LIANE McIRVIN, KEN JOHNSTON, AND LINNET O'HANLON

UPCOMING EVENTS

- Girls 18's Endorsement Tournament** – November 5-6, 2011
- Ladies Day Holiday Potluck** – November 15, 2011
- USTA Senior Playoffs** – December 10-11, 2011
- Junior New Years Party** – December 30, 2011
- USTA Adult Mixed Playoffs** – January 7-8, 2012
- 3rd Annual Club Championship** – January 20-22, 2012
- USTA Spring Lottery** – January 12, 2012

Holiday Hours of Operation

November 24th (Thanksgiving) - 6:00 a.m. - 2:00 p.m.
December 24th (Christmas Eve) - 6:00 a.m. - 3:30 p.m.
December 25th (Christmas) - Closed

USTA Self Rating!

Are you new to the USTA, and thinking about playing on a USTA team for the first time? Finding the self rating system a bit confusing? Please do not hesitate to contact our Director of Tennis Mitch Adler or Head Tennis Professional Dave Chun and they will be glad to help you make sure you self rate correctly and end up on the proper level team! Thank you for your support of ESTC and our USTA teams!

Gift Certificates

Looking for that perfect gift? Look no further! ESTC has gift certificates available for memberships, pro shop merchandise, personal training, massage and tennis lessons.



It's the perfect gift for all friends and family members.

ESTC would like to congratulate...

Jack Adams for being inducted into the Junction City High School Athletic Hall of Fame. While the tennis coach for Junction City High School, his leadership and commitment led to two state tennis titles. Jack has been a devoted member of ESTC for the past 24 years. We are very honored to have Jack a part of our ESTC family.

Facebook

The Eugene Swim & Tennis Club will be launching the official ESTC Facebook "Page" on November 1st. This Facebook "Page" will give the Club the opportunity to keep our membership informed of what's happening around the Club. Join our page and stay connected.



Search: Eugene Swim & Tennis Club

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

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

What's New in Tennis! Winter 2011



Tennis Tip

Mitch Adler, Director of Tennis

Shot Selection - As a tennis professional now for over two decades, I have had many clients over the years come to me and ask me to work on a variety of shots; mostly technique! While we would all agree proper form and a smooth biomechanical stroke are essential, hitting the right shot at the right time is the real key to

winning. In the current game, most 3.5+ players have the ability to hit a proper forehand and backhand, but when and where to hit a shot is just as important as the form of one's swing.

In simplest terms, an opponent's short ball must be attacked in the current power era! If we allow our opponent the ability to hit short, and pay no consequences, we have taken a lot of pressure off them, hence allowing them to be more relaxed. This said we can attack a short ball in many ways. Many of us have the ability to just punish the short ball and end the point with a big forehand. Others may choose to approach the net and win the point with a volley, while a drop shot can also serve as an offensive way to end a point. Regardless how you choose to end the point, it is crucial that we recognize and attack the short ball no matter the score, as the score should not be a factor. If we play the right shot at the right time, then we free ourselves of putting unnecessary pressure on playing the score. If we make the right shot selection, the game becomes a lot easier and our errors will become greatly reduced.



USTA Mixed Doubles and Senior League 2011

The fall season for adult mixed doubles and senior doubles teams are underway and our teams are having a great time! The season will run thru November 20th.

Check the display at the front desk to find out what team is playing each weekend, and come cheer on the home teams! Go ESTC!

USTA Senior Playoffs December 10-11, 2011

The Fall USTA Senior play-offs for Southern Oregon will be hosted at ESTC December 10-11. Come cheer on our home teams as they compete to get into the sectional play-offs. Let's use our home courts to our advantage, come out and make some noise!

USTA Spring League 2012

Want to play on a USTA tennis team next spring but are not sure how? Come out on Monday, November 21st, at 6:30pm during Mixed Doubles night and find out what you need to do to play on a team. This will be a short informational meeting. We will be creating lists of players interested in joining and/or captaining teams. Call our tennis office if you need more information on this meeting or any other topic concerning the USTA leagues.

USTA Spring League 2012

Team Captains Meeting (Lottery)

USTA Team Captains! Our lottery to choose match dates for the 2012 season will be held on January 12, 2012 at 6:30pm in the adult lounge.

