



Net News



The Newsletter of the Eugene Swim & Tennis Club
November/December 2009

HOLIDAY OPERATING HOURS

THANKSGIVING	7AM - 1:00PM
CHRISTMAS EVE:	5:00AM - 1:00PM
CHRISTMAS DAY	CLOSED
NEW YEARS EVE	NORMAL HOURS
NEW YEARS DAY	NORMAL HOURS

*Thanksgiving Day 9:00am Step Class only. All other tennis & fitness classes cancelled. Join us and get your workout in before you feast!



New Year's Eve Celebration

December 31st • 8:00 PM – 1:00 AM

Remember When... Take a trip down memory lane back to the golden age of tennis! Wear your best Wimbledon whites and come out for a fun filled night of mixed doubles, food and bring in the

New Year surrounded by friends. We will have a catered dinner and champagne toast at midnight to ring in the New Year.

ESTC Gift Certificates

Looking for that special gift for the upcoming holidays? What better gift is there than a ESTC Gift Certificate. See the front desk for detail. Make a great impression to that special person in your life.



General Manager's Update

To begin with, I would like to thank the members for the warm welcome and Linnet O'Hanlon for her assistance in providing for a smooth transition. As I have mentioned to most of you, I am excited to be here and be a part of your great club.

As mentioned by John Brown in the last newsletter, I do believe in an open door policy and value your feedback as we are always looking for ways to improve on your club experience. To add to this, I will be including a letter in the bi-monthly newsletter updating you on pertinent information from maintenance updates, policy changes, etc.

Right now I am currently reviewing all of the clubs operations, programming, manuals, marketing material, etc. I want to make sure that we are consistent in how we do business in addition to finding ways that we can better your experience here at ESTC. Provided below are a few changes that are being rolled:

New Member Connect: This will give us the opportunity to get new members connected with our members and programs to provide for a faster transition. A new member will fill out a form indicating their interest. Then a department head will call to personally talk with them about their interest in detail and point them in the right direction. After 3-4 weeks, I will then call to ensure that their transition to our club is going well and to answer any additional a questions.

Brochure Display: This is located on the wall by the front desk. It will contain the monthly calendars for tennis and fitness, newsletter and updated program brochures. These brochures contain information on everything you need to know about our programs. In addition, on a monthly basis the signage in the locker rooms will be updated with upcoming programs and activities. We are making every attempt to make sure that you know what is going on at your club.

Junior Tennis Players: To recognize our juniors for their achievements for the hard work and time spent at tournaments, we are adding a Junior Ranked Player Link to the junior section of our website. This link will contain a picture and ranking information on all players at ESTC who have a ranking in the PNW.

Pro Shop: Stop by the pro shop and check out our new logo short and long-sleeve t-shirts. Show your support of ESTC while running around town. Currently our racquet prices have included stringing. Effective November 1st, all racquets will be marked below internet pricing and will not include stringing...it's the time to upgrade your frame.

The installation of new showers in the ladies locker room and the roof repair were our two big projects completed in the past 60 days. A special thanks to Elroy Harrison for heading up these projects. The locker room looks great....guys take my word for it.

As always thank you for your continued support.

Wm. Scott Coleman
General Manager

CLUB HOURS

SPRING/SUMMER SCHEDULE		FALL/WINTER SCHEDULE	
MON.-FRI.	5:00 AM – 10:00 PM	MON.-THUR.	5:00 AM – 10:00 PM
SATURDAY	7:00 AM – 10:00 PM	FRIDAY	5:00 AM – 9:00 PM
SUNDAY	7:30 AM – 9:00 PM	SATURDAY	7:00 AM – 9:00 PM
		SUNDAY	7:30 AM – 8:00 PM

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

Scott Coleman, General Manager
scottc@estc.org

Dirk Baker, Tennis Director
dirkb@estc.org

David Chun, Head Pro
davidc@estc.org

Katie Leslie, Membership Sales
katiel@estc.org

Tyler Kempton, Head Pro
tylerk@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

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

WHAT'S NEWS IN TENNIS! WINTER 2009

New Adult Co-Ed Clinics

Are you having a tough time getting to one of our 5:30pm weekly clinics? Then here is the answer, beginning November 1st every Monday at 6:30pm-7:30pm and Saturdays at 9:00am-10:00pm we are holding co-ed clinics to help sharpen up your game. Both clinics will require sign up week to week at our front desk in person or by phone. The Monday night Clinic will be 2.5 and 3.0 and the Saturday Clinic will cover the 3.5 and up level.

