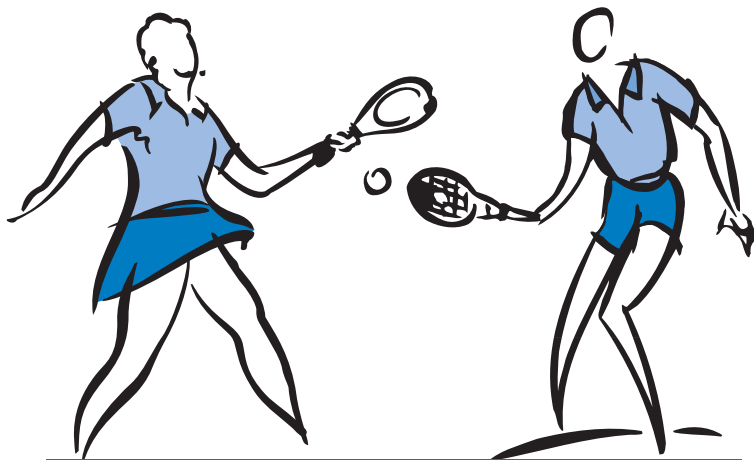




# Net News



The Newsletter of the Eugene Swim & Tennis Club  
November/December 2005



## New Member Referral Program

We try and remind members at every opportunity about our exciting member referral program at ESTC. If you know of a friend, co-worker or neighbor who might be interested in becoming part of the best club in Eugene, send them our way. Any new member to ESTC who lists you as their referral; you'll receive one month dues credit in the amount equal to their membership type. For information about how you can earn dues credits, and more importantly encourage a healthy lifestyle, contact Melanie Bennett.



### CLUB HOURS

#### FALL/WINTER SCHEDULE (STARTED OCTOBER 1ST)

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

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

STAFF EMAIL ADDRESSES:

**Mike Gaffaney, General Manager**  
mikeg@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

**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 GREG O'HANLON

## Holiday Club Hours

Please note the following holiday club hours:

**Thanksgiving Day:** 8:00 A.M. – 1:00 P.M.

**Christmas Eve Day:** 5:00 A.M. – 1:00 P.M.

**Christmas Day:** CLOSED

**New Year's Eve Day:** Normal Hours

*(join us for our annual New Year's Eve Tennis Party)*

**New Year's Day:** 8:00 A.M. – 8:00 P.M.

## 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.

## Free Guest Day(s)!

Don't miss these opportunities to bring a friend to the club on our FREE Guest Days. Mark your calendar for both Friday, November 18th & Friday, December 23rd. Free guest day at ESTC is your chance to bring a non-member into the club and experience the many fun activities offered.

## Looking For a USTA 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.

# PLAY USTA LEAGUE TENNIS IN 2006



**Watch for an expanded  
massage schedule,  
coming soon,  
to include late evening hours  
and Sundays!**

Visit the new ESTC website for up-to-date class schedules and event dates [www.estc.org](http://www.estc.org)



# TENNIS DEPARTMENT NEWS

## “WHAT’S NEWS” IN TENNIS! HOLIDAY 2005

### Tournament News

#### 2005 Children’s Miracle Network Tournament Recap: Success!

The tennis staff would like to thank ESTC members and the community for coming together to support this great event. This year’s event was a huge success with 46 singles players and 60 doubles teams participating!

A special thanks to Hawaiian Time restaurant for donating all of the proceeds from the wonderful lunch they provided to the CMN charity.

With Hawaiian Time’s donation, we were able to give \$1,062 to the Children’s Miracle Network. Thanks again to all and see you at next year’s event!

#### Congratulations To Our Champions From The 2005 CMN Tournament

Men’s Singles	A’s- Brent Laing B’s- Scott Botchek
Men’s Doubles	A’s-Greg Hunt/Han Choe
Women’s Singles	A’s-Isabel Kelly B’s-Jody Rolnick
Women’s Doubles	A’s-Yodie Therrian/Nance Mckee B’s-Sam Reed/Paula Thompson
Mixed Doubles	A’s-Jeff Priske/Michelle Charpentier B’s-Mike Vanourkerk/Penny Vanourkerk

#### Dick Black Memorial Tournament- Coming Soon!

The Dick Black Memorial Tennis Tournament is scheduled for December 2nd – 4th at Eugene Swim & Tennis Club, in memory of long time ESTC member, and friend, Dick Black.