The 2012 USTA season will start February 10th and end May 27nd. Play-offs will be June 1-3, 2012. Location TBA

USTA Adult Mixed Playoffs January 7-8, 2012

ESTC will be hosting the adult mixed doubles playoffs. So come out and watch our ESTC mixed doubles teams and teams from Southern Oregon compete for a chance to move on to the Sectional Tournament this summer in Sun River.

Winter Adult Programming Update - Check it out!

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

Mondays:

7:00 - 8:00 a.m. - Men's 3.5 Skills & Drills (\$12.00 per class) NEW CLASS*
9:00 - 10:00 a.m. - Cardio Tennis
11:00 a.m. - 12:00 p.m. - Dynamic Doubles 3.5+ Coed (\$12.00 per class)*
6:30 - 8:30 p.m. - Mixed Doubles Night (FREE)

Tuesdays:

9:00 - 11:00 a.m. - Ladies Day Doubles (FREE)
11:00 a.m. - 12:00 p.m. - Women's 3.5 Skills & Drills (\$12.00 per class)*
12:30 - 2:00 p.m. - Men's Doubles Drop in (FREE)
5:30 - 6:30 p.m. - NTRP Clinic Co-Ed 2.5 and Above (\$10.00 per class)

Wednesdays:

9:00 - 10:00 a.m. - Cardio Tennis
11:00 a.m. - 12:00 p.m. - Dynamic Doubles 4.0+ Coed (\$12.00 per class)*

Thursdays:

12:30 - 1:30 p.m. - Co-Ed Point Play (FREE)
5:30 - 6:30 p.m. - Men's 4.0+ Skills & Drills (\$12.00 per class)*
6:30 - 8:30 p.m. - Men's Night Doubles (FREE)

Fridays:

12:30 - 2:00 p.m. - Co-ed doubles drop in (FREE)

Saturdays:

8:30 - 9:30 a.m. - NTRP Clinic Co-ed 3.5 (\$10.00 per class)
9:30 - 10:30 a.m. - Singles Strategies (\$12.00 per class)*

Sundays:

3:00 - 4:00 p.m. - Tennis Welcome Center
4:00 - 5:00 p.m. - Co-Ed Point Play (FREE)

Please note classes marked with * are weekly sign up clinics! Designed to be more flexible, you can sign up weekly for these classes. However, we still request advanced sign up. Thank you!



Cardio Tennis News

That's right ESTC members! Cardio tennis is going strong and members are getting awesome results. We added more intensity

to the warm up and keep your heart pumping with tennis drills that really keep you moving. Cardio Tennis is a great way to GET FIT, HAVE FUN, and MAKE FRIENDS! Our classes are growing so sign up early to reserve your spot.

Sign up for the session and get one class FREE!

November Session: 9 classes \$80.00 Drop-In- \$15.00
December Session: Break

See you in January to work on your New Year's Resolutions!
January Session: 9 classes \$80.00 Drop-In- \$15.00

PLAY TENNIS

What's New in Fitness

PERSONAL TRAINING SPECIAL

Buy 3-Get-1 FREE!! • November 1st – 30th

Get an early start on your new year's resolutions while preventing holiday weight gain!

During the month of November, buy 3 personal training sessions at regular price and receive your 4th session FREE!

Focus on...

- Weight loss • Sports conditioning • Injury prevention and recovery
- Nutrition • Strength training ... **and much more!**

Contact a trainer or pick up a flyer from the front desk.

Knee Injuries and Prevention



Julie Hafemeister,
Fitness Center Coordinator

Knee injuries are something that most people deal with, especially those involved in sports. Most knee injuries are caused from improper impact forces upon the knee joint because of improper lower body postural alignment.

Try this quick test to see if you have proper alignment: Put a chair in front of a mirror and sit down slowly (8-10 seconds). Watch your lower body as you do the movement.

If your feet look like they are slightly falling in towards each other or your knees are coming towards one another, you are one of the "knee injury prone". This is a sign of a few things going on in your alignment, probably that you have tight adductors (inner thigh muscles) as well as tight plantar flexors (soleus and gastrocnemius). This causes most knees to go in as well as most feet to flatten.

A good way to try and prevent knee pain is to 1) Stretch your legs more to loosen them up, in combination with 2) try squatting while keeping the weight on the outsides of the feet and making sure the knees stay apart, either over or outside (laterally) of the toes. Doing both those things will strengthen the outer thigh muscles (like the iliotibial band) and help your knees operate properly based upon your neuromuscular anatomy.

ESTC Welcomes to the Personal Training Team!