Ladies Day Holiday Potluck Luncheon

We will be having Holiday Potluck on November 17th. 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 us know what dish you will be bringing. ESTC will provide the Turkey! Hope to see you there for this Holiday Feast.



Ladies Tennis Social – “Fajitas Night”

6:30pm – 9:00pm • Cost \$10.00

Join us on Monday November 9th for our Ladies only Fajitas Night! We will have a team tournament style event designed for all levels to participate. The evening

will include tennis, beer/wine, chicken fajitas, and lots of fun prizes.

Join the ESTC tennis staff and GM for a great night of tennis! ***This special event will take the place of our regular mixed doubles night.***

2009 Dick Black Memorial Tournament

December 4th - 6th will be our Annual Dick Black Memorial Adult Singles and Doubles NTRP tournament in honor of our dear friend, Dick Black. Entry forms are currently available at the front desk. For specific tournament questions contact the tennis department.



USTA UPDATE

**“Learn what it’s all about to play
on an ESTC Adult USTA Team”**

USTA Spring League 2010 Meeting

Want to play on a USTA tennis team next spring but are not sure how to get involved or what USTA Adult team tennis is all about? Come out on Monday, November 16th, at 6:00pm before Mixed Doubles night and find out what you need to do to play on a team and how this fun and exciting program will help develop great relationships with other ESTC members for years to come. This will be a short informational meeting. We will be creating lists of players interested in joining and/or captaining teams. For further information contact David Chun in the Tennis Department.

USTA Spring League 2010 Team Captains Meeting (Lottery)

USTA Team Captains! Our lottery to choose matches dates for the 2010 season will be held January 11, 2010 at 6:30pm. If a captain cannot attend then please have someone from your team there as a representative. This season will be one of our largest to date and the Tennis Staff is prepared to help guide and answer all your questions as we move forward.

The 2010 USTA season will start February 12th and end May 23rd. Play-offs will be May 28-30.

USTA Mixed Doubles and Senior League 2009

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 30th. Check with the front desk to find out who's playing each weekend and come cheer on the home teams! Go ESTC!

Adult USTA Team Practices “Special Team Discount Offer”

The tennis staff at ESTC are committed to making 2010 our most successful year yet. So, beginning November 1st, the USTA Team Clinic rate will be \$10/player for an hour a half with a 6 to 1 ratio. Team Captains contact one of our USPTA professionals to set up your practice schedules. These team clinics are a great way to build team unity and work on your doubles positioning and strategy. We want all ESTC teams advancing to the post season playoffs.

Adult Holiday Camp - December 18th, 19th & 20th

9:00 AM – 11:00 AM • Cost \$60.00 or \$25.00 Per Day

Join us for a three day camp of stroke production, video analysis, and strategic point play. We will be using Dartfish video analysis software to help you visually review key points within your stroke to provide instant feedback for rapid improvement. Contact the Front Desk or Tennis Department to sign up.

Cardio Tennis News “New Format!”



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!

November Session: 8 classes \$70.00 • Drop-In- \$12.00

Monday & Wednesday 10:00am to 11:00am

December Session Break - See you in January to work on your New Year's Resolutions!

January Session: 8 classes \$70.00 • Drop-In- \$12.00

Monday & Wednesday 10:00am to 11:00am

Sign up for the session and get one class FREE!

Singles Strategy Clinic

Analyze your opponent, choose your strategy, and improve your court coverage. When you understand the possibilities, everyone will want to play singles.

Saturdays 10:00am to 11:00am - 3.0 & Above - Cost \$10 per person

Sign up at the front desk.