The tournament acts as the primary fundraiser for a special project here at ESTC dedicated to our friend Dick. The pavilion will be a 20' x 34' structure to be built on the west side of the pool over looking the outdoor courts, and will include built in barbeque, sink and wet bar, refrigerator, and more. The structure will offer many years of enjoyment to ESTC families for group gatherings and of course for tournaments and social events.

Dick loved the camaraderie that often included hanging around after a match with friends and partners for refreshments and good conversation. This pavilion can become another opportunity for that type of fellowship for years to come for all members. We hope each of you will enter the tournament or help support this wonderful cause in some way.

*Pick up an entry form at the front desk and sign up today!*

#### Mixed Doubles Night- Thanks!

Thanks ESTC for your overwhelmingly positive response to this new program. See you Nov 14th, 28th, and Dec 12th for mixed doubles night! Thanks to you, Monday night is the most popular night of the week!

#### \*\*PARTY AT THE CLUB!\*\* See You There!

#### Mark Your Calendars!

November 18th - Happy Holiday’s Party!

December 31st - New Year’s Eve Party!



#### Cardio Tennis “HEART PUMPING SUCCESS!”

Cardio Tennis is off and running in its first session. There are 18 participants in this first session and we’re having a blast! Class session to be extended through Dec 14th! A waiting list has been started for the next session starting Jan 2nd so sign up early to get your New Years resolutions started on the right track with this great HEART PUMPING WORKOUT!

#### Winter Adult Programming Update- Check It Out!

Try 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:

5:30-6:30 P.M. - Adult Intermediate Skills and Drills Class  
(No intermediate skills and drills Dec 26th)

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  
(No Mixed Doubles Night Dec 26th)

#### Tuesdays:

9:00-11:00 A.M. - Ladies Day Doubles

12:30-3:30 P.M. - Men’s Doubles Drop in

6:30-7:30 P.M. - “Welcome to Tennis” Beginner Class (Instructional)

#### Wednesdays:

10:00-11:00 A.M. - “Welcome to Tennis” Beginner Class (Instructional)

12:30-1:30 P.M. - Co-ed Skills and Drills Class

#### Thursdays:

12:30-1:30 P.M. - Co-ed 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

(No Thursday classes on Nov 24th)

#### Fridays:

Party at the Club Nights - Once per month

November 18th

December 31st

#### Saturdays:

11:00-2:00 P.M. - Co-ed Doubles Drop in Play

#### Sundays:

4:00-5:00 P.M. - “Welcome to Tennis” Beginner Class (Instructional) (No class on Dec 25th or Jan 1st due to Holidays)



# FITNESS DEPARTMENT NEWS



## ESTC's Self Defense Instructor is Now Offering Personal Training

We are excited to expand Adam's availability at ESTC. He is now available for weight room orientations and Personal Training. Adam specializes in functional training for sports performance, injury prevention and management, and lifestyle. He is available with expanded

hours and weekends. Schedule an appointment at the front desk.

## Why Do Middle-Age Adults Gain Weight?

Ask most people over 40 "how easy is it to maintain your weight?" and they will tell you that losing or maintaining weight has never been harder? They eat less and gain more.

Research shows the average person will gain about one pound of body weight per year between the ages of 20 and 55 years. But what's worse is that most adults tend to lose about half a pound of muscle every year starting from the age of 25. So the average person loses 12-13 pounds of muscle and gains 37-38 pounds of fat between the ages of 25 to 50.

Is this middle age spread inevitable? Is it just part of the natural aging process?

The great news is you do not have to be a part of this "average". Since muscle is a calorie burning tissue, every pound of muscle will burn (metabolize) about 900 to 1,500 calories a month. You burn more calories every minute of the 24 hour day with every pound of muscle you put on! Muscle also improves your body tone.