Morgan Watson

Morgan grew up in Colorado skiing and backpacking. He has since visited all 7 continents and climbed 4 of their highest peaks. After meeting his wife at the South Pole, they attended school together to become personal trainers where he developed a belief in a well-rounded approach to fitness in order to be happy and pain free for life. He is certified through Fitness Professionals International, ACE personal trainer, and holds a certificate in Body Weight Training.

Marra Bennett

Marra is a certified personal trainer, yoga instructor, and lifestyle coach. She has spent the last seven years helping people achieve their fitness goals, heal from injuries, turn their weaknesses into strengths, and achieve self-confidence and power. Her focus is on the individual; meeting their needs through exercise programs that address not just their future (desires) but their present situations (correcting imbalances that hinder progress). Her focus is on healing, injury prevention, nutrition, and functional fitness with a holistic approach to health.

Check out the bulletin board in the weight room to learn more about these trainers! For additional information on scheduling an appointment, please see the personal training brochure at the front desk or in the Fitness Center.

Zumba...It's More Than Just Dance!

Most are aware of the basic components of fitness; cardiovascular endurance, muscular strength & endurance, etc. But what about **coordination, agility, balance, reactivity, and mental capability**, all of which are recognized in the health industry as "**Secondary Components of Fitness**"?



Dance based classes, like **Zumba**, greatly improve these secondary components of fitness, and often much more effectively than traditional training formats. In **Zumba**, the upper and lower body must coordinate together continuously (coordination) with frequent weight shifts and changes in direction (balance & agility). All of this must take place in time with music (reactivity) while the mind focuses on new movement patterns and must continuously remember what's coming next (mental capability)!

Zumba is a great workout, but it also provides for the development of these secondary components of fitness. Development of these is key to making everyday tasks more do-able and enjoyable, as well as making one more efficient and graceful in recreational and competitive sports activities. Plus, it's **SUPER-FUN!**

If you've stayed away from **Zumba** because you think you're not coordinated and can't put it all together, then perhaps that's the perfect reason to come and give it a try!!

Come On...Let's Zumba!!

25 Days of Fitness

Avoid holiday weight gain! Join ESTC in a Holiday workout challenge! Commit to doing 25 minutes of physical activity every day (yes, even Christmas day!) during the first 25 days of December!

Have fun, stay fit, and win prizes!

To register, fill out the short registration form available in the Weight Room or at the Front Desk.



**IF YOU HAVEN'T YET...
COME AND GIVE IT A TRY!**

**Join LISA Tuesday Evenings
At 5:30 p.m.
and**

Join KARA Wednesday Mornings At 10:05 a.m.

USTA Team Tennis Conditioning

Take your game to the next level!

4 weeks to improved:
Agility & Speed
Footwork
Body Awareness
Power and Endurance
Core Conditioning

**2 training classes per week for 4 weeks.
45 minutes per class.**

**Boost your fitness to improve your movement on the tennis court.
\$80 per team member
(\$10 per class)**

Contact Julie to schedule your team's training sessions.
Individual training packages available for the singles player.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November