Ladies Day Participation

Ladies Day doubles is growing! Due to the overwhelming popularity of this program, we are going to need to make a couple of adjustments to the format. We have 8 courts to use for this program. If we have an even 32, everyone will play. If we have more than 32, the first 28 ladies in the building and signed up will play doubles in the first round. The people that are waiting will play doubles points on court 1 with David, or have a coffee break and will be rotated into the second round (David's buying the coffee). We would like to thank everyone for their continued support of this great ESTC program. See you on Tuesday mornings at 9:00am!

Beer and Brats Night - (Huge Success!)



ESTC's first ever Beer and Brats night was an overwhelming success. 48 ESTC Members participated in the one night team event. All of our Pro's were present to make sure everyone had a great time and enough to eat. Some lucky players went home with some great prizes and... I think there were pink grips involved for some. Don't worry guys, we'll never tell. Besides, we took pictures! Special thanks to Linnet O'Hanlon for making all the food! We look forward to hosting more fun events like this in the future, so check your emails and the ESTC website frequently for upcoming events.

WHAT'S NEWS IN FITNESS

25 Days of Fitness

Avoid holiday weight gain! Join ESTC in a Christmas 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.

PRE-HOLIDAY BOOT CAMP

**Harness The Holiday Sabotage
Before The Holidays
Sabotage You!**



Monday thru Friday: 6:00 A.M. - 7:00 A.M.
Five Mornings A Week for 3 Weeks!

November 2-20: \$129 per person

Monday, Wednesday: Group
Power (Weight Training)

Tuesday, Thursday: Intense
Cardiovascular Conditioning

Friday: Power Yoga



Pick up a brochure for details. Sign up at the front desk.

CONGRATULATIONS

Summer Sprint Triathlon Participants! We Did It!



Marie & Garret Dorsey—Winning Team (1:11:05)
Gary Iskra—Winning Male (1:13:45)
Kris Ibrao—Winning Female (1:15:03)
Lauren Von Klein, Lynn Jacobson, Deana Schnoor & Laura Hubbard

*A special **Thank You** to the Master's Swim Class, volunteer members Tom Malpass, Rod Ibrao & Shayna Ibrao, Personal Trainers Julie Hafemeister & Tony Jacobs, and the Schnoor family & friends for helping us out and cheering us on! See you next summer!

I Lost it at the Club!

January 11th – March 5th, 2010

Make a commitment to your health! Join your friends at ESTC as we kick off the year with the nationwide IHRSA weight loss program! Keep up your New Year's resolutions with exercise accountability, weekly nutrition challenges, and fun prizes! Registration begins December 1st. Pick up your packet at the front desk when you sign-up or see Julie for more information!

Personal Training Special

ESTC welcomes Tony Jacobs to the personal training team!

Would you like to...

- Have an exercise program that will help you lose weight and reach your goals?
- Increase your endurance, strength, and flexibility?
- Increase your strength and power for a specific athletic activity?

Tony is skilled and knowledgeable in all areas of fitness and is excited to help you reach your personal fitness goals. Schedule your appointment today and take advantage of these great deals!

Receive \$5 off the regular price of your first training session!

Buy 3 Personal training sessions with Tony and get the 4th one free!

VALID THROUGH DECEMBER 31ST.

Top 5 Quick Fitness Tips

The holiday season is upon us! Between all the family gatherings, shopping, holiday events, and your regular duties, it's tough to find time to workout. To help you stay on track, here are some quick fitness tips to keep in mind next time you think you don't have the time to squeeze in a workout.

1. Plan Ahead

If you have a day planner or a calendar, write in the times you are going to work out and consider it non-negotiable. Whether it is in the morning or at night, consider your workout part of your daily schedule.

2. Break It Up

The daily recommendation is at least 30 minutes a day of moderately intense exercise, but it's perfectly acceptable to break up your workouts into 10 minute spurts. Climb the stairs in between meetings, take a break from answering emails and stretch for 10 minutes, or catch up with your out-of-town friends while taking a brisk walk. Any sort of physical activity counts as exercise, and little bits of it throughout the day really add up.