Since most of the decline in our metabolic rate is due to a loss of muscle mass **and** our decrease in daily physical activity, it is easy to change. Just get in one or two 15-20 minutes strength training sessions a week and increase your **daily** activity to 30 minutes or more and watch your metabolism take off! The best program is a combination of aerobic exercise, strength training, and stretching.

Remember, you can rev up your metabolism by increasing your muscle mass but you will still keep the spare tire around your middle if you shovel in the calories. Many experts agree that the easiest and most effective eating plan to lose weight and more importantly, to maintain the weight loss, is to eat a lower-fat diet loaded with fruits, vegetables, whole grains legumes and other complex carbohydrates.

**Don't forget...all members receive 1 hour of Personal Training, free of charge, with their membership. Sign up at the Front Desk.**



## YOGA ZONE

### Musculoskeletal benefits of Yoga and Pilates...

With limited time to workout, people want to know what sort of benefits they can expect by participating in Yoga or Pilates classes. A recent study found that following 8 weeks of Hatha Yoga training (3 times per week) for 50 minutes per session produced the following results: improved sit and reach flexibility by 3 inches, trunk rotation improved by 25 degrees, shoulder flexibility improved by 1.5 inches, and trunk flexion and extension improved by 6 degrees and 9 degrees, respectively. Additional benefits also included a 29 percent increase in the number of push ups and 40 percent increase in the number of sit ups that could be performed. While push-ups and sit-ups were not included in the training sessions, the isometric nature of many of the poses and the stabilization needed to hold the poses resulted in the improvements. Another study performed tested five basic Pilates moves and found that there were greater improvements in abdominal strength when compared to traditional crunches. These results display the reason so many people are focused on the physical benefits of these two disciplines that compliment one another to deliver a total body conditioning program.

**Yoga-Pilates Fusion TU/TH 10:00-11:00 A.M., Yoga M/W 5:30-6:30 P.M. Classes are FREE and "Drop-In".**



## "Commit To Be Fit" Continues To Gain Popularity

Michael's group circuit training program has been such a success that we are expanding the classes to include a Friday option as well as an 8:00 A.M. class. This method of personal training holds members accountable to their workouts, ensure efficiency with workout time, and builds camaraderie with other students. Classes are limited to 6 participants.

**MWF 7:00-8:00 A.M., 8:00-9:00 A.M., 6:00-7:00 P.M., 2 months for \$120 or \$180 with the Friday class option. Schedule an appointment with Michael Spino to get started.**



## MASSAGE NEWS

### Members Stretched Their Limits With Gul's Active Isolated Stretching Seminar

AIS Stretching is a technique developed to improve flexibility and range of motion while warming up the muscles and increasing muscle tone. ESTC

members discovered the benefits of this easy technique with hands on training from one of our Massage Therapists. **Gul is offering another complimentary workshop, Massage and Performance Enhancement, Wednesday, January 18th at 6:30 P.M. Be sure to sign up in advance.**



### Is There A Home Game?

Join us for our "Duck Special". We will be offering 10% off massage on Sundays, following a home game, from 2:00 - 5:00 P.M. Check with the front desk for specific dates.

### Julia, We'll Miss You!

We are sad to see Julia moving to Washington and wish her the best. Julia has been a major proponent in the development of our successful massage therapy program at ESTC. We want to thank her for her wonderful hands, compassion, and fun personality that she brought to ESTC. She will be missed by members and employees! Good luck Julia!



### Welcome Elena Daniels...

We are excited to have Elena's "magic hands", from 10 years of massage experience. Elena customizes a massage to create a unique experience for each individual, dependent upon their current needs. Using a variety of techniques to deliver a personalized massage, she detects even slight restrictions and imbalances and transforms stress and injury to balance and healing. She is truly passionate about her work and committed to providing excellence. Elena

enjoys pilates, yoga, dance, cooking, gardening, and writing in her free time. We are lucky to have her expertise available for members. Be sure to schedule a massage at the front desk.