		1 Ladies Day 9:00 - 11:00am Women's 3.5 Skills & Drills 11:00am - 12:00pm Men's Doubles 12:30 - 2:00pm Co-Ed Clinic 2.5+ 5:30 - 6:30pm	2 Cardio Tennis 9:00 - 10:00am Dynamic Doubles 4.0+ Co-ed 11am-12pm	3 Co-Ed Point Play 12:30-1:30pm Men's 4.0+ Skills & Drills 5:30 - 6:30pm Men's Night Doubles (FREE) 5:30 - 8:30pm	4 Co-Ed Doubles Drop-in (FREE) 12:30pm - 2:00pm	5 NTRP Clinic Co-Ed 3.5 8:30-9:30am Singles Strategies 9:30am - 10:30am
6 Tennis Welcome Center 3:00pm - 4:00pm Co-Ed Point Play (FREE) 4:00pm - 5:00pm	7 Men's 3.5 Skills & Drills 7:00 - 8:00am Cardio Tennis 9:00-10:00am Dynamic Dbls. 3.5+ 11am-12pm Mixed Doubles Night 6:30pm	8 Ladies Day 9:00 - 11:00am Women's 3.5 Skills & Drills 11:00am - 12:00pm Men's Doubles 12:30 - 2:00pm Co-Ed Clinic 2.5+ 5:30 - 6:30pm	9 Cardio Tennis 9:00 - 10:00am Dynamic Doubles 4.0+ Co-ed 11am-12pm	10 Co-Ed Point Play 12:30-1:30pm Men's 4.0+ Skills & Drills 5:30 - 6:30pm Men's Night Doubles (FREE) 5:30 - 8:30pm	11 Co-Ed Doubles Drop-in (FREE) 12:30pm - 2:00pm	12 NTRP Clinic Co-Ed 3.5 8:30-9:30am Singles Strategies 9:30am - 10:30am
13 Tennis Welcome Center 3:00pm - 4:00pm Co-Ed Point Play (FREE) 4:00pm - 5:00pm	14 Men's 3.5 Skills & Drills 7:00 - 8:00am Cardio Tennis 9:00-10:00am Dynamic Dbls. 3.5+ 11am-12pm Mixed Doubles Night 6:30pm	15 Ladies Day 9:00 - 11:00am Women's 3.5 Skills & Drills 11:00am - 12:00pm Men's Doubles 12:30 - 2:00pm Co-Ed Clinic 2.5+ 5:30 - 6:30pm	16 Cardio Tennis 9:00 - 10:00am Dynamic Doubles 4.0+ Co-ed 11am-12pm	17 Co-Ed Point Play 12:30-1:30pm Men's 4.0+ Skills & Drills 5:30 - 6:30pm Men's Night Doubles (FREE) 5:30 - 8:30pm	18 Co-Ed Doubles Drop-in (FREE) 12:30pm - 2:00pm	19 NTRP Clinic Co-Ed 3.5 8:30-9:30am Singles Strategies 9:30am - 10:30am
20 Tennis Welcome Center 3:00pm - 4:00pm Co-Ed Point Play (FREE) 4:00pm - 5:00pm	21 Men's 3.5 Skills & Drills 7:00 - 8:00am Cardio Tennis 9:00-10:00am Dynamic Dbls. 3.5+ 11am-12pm Mixed Doubles Night 6:30pm	22 Ladies Day 9:00 - 11:00am Women's 3.5 Skills & Drills 11:00am - 12:00pm Men's Doubles 12:30 - 2:00pm Co-Ed Clinic 2.5+ 5:30 - 6:30pm	23 Cardio Tennis 9:00 - 10:00am Dynamic Doubles 4.0+ Co-ed 11am-12pm	24 <i>Happy Thanksgiving</i> Club Hours 6:00am - 2:00pm	25 Co-Ed Doubles Drop-in (FREE) 12:30pm - 2:00pm	26 NTRP Clinic Co-Ed 3.5 8:30-9:30am Singles Strategies 9:30am - 10:30am
27 Tennis Welcome Center 3:00pm - 4:00pm Co-Ed Point Play (FREE) 4:00pm - 5:00pm	28 Men's 3.5 Skills & Drills 7:00 - 8:00am Cardio Tennis 9:00-10:00am Dynamic Dbls. 3.5+ 11am-12pm Mixed Doubles Night 6:30pm	29 Ladies Day 9:00 - 11:00am Women's 3.5 Skills & Drills 11:00am - 12:00pm Men's Doubles 12:30 - 2:00pm Co-Ed Clinic 2.5+ 5:30 - 6:30pm	30 Cardio Tennis 9:00 - 10:00am Dynamic Doubles 4.0+ Co-ed 11am-12pm			