3. Circuit Train

If you do make it into the gym, make every minute count. Have a personal trainer help you create an intense circuit training routine that will keep you moving the entire time, instead of standing around in between sets. Circuit training consists of several exercises that can be done right after another. Not only will you get a great total body workout, but all the moving around will get your heart rate up and you'll end up getting a great cardio workout as well.

4. Intensify Your Chores

Everyone wants a tidy house for the holiday guests, so why not get some exercise while cleaning? Try to think of ways to make your chores a little more intense. Move more quickly as you dust and vacuum. Instead of bending over to throw a load of laundry in, perform a squat on your way down and up. While you are waiting for the water to boil for dinner, perform a couple sets of pushups and lunges. These simple changes will help to improve your health and get your chores done more quickly!

5. Keep a Food Journal

Your diet and how you eat is just as important as your fitness regiment. To avoid holiday weight gain, keep a food journal and write down everything you consume. This is a great way to gain insight into how much you're eating and to avoid mindless munching.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

November

<p>1</p> <p>Getting Started 3:00pm - 4:00pm Co-Ed Point Play 4:00pm - 5:00pm</p>	<p>2</p> <p>Cardio Tennis 10:00am Women's 3.5 Clinic 5:30pm Mixed Doubles Night 6:30pm Co-Ed Clinic 6:30pm 2.5/3.0</p>	<p>3</p> <p>Ladies Day 9:00am Men's Doubles 12:30 pm Women's 3.0 Clinic 5:30pm Men's 3.0 Clinic 5:30pm Co-Ed 2.5 Clinic 5:30pm</p>	<p>4</p> <p>Cardio Tennis 10:00am Men's 3.5 Clinic 6:30pm - 7:30pm</p>	<p>5</p> <p>Co-Ed Point Play 12:30-1:30pm Men's 4.0+ Clinic 5:30pm Women's 4.0+ Clinic 6:30pm Men's Night 6:30pm</p>	<p>6</p> <p>Co-Ed Doubles 12:30pm - 2:00pm</p>	<p>7</p> <p>Co-Ed Clinic 9:00-10:00am 3.5 & Up Singles Clinic 10:00am - 11:00am</p>
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<p>22</p> <p>Getting Started 3:00pm - 4:00pm Co-Ed Point Play 4:00pm - 5:00pm</p>	<p>23</p> <p>Cardio Tennis 10:00am Women's 3.5 Clinic 5:30pm Mixed Doubles Night 6:30pm Co-Ed Clinic 6:30pm 2.5/3.0</p>	<p>24</p> <p>Ladies Day 9:00am Men's Doubles 12:30 pm Women's 3.0 Clinic 5:30pm Men's 3.0 Clinic 5:30pm Co-Ed 2.5 Clinic 5:30pm</p>	<p>25</p> <p>Cardio Tennis 10:00am Men's 3.5 Clinic 6:30pm - 7:30pm</p>	<p>26</p> <p><i>Thanksgiving Day</i> <i>No Tennis Classes</i> Club Hours 7:00am - 1:00pm</p>	<p>27</p> <p>Co-Ed Doubles 12:30pm - 2:00pm</p>	<p>28</p> <p>Co-Ed Clinic 9:00-10:00am 3.5 & Up Singles Clinic 10:00am - 11:00am</p>
<p>29</p> <p>Getting Started 3:00pm - 4:00pm Co-Ed Point Play 4:00pm - 5:00pm</p>	<p>30</p> <p>No Cardio Tennis Women's 3.5 Clinic 5:30pm Mixed Doubles Night 6:30pm Co-Ed Clinic 6:30pm 2.5/3.0</p>					

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Tuesday

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Saturday

December

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<p>27</p> <p>Getting Started 3:00pm - 4:00pm Co-Ed Point Play 4:00pm - 5:00pm</p>	<p>28</p> <p>Women's 3.5 Clinic 5:30pm - 6:30pm Mixed Doubles Night 6:30pm Co-Ed Clinic 6:30pm 2.5/3.0</p>	<p>29</p> <p>Ladies Day 9:00am Men's Doubles 12:30 pm Women's 3.0 Clinic 5:30pm Men's 3.0 Clinic 5:30pm Co-Ed 2.5 Clinic 5:30pm</p>	<p>30</p> <p>Men's 3.5 Clinic 6:30pm - 7:30pm</p>	<p>31</p> <p>Co-Ed Point Play 12:30-1:30pm New Years Eve Social 8:00pm</p>	<p>1</p> <p>HAPPY NEW YEAR!</p>	



ESTC JUNIOR NEWS & EVENTS



Tournament News

ESTC Hosts Junior Dual level 5 Tournament!