**MWF 7:00-10:00 P.M., Alternating Saturdays 9:00 A.M.-2:00 P.M.**

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>December</h1>						
				1 Adult Inter. Skill/Drill 12:30pm Inter. Skill/Drill 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 Inter. Skill/Drill 5:30pm Ladies Night 6:30pm	6 Ladies Day 9:00am Men's Doubles 12:30 pm Welcome Tennis Class 3.0 & Below 6:30pm	7 Welcome Tennis Class 3.0 & Below 10:00 am Co-Ed Skill/Drill 12:30pm	8 Adult Inter. Skill/Drill 12:30pm Inter. Skill/Drill 5:30pm Men's Night 6:30pm	9 Junior Doubles Night 6-7:30pm Ages 7-11	10 Co-Ed Drop-in Doubles 11:00am - 2:00pm
11 Welcome to Tennis Class 3.0 & Below 4:00-5pm	12 Inter. Skill/Drill 5:30pm Mixed Doubles Night 6:30pm	13 Ladies Day 9:00am Men's Doubles 12:30 pm Welcome Tennis Class 3.0 & Below 6:30pm	14 Welcome Tennis Class 3.0 & Below 10:00 am Co-Ed Skill/Drill 12:30pm	15 Adult Inter. Skill/Drill 12:30pm Inter. Skill/Drill 5:30pm Men's Night 6:30pm	16	17 Co-Ed Drop-in Doubles 11:00am - 2:00pm
18 Junior Pizza Day 2-3:30 pm Ages 7-11 Welcome to Tennis Class 3.0 & Below 4:00-5pm	19 Inter. Skill/Drill 5:30pm Ladies Night 6:30pm	20 Ladies Day 9:00am Men's Doubles 12:30 pm Welcome Tennis Class 3.0 & Below 6:30pm	21 Welcome Tennis Class 3.0 & Below 10:00 am Co-Ed Skill/Drill 12:30pm	22 Adult Inter. Skill/Drill 12:30pm Inter. Skill/Drill 5:30pm Men's Night 6:30pm	23	24 Co-Ed Drop-in Doubles 11:00am - 2:00pm
25 Christmas Day Club Closed	26	27 Ladies Day 9:00am Men's Doubles 12:30 pm Welcome Tennis Class 3.0 & Below 6:30pm	28 Welcome Tennis Class 3.0 & Below 10:00 am Co-Ed Skill/Drill 12:30pm	29 Adult Inter. Skill/Drill 12:30pm Inter. Skill/Drill 5:30pm Men's Night 6:30pm	30	31 Co-Ed Drop-in Doubles 11:00am - 2:00pm <b>NEW YEARS EVE</b> "Party at the Club"



# JUNIOR TENNIS NEWS



## "JUST FOR JUNIORS" FALL PROGRAMMING 2005

### Junior Tournament News - Congratulations!

Eight-year-old Madisyn Bryant was invited to the Little Moe's National Tennis Tournament in San Diego on the weekend of September 30th. Madisyn played in the girl's 8's division with the best girls from around the country. Madisyn reached the second round of the main draw losing to the tournament winner. She then competed in the full-feed in consolation draw and won the consolation event. The professional tennis staff is very proud of Madisyn for her dedication to improving her game and her continued excellence on and off the tennis court. Way to go Mady!

Congratulations to Spencer Krum for winning the Harbor Isles Jr Challenger in the boy's 16's division in late August. Spencer won both the singles and the doubles title. Spencer has been working very hard on his tennis over the past few months. He attended the Nike tournament training camp at Rollins College in Florida this past summer and looks forward to a promising 2006 season as one of the top players for the Sheldon High School fighting Irish! Great job Spencer!

### Junior Tennis Ladder - A Success!

The innovative ESTC Junior Tennis Ladder was introduced back in September and has been a huge success among the juniors. All participants have been challenging each other every week and it is fantastic to see our kids being responsible young adults booking courts and competing to finish at the top of the rankings.