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

December

				1 Co-Ed Point Play 12:30-1:30pm Men's 4.0+ Skills & Drills 5:30 - 6:30pm Men's Night Doubles (FREE) 5:30 - 8:30pm	2 Co-Ed Doubles Drop-in (FREE) 12:30pm - 2:00pm	3 NTRP Clinic Co-Ed 3.5 8:30-9:30am Singles Strategies 9:30am - 10:30am
4 Tennis Welcome Center 3:00pm - 4:00pm Co-Ed Point Play (FREE) 4:00pm - 5:00pm	5 Men's 3.5 Skills & Drills 7:00 - 8:00am Cardio Tennis 9:00-10:00am Dynamic Dbls. 3.5+ 11am-12pm Mixed Doubles Night 6:30pm	6 Ladies Day 9:00 - 11:00am Women's 3.5 Skills & Drills 11:00am - 12:00pm Men's Doubles 12:30 - 2:00pm Co-Ed Clinic 2.5+ 5:30 - 6:30pm	7 Cardio Tennis 9:00 - 10:00am Dynamic Doubles 4.0+ Co-ed 11am-12pm	8 Co-Ed Point Play 12:30-1:30pm Men's 4.0+ Skills & Drills 5:30 - 6:30pm Men's Night Doubles (FREE) 5:30 - 8:30pm	9 Co-Ed Doubles Drop-in (FREE) 12:30pm - 2:00pm	10 NTRP Clinic Co-Ed 3.5 8:30-9:30am Singles Strategies 9:30am - 10:30am
11 Tennis Welcome Center 3:00pm - 4:00pm Co-Ed Point Play (FREE) 4:00pm - 5:00pm	12 Men's 3.5 Skills & Drills 7:00 - 8:00am Cardio Tennis 9:00-10:00am Dynamic Dbls. 3.5+ 11am-12pm Mixed Doubles Night 6:30pm	13 Ladies Day 9:00 - 11:00am Women's 3.5 Skills & Drills 11:00am - 12:00pm Men's Doubles 12:30 - 2:00pm Co-Ed Clinic 2.5+ 5:30 - 6:30pm	14 Cardio Tennis 9:00 - 10:00am Dynamic Doubles 4.0+ Co-ed 11am-12pm	15 Co-Ed Point Play 12:30-1:30pm Men's 4.0+ Skills & Drills 5:30 - 6:30pm Men's Night Doubles (FREE) 5:30 - 8:30pm	16 Co-Ed Doubles Drop-in (FREE) 12:30pm - 2:00pm	17 NTRP Clinic Co-Ed 3.5 8:30-9:30am Singles Strategies 9:30am - 10:30am
18 Tennis Welcome Center 3:00pm - 4:00pm Co-Ed Point Play (FREE) 4:00pm - 5:00pm	19 Men's 3.5 Skills & Drills 7:00 - 8:00am Cardio Tennis 9:00-10:00am Dynamic Dbls. 3.5+ 11am-12pm Mixed Doubles Night 6:30pm	20 Ladies Day 9:00 - 11:00am Women's 3.5 Skills & Drills 11:00am - 12:00pm Men's Doubles 12:30 - 2:00pm Co-Ed Clinic 2.5+ 5:30 - 6:30pm	21 Cardio Tennis 9:00 - 10:00am Dynamic Doubles 4.0+ Co-ed 11am-12pm	22 Co-Ed Point Play 12:30-1:30pm Men's 4.0+ Skills & Drills 5:30 - 6:30pm Men's Night Doubles (FREE) 5:30 - 8:30pm	23 Co-Ed Doubles Drop-in (FREE) 12:30pm - 2:00pm	24 NTRP Clinic Co-Ed 3.5 8:30-9:30am Singles Strategies 9:30am - 10:30am <i>Club Hours: 6:00am - 3:30pm</i>
25 <i>Merry Christmas</i> Club Closed	26 Men's 3.5 Skills & Drills 7:00 - 8:00am Cardio Tennis 9:00-10:00am Dynamic Dbls. 3.5+ 11am-12pm Mixed Doubles Night 6:30pm	27 Ladies Day 9:00 - 11:00am Women's 3.5 Skills & Drills 11:00am - 12:00pm Men's Doubles 12:30 - 2:00pm Co-Ed Clinic 2.5+ 5:30 - 6:30pm	28 Cardio Tennis 9:00 - 10:00am Dynamic Doubles 4.0+ Co-ed 11am-12pm	29 Co-Ed Point Play 12:30-1:30pm Men's 4.0+ Skills & Drills 5:30 - 6:30pm Men's Night Doubles (FREE) 5:30 - 8:30pm	30 Co-Ed Doubles Drop-in (FREE) 12:30pm - 2:00pm	31 NTRP Clinic Co-Ed 3.5 8:30-9:30am Singles Strategies 9:30am - 10:30am

ESTC Junior News & Events

JDP Class Updates

Our Fall JDP program is in full swing and with the rain coming we encourage you to sign up early as space is limited in our classes. For those of you I have not had the pleasure to meet, I wanted to give you a brief summary of myself and goals for the program. As a 7 time USTA Zonal coach, I have had the pleasure to work with many top juniors on their way through the ranks. More importantly, I have had the luxury of working with some top coaches in the country and my love for knowledge of the game is never-ending. My philosophy is pretty simple; clinics should be a combination of learning and fun. Our staff of USPTA professionals spends a portion of each session working on proper form and technique. While bio mechanics are essential, our main goal is to get the kids playing live points, as this to me, is the most realistic way to learn. With the evolution of the low compression ball, young players as early as 6 can now actually rally, making the learning process much more fun. This leads to my main goal as a coach, making it fun so the kids want to come back!