On October 2nd – 4th we hosted one of the largest tournaments this year for top juniors in the Pacific Northwest. With over 180 players attending from Oregon, Washington, Canada, and Idaho we were treated with some great tennis and plenty of our very own ESTC juniors right in the middle of it! By the end of the weekend we had dodged the rain and hosted what was a very successful Junior event highlighting just how great our facility is within the PNW. Congratulations to these local ESTC juniors for their efforts throughout the event; Chris Wiechert, Brittany Banna, Jessica Laurie, Sammie Kalen, Connor Horn, Connor O'Brien, Austin Loomis, Maddie Loomis, Emily Beckley and Nevin Taylor. Keep up the hard work!

2009 Junior Holiday Tennis Camp

This Holiday season over Christmas break, December 28th, 29th & 30th, we will be running our annual Junior Holiday Tennis Camp. Classes for all ages and ability levels will be offered. Registration will be required and will be available at the front desk.

Camp Dates, Times and Fees

Little Tennis (ages 4-6)	Mon-Wed	10:00-10:45 am	Fee: \$24
Future Stars/Smash (ages 7-12)	Mon-Wed	11:00-12:30 pm	Fee: \$45
High Sch/Jr. Challenger (ages 8-17)	Mon-Wed	12:30-2:00 pm	Fee: \$45
Elite (No age limit)	Mon-Wed	2:00-4:00 pm	Fee: \$60

Junior Holiday Tennis Social

Juniors, join us Wednesday, December 30th from 6:00pm-9:00pm for the 1st Annual Jr. Holiday Tennis Social. Various tennis drills, games, round robin point play and prizes will make up the night as well as Pizza and ice cream for everyone! Cost will be \$10, juniors interested will be able to sign up early December up at the front desk.



Junior Class Schedule

Fall Junior Tennis Program 2009

Junior Tennis Schedule and Descriptions

Session Dates: November 2 – 30 & December 1 – 23

Please make note of our 2009 junior group instruction schedule. Classes are available in six different skill levels, to accommodate the wide range of ages and abilities. Please check the front desk for session dates and prices.

- Classes are offered in four week sessions (month to month):
Monday - Thursday of each week.
- Classes have a maximum of six students per instructor.
- **Advance registration is strongly recommended. Space is limited.**

Little Tennis: 3:15-4:00pm on Monday & Wednesday (Ages 4-6)

This program features an array of lesson plans and teaching aids to make tennis fun. Many of the skills taught (throwing, catching, movement, etc.) are "carry over" skills needed for motor development. Little Tennis is perhaps the best-ever program in creating interest in tennis among young children.

Future Stars: 3:30-4:30pm on Tuesday & Thursday (Ages 7-10)

Players are introduced to tennis at the entry level. Camp curriculum includes proper grips, basic stroke technique, footwork, and light conditioning, taught through drills and games; providing a FUN method towards progressing students into the intermediate level class.

Smash: 4:00-5:00pm on Monday & Wednesday (Ages 9-12)

Players are grouped by ability. Proper mechanics, grips, and spins are the main focus of this class. Players are also introduced to point play covering proper court positioning for singles and doubles as well as scoring. A variety of feeding drills as well as game based drills are used to further advancement to the next level.

High School: 4:30-5:30pm on Tuesday & Thursday (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, advanced footwork patterns; physical conditioning along with supervised match play covering both singles and doubles.

Junior Challenger: 4:30-5:30pm on Tuesday & Thursday (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 in tournament play throughout the year.