As of today, the leader of the pack in 1st place with 143 points is Hayden Rear; 2nd place is Spencer Krum with 113 points and in 3rd place with 80 points is Zack Steele. Every participant in our Junior Development Program is automatically on the ladder and encouraged to compete. The main focus of adding this junior ladder is to get our kids as much match experience as possible in order for them to do well in junior tournaments here at ESTC, the Pacific Northwest, and nationally.

We are using a specially designed computer program that calculates match scores and places players based on points won into their appropriate positions on the ranking list. The ESTC Junior Tennis Ladder is the latest innovation to our new Junior Development Program and will greatly improve their competitive playing skills and help our kid's reach their competitive tennis goals.

If you are not currently on our tennis ladder and want to play competitive tennis at the High School level or in tournaments, please contact Walter Seidel in the tennis office to get on the ladder and start competing.

## Upcoming Junior Tennis Tournament Trips

Beginning January 2006 and through the remainder of the year the tennis staff will be scheduling, coordinating and traveling with juniors to various USTA sanctioned tennis tournaments around Oregon. This is another exciting addition to our current junior tennis programs and is intended to bring camaraderie amongst our juniors and tennis professionals. Specific tournament dates and exchange matches between clubs will be available soon. For further information on junior tennis trips and exchange matches please contact Walter Seidel in the tennis office. Email: walters@estc.org

## Winter After School Tennis Classes For All Ages Join The Fun!

### 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 (Ages 11-14)

Early sign up is recommended. Class enrollment is limited. Registration is at the front desk.

There will be no JDP classes over the holiday break Dec 19th-29th. Eldon and David will be available for private and group sessions during this time. *Call Eldon or David at 342-4414 to set up times.*

### 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

*(No Jr Doubles Night Nov 25th or Dec 23rd)*

### Sundays:

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



## TENNIS DEPARTMENT NEWS, cont.

### TAKE YOUR GAME TO THE NEXT LEVEL!

#### Private Tennis Lessons

# of People	Length of Lesson	Tennis Professionals	
		Head Pro (Eldon Wilson) Member/NonMember	Member/NonMember
1 Person	30min	\$25/\$27	\$20/\$25
1 Person	1 hour	\$40/\$45	\$34/\$40
2 People	1 hour	\$22/\$24 ea	\$20/\$22ea
3 People	1 hour	\$16/\$18ea	\$14/\$16ea
4 People or More	1 hour	\$12/\$14ea	\$10/\$12ea

## ESTC Tennis Lesson Cancellation Policy

The Tennis Staff asks that you please give at least 24 hours notice for lesson cancellations. This would give them the opportunity to schedule another member who might like to take a lesson at that time.

If a lesson is cancelled within 12 hours of the scheduled lesson, the student/students will be charged half of the lesson price.

If a student does not cancel a lesson and is a no-show, the student/students will be charged the full lesson price.

If the Pro's do not cancel with you with 24 hours notice, or miss a lesson for any reason, your next lesson is free!



# TENNIS DEPARTMENT NEWS, cont.



# MEMBER NEWS

## TennisOne Tip of The Month- Tips To Improve Your Game!

### The World Class Half Volley

#### Scenario

There are many ways to play this game, and many situations that occur. Offense, defense, lobs, drop shots, overheads, running gets, return of serve. But, perhaps the most challenging shot is the half volley. The half volley occurs generally in the midcourt area because you have either chosen to move toward the net, or your opponent has drawn you forward.

Many players immediately assume that half volley errors are caused by poor court positioning, blaming the mistake on "no man's land." However, if you are moving to the net, the opponent is actually trying to get it at your feet, and if so, then it is up to you to make this shot, stay in the point, and look to finish off the next shot.

#### Up Errors

The ball is rebounding UP into your racquet, let me say it again. The ball is rebounding UP into your racquet. Were your racquet simply a wall, this UP ball would rebound UP off the wall. Generally, players lift the half volley and float the ball long as their UP swing doubled the effect of the UP ball.