See you on the courts! Mitch

We have made some adjustments to the JDP schedule starting in November. While we want to make every member happy, it is imperative that we have the right level kids in the appropriate groups. For this reason if you are new to the program or not sure what class to sign up for, please contact our tennis department and we will be happy to assist you.

PLEASE NOTE: WE HAVE MOVED OUR SMASH/JUNIOR CHALLENGER CLASSES TO TUESDAY AND THURSDAY AT 4:30-5:30 p.m.

Little Tennis 4-6 is the place to start and a great way to introduce young ones to the sport.

Future Stars is for those 7-10 just learning strokes and proper form. We use low compression balls in this group, and mix a combination of drills and games to help develop these players. As kids begin to be able to play points out, we move to our Smash Class.

Smash Class is our high level 7-10 year old players that can play points and are working on learning to compete. We do this through a combination of games and point play. In this group there is an emphasis on not only strokes, but learning skills such as court positioning and learning to score.

Junior Challenger is for those getting ready to play middle school tennis and working on their games so they can play high school tennis when the time approaches. This class is a fast moving group with an emphasis on getting ready for High School Tennis.

By having these classes on the same day and time, it will allow us to divide the group into appropriate levels and split them up into 3 groups, each having one of our great Tennis Professionals at the helm. We can watch kids develop as will you, and make appropriate group changes as needed without effecting the class time.

High School and High School Advanced are for those attempting to play high school tennis and again are broken down by ability so that our groups are consistent. Again, by having these groups at the same time, we will be better able to monitor groups and player's development. Anyone over age 13 is welcome and no player will be left behind at ESTC. Once again, if you need any assistance please call Mitch, Dave, or Lisa and we will guide you in the right direction.

Elite Group is by invitation only and must be approved by the Tennis Staff before enrollment. This group is designed for top HS Players and those who are starting to play competition. Our goal with this group is to mix match play and strategy with proper strokes and form. This group will work hard and include conditioning and strengthening each week to become ready for competition.

Coaches: Mitch, Dave, Lisa

Please Note: Revised JDP Schedule starts in November.

Class Information

Little Tennis:	(Ages 4 - 6)	Mon / Wed	3:15 p.m. - 4:00 p.m.
Future Stars:	(Ages 7 - 10)	Tue / Thurs	3:30 p.m. - 4:30 p.m.
Smash/Jr. Challenger:	(Ages 9 - 13)	Tue / Thurs	4:30 p.m. - 5:30 p.m.
High School /HS Adv.:	(Ages 13 - 17)	Mon / Wed	4:00 p.m. - 5:30 p.m.
Elite:	(Ages 13+)	Mon / Wed	6:30 p.m. - 8:00 p.m.

Session Information

Monday / Wednesday or Tuesday / Thursday
(Oct 31–Nov 23) (Nov 28–Dec 22) (Jan 6-26)

	OCT/NOV	NOV/DEC	JAN
Little Tennis:	\$66/\$80	\$50/\$60	\$66/\$80
Future Stars:	\$77/\$98	\$66/\$84	\$88/\$112
Smash:	\$88/\$112	\$66/\$84	\$88/\$112
Jr. Challenger:	\$77/\$98	\$66/\$84	\$88/\$112
High School:	\$132/\$168	\$99/\$126	\$132/\$168
HS Advanced:	\$132/\$168	\$99/\$126	\$132/\$168
Elite:	\$132/\$168	\$99/\$126	\$132/\$168

Please note Elite Class is by invitation only, and is designed for those trying to play tournament or college tennis. Space is limited, and all players must get approval from the Director of Tennis before enrolling! Thank you for your understanding. Any questions regarding the groups can be sent by E-mail to mitcha@estc.org or by calling the Tennis Department. We will get back to you as soon as possible!

10 and Under Tennis League - NEW!

Tennis sized just right for kids!

ESTC's first 10 and under program is a huge success with over 40 participants from ages 6-10. The program is going so well, we wanted to get the dates of Session 2 in print so everyone can plan ahead for this great event. Returning players and future participants can sign up now for the January 2012 session.