Elite: 4:00-5:30pm on Mondays & Wednesdays (no age limit)

This is our highest level class offered at ESTC 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 events some at the National level. A strong emphasis is placed on conditioning, match play, point construction and how to handle tournament level competition. Please Note: **This class requires approval by one of our tennis staff.**

WHAT'S NEWS IN TENNIS, Cont.

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 monthly tennis calendar or see the schedule on our web site for more in depth class descriptions. Classes and times are subject to change.

Mondays:

10:00 - 11:00 A.M. - Cardio Tennis
5:30 - 6:30 P.M. - NTRP Clinic Women's 3.5
6:30 - 7:30 P.M. - Co-Ed Clinic 2.5 and 3.0
6:30 - 8:30 P.M. - Mixed Doubles Night
6:30pm - Ladies "Fajitas Night" Tennis Social (November 9th)
6:00pm - USTA "Getting Started" Meeting (November 16th)

Tuesdays:

9:00 - 11:00 A.M. - Ladies Day Doubles
12:30 - 2:00 P.M. - Men's Doubles Drop in
5:30 - 6:30 P.M. - NTRP Clinic Women's 3.0
5:30 - 6:30 P.M. - NTRP Clinic Men's 3.0
5:30 - 6:30 P.M. - NTRP Clinic Co-Ed 2.5

Wednesdays:

10:00 - 11:00 A.M. - Cardio Tennis
6:30 - 7:30 P.M. - NTRP Clinic Men's 3.5

Thursdays:

12:30 - 1:30 P.M. - Co-Ed Point Play
5:30 - 6:30 P.M. - NTRP Clinic Men's 4.0+
6:30 - 7:30 P.M. - NTRP Clinic Women's 4.0+
6:30 - 8:30 P.M. - Men's Night Doubles

New Year's Eve Tennis Social

Fridays:

12:30 - 2:00 P.M. - Co-Ed doubles drop in

Saturdays:

9:00 - 10:00 A.M. - Adult Coed Clinic 3.5 and up
10:00 - 11:00 A.M. - Singles Strategies

Sundays:

3:00 - 4:00 P.M. - Getting Started Class
4:00 - 5:00 P.M. - Co-Ed Point Play (2.5 level player or new 3.0 players)

Did You Know

ESTC has a reciprocal agreement with FITLIFE and IHRSA. This gives ESTC members who travel, the opportunity to visit clubs in that area for free or a nominal fee. Contact the front desk for information prior to your travels.



DARTFISH Stroke Clinics

Come out once a month for a lesson using Dartfish High Speed Video Software, where we will be analyzing different strokes each month. Each class will have two instructors and will be split into groups of four. Strokes will be analyzed off court and each participant gets a media CD with each class to take home. Class size is limited to 8 so sign up early. Cost \$25

A Dartfish Clinic will enhance your technical understanding through instant visual feedback and analysis. We are now able to give you a more thorough and better understanding of the corrections and adjustments needed to take your game to the next level. Sign up for a Dartfish clinic today!

Let Dartfish change the way you look at tennis!

Session Dates and Times

12:00-1:30 P.M. – 2.5-3.0 • 1:45-3:15 P.M. – 3.5-4.0

November 21- The Serve

December – Adult Holiday Camp

Racquet Stringing

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, a minimum of twice a year..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 Scott.

Tennis is a big part of your life, make sure that your equipment is in good working condition.



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!

Tennis Memberships

Mecca & Mark Kealoha	Daisy Monticelli
Songte Kim	Diane Musgrove
John & Brenda Kraft	Terry O'Keefe
Lissy Lantz	Samantha & Dan Robinhold
Scott Lisk	Shirley & David Roth
Megan Livermore	Rosana & Andrew Wiecks
& Elizabeth McNeill	Jordan Willmore

Fitness Memberships

Sharon & Sonny Bettelyoun	Peter Hunter
Stephanie Blackwood	James & Lili Jacks
Katrinna & Barry Drew	Jeffrey Kaliner
Robert Goodman	Joann Vollstedt
Shana Gunson	