#### Down Errors

When playing the ball below the net, and in the midcourt, there is less room to get the ball up and down (golfers term here), that is up over the net and then down and into the court. Down errors occur when the player has closed the face over the ball.

#### Solution

There are a few simple keys here. First try and physically stay down during contact. The ball is low, so bend your knees and get down to the ball - not bending at the waist, but always bending at the knees.

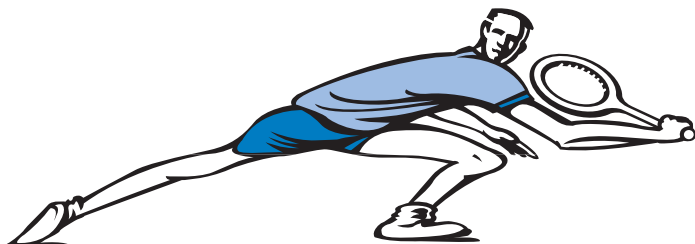
Play the ball out in front. The volley, the groundstroke, the serve, all shots are played out in front, and the half volley is no exception.

Stroke the ball firmly, with minimum backswing and minimum follow through. Ideally, prepare the racquet at the height of your intended contact point, and finish at the height of contact - this level or horizontal stroke will "shoot" the ball low and over the net (remember the effect of the UP bounding ball).

#### Practice

Positioned between the service line and the baseline (no man's land), start by bouncing the ball in front of you while trying to half volley it over the net. Get the feel for staying low and bumping the ball on the short hop.

Set the ball machine to shoot balls that bounce just past the service line. Position yourself a few feet back from the bounce, so you can take the ball on the short hop. Then review the keys - "Stay low - play the ball in front - stroke firmly - with a level hitting action."



## Junior Girls Club Volleyball

Junior Olympic / USA Volleyball program offered through Storm'n West Volleyball Club offers girls between the ages 13 - 18 the opportunity to play organized indoor volleyball. USA Junior Volleyball season runs from January through May, and is designed for those players wishing to train at a high level and improve their volleyball skills. Teams are divided into age groups U14's, U16's & U18's, with tryouts held in November. If you're interested in becoming part of a well established competitive junior volleyball program please visit the Storm'n West Volleyball Club web site at [www.stormnwest.org](http://www.stormnwest.org) to get more information about up coming 2006 season. Parent / Player information meeting and tryout dates are listed on the web site. Storm'n West Volleyball Club is non-profit youth sports program and trains out of the new Regional Sports Center in Springfield.

# GET FIT AT ESTC

Join Kara For a 6:00 A.M. Class

Tuesday & Thursday starting November 29th  
"Weights In Motion"



## WELCOME NEW MEMBERS

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

### Tennis Memberships

Betty Allison  
Justin & Shawn Rodda  
Roberto Serrano & Carlos Rodrigues  
Janet Kissman  
Breezy McNamara  
Doug Carroll  
Bill White  
Thomas & Angela Walter Family  
Mike & Mary Boyd Family  
Ligor & Ellen Paulosek  
Sarah-Jane Roome  
Jeff & April Demers Family  
Dee & Robb Miller Family  
Kelli Rogers  
Glenn & Mary Orsoline

Kris Lewis  
Elise & Dan Landry  
Anne & Jim Geertsen Family  
Brent & Michelle Laing Family  
Lisa Tucker  
April Grainger  
Rebecca & Enrique Caizero  
Pom Incharoensakdi  
Patric Carlile  
Jim & Nancy Bishop  
Jesse Close  
Deb Landau  
Matt Siegmund  
Mike & Neelu Maurer  
Jessica Laurie

### Fitness Memberships

Charlie Kimball  
Susan Gilles  
Emily Clark  
Lucy Arbow  
Philip & Patricia Polter Family  
Julie & Jeff Payne Family

Gary & Karen Smith Family  
Taylor Ilg  
Susan Poston  
Jennifer & Adam Thomas  
Sashi Nadanaciva

### Swim/Fitness Memberships

Jim & Shannon Corbeau Family  
Kimberley & Shad Surrett Family

Julie & Mark Benson Family  
Jolene & Colin Cunningham Family