Session 2: January 13th - February 24th (6 weeks)
Day: Fridays Times: 3:30 to 4:30 p.m. ages (6-8)
4:30 to 5:30 p.m. ages (9-10)

Players will receive an award for participating; win prizes, and enjoy a season ending pizza party on February 24th at Chuck E. Cheese.

Format: This is a fun league to introduce young tennis players to competition in a fun, fast and friendly environment. The Tennis Staff will place all participants on a team.

Cost: \$80 per player



Join us for all the fun and excitement! Sign up at the front desk today!

What's New in Tennis!, cont.



Tennis Welcome Center (Sunday classes)

USTA Tennis Welcome Center is a low-cost adult instructional program designed to teach basic

skills to new or returning players in a group environment. The program consists of progressive skill development lessons with the opportunity to practice and play. We want to give you the skills, confidence, and knowledge to begin playing tennis and enjoy the game.

November Session: 3 classes \$30.00

December Session: 3 classes \$30.00

January Session: 4 classes starting Jan 8th \$40.00

Ladies Day Holiday Potluck Luncheon

We will be having a Holiday Potluck on November 15th. You are all invited to join us after Ladies Day at 11:00am for a potluck style luncheon. If you would like to participate in this event please sign up at the front desk and let them know what dish you will be bringing. ESTC will provide a main dish! Hope to see you there for this Holiday Feast.



Racquet Stringing Update

Eugene Swim & Tennis Club's racquet stringer, Lisa Kempton, has been a USPTA Tennis Professional for over 15 years and a USRSA Stringer for over 7 years. Lisa has been a stringer for the WTA and ATP Tours during the PNB Paribas Open (formerly the Pacific Life Open).

To maintain your racquets optimal playing performance, it is recommended by the USRSA to have your racquet strung and regripped as many times a year as you play in a week. Is that enough?

Did you know, a racquet strung at 64 pounds will lose 25% of its tension within 24 hours of the stringing. As the tension drops so will your shot making. Keep your string tension consistent by more frequent stringing. Also to avoid injury, regripping will minimize the racquet twisting in your hand. Refer to it as a tune up or oil change to your car.

Enjoy your playing experience; take care of your equipment. ESTC offers an assortment of strings and grips for your choosing. 24-hour racquet string and same day regripping is available for your convenience. If you have any questions, feel free to stop by the club and talk to Lisa or one of the professionals.

3rd Annual ESTC "Club Championships" January 20th-22nd

That's right ESTC members! It's almost time for our club championships, just two short months away. **Want your name up on the wall of fame?** Be a part of History! Your chance is right around the corner, so get out there and start training for the 3rd Annual event in January. We will be providing lunch both days, with goodie bags for all those who play. Also everyone that enters will be eligible to win our grand prize; **a free new Prince Tennis Racquet. Other prizes include a free lesson with Mitch, and others TBA! (More information will be available in December.)**

Did You Know?

- All changes to your Club membership account (downgrades and/or cancellations) must be received, in writing with the signature of the primary member by the 20th of the month to be effective for the following month. Forms are available at the front desk. Phone calls will not be considered as notice of any changes.
- ESTC has professional affiliations with IHRSA and FitLife. This allows our members to have access to other fitness facilities throughout the

United States depending on the association for a nominal fee or no fee. Contact the front desk for additional details. For those members that travel what a great benefit!

- Looking for a little extra spending money for the holiday season? When you refer a potential member that joins ESTC and they put your name on the application, your account will be credited a referral fee. **(Tennis \$75 & Fitness \$50)**

ESTC Junior News & Events, cont.

Boys Dual Level 5 Tournament

Sept 30-Oct 3 (Update)

We had 119 boys participating from around the PNW. It was a great weekend for tennis, as our club showcased itself as one of the top tennis facilities in the Pacific NW. We had four players from ESTC participating. **Alle Banna (B10's), Peter Shen (Boys 12's Consolation Champion), Garrett Laurie (B12's), Austin Tyner (B14's, B18's), Zach Hill-Thiry (B18's).**

Girls 18's Endorsement Tournament November 5-6

Come out and watch some of the best girls in the PNW compete as ESTC will be hosting this event. Please note, courts will be set aside for open member reservations.

Junior New Year's Party

Get ready for one last game night at the Club! Join ESTC staff for tennis, dodgeball, and other group games!

Pizza and soda included.

Friday, December 30, 6:30 p.m. - 8:30 p.m.

Ages 6-13 years

Members \$10

Non-members \$15

Register at the front desk.