

Kitsap Tennis & Athletic Center



Newsletter

May 2016

Greetings!

Thank you for being a part of the Kitsap Tennis and Athletic Center. We strive to update and communicate with all of our members and we are very pleased you are reading our May Newsletter. Be sure to check in next month for more updates and information. We hope you enjoy reading our May newsletter. Please feel free to contact us if you have any questions or if you would like to receive any further information.



Aquatics

Congratulations: We would like to acknowledge Kimberly Brunson for winning her district 600m and 1500m and for setting her personal best in both events! She will be swimming in the

state competition soon. Good luck, Kimberly! We will be cheering for you!

May 20th will be the launch of our pilot Girl and Boy Scout patch/badge program. This is an exciting step into the next phase of our community development and outreach programs.

As we approach summer, we will see an increase of swimmers in the pool and would greatly appreciate any **donations of the vest style life jackets** to assist those who are not strong swimmers.

The aquatics department is looking to hire certified swim instructors, lifeguards and coaching staff.

Upcoming Specialty Classes:

Lifeguard Training-June 3rd-5th (\$195.00)

Water Safety Instructor Training-July 5th-15th (\$195.00)

Junior Lifeguard Training-July 18th-22nd (\$115.00)

If you have any questions or would like more information email our Aquatics Director, Chriss at swim@kitsaptennis.com

In This Issue

Aquatics
Tennis
Fitness
Thank You!
Silver Sneakers

In Loving Memory



A former KTAC lifeguard, swim and fitness instructor, Robert Lee Calamia 28, of Tacoma passed away on March 31, 2016 due to diabetic complications. He is survived by his mother Vicky (Larry) Richardson,



Tennis

We would like to **congratulate our 40 and over 4.0 women, 3.5 men, and 4.0 men** for making it to the playoffs. Our 4.0 women and 3.5 men took 2nd place and our 4.0 men took 1st place and will be competing at Sectionals in Spokane this August. Click the following link to see all

names and teams or take a look on the board by the front desk. [3.5M 4.0M & 4.0W](#)

We would also like to **applaud Betty Rankin** for her outstanding accomplishments. She has been a KTAC member for many years and is a former manager. She was recently selected by the PNW Section of the USTA as grass roots tennis official of 2015. She also came in 4th nationally.

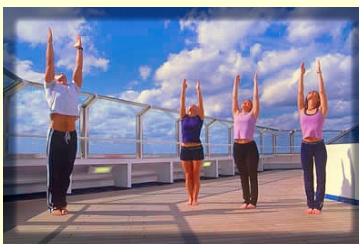
This upcoming **May 18th-19th**, the Girls 2A Tennis District tournament will be held at our center. Also, **May 20th-22nd** we will be holding the Kitsap Tennis Advanced/10 & Under intermediate tournament and we will be looking for volunteers to help work the tournament desk and officiating matches. Sign-ups will be available at the front desk. We will be keeping tennis members updated on court availability during these tournaments.

We are looking for sponsors for our upcoming tournaments for 2016 and 2017.

Amount	Sponsorship Details
\$100.00	Name/Logo on Tournament T-Shirts and Name/Logo in the Newsletter
\$250.00	Name/Logo on Tournament T-Shirts, Name/Logo in Newsletter, and Name/Logo on KTAC Website
\$500.00	Same as above plus Business Cards/Coupons/Fliers etc. to be handed out at our tournament desk.
\$1000.00	Same as above plus tournament named after sponsor!

All sponsorship's are tax-deductible.

If you have any questions or would like more information, contact our Tennis Director Will Herbert at the Center 360-692-8075 or via email tennis@kitsaptennis.com



Fitness

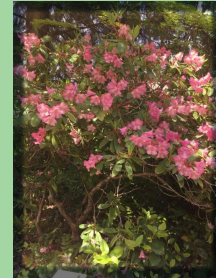
Have you ever wondered, what is the big deal about yoga? Yoga is a physical, mental, and spiritual practice which originated in India. Yoga is about

harmonizing the body and mind through the means of various breathing techniques, postures, positions, practices, and meditation. Anyone can do yoga and everyone can benefit from it! There are so many benefits one can find from participating in yoga, such as increased flexibility, muscle tone and strength, improved balance, posture and so much more!

Tennis players can also experience many positive benefits from

brother Larry of Silverdale, brother Michael of Bremerton, sister Kristin of Portland and father Robert of Spokane. He was most recently a lifeguard at the YMCA in Burien, WA. View a full tribute at www.lewischapel.com.

Thank You!



We would like to recognize a few of our dedicated members. **Dick Danubio-** for his many years maintaining the grounds with mowing and woodworking. We want to thank him for over 30 years of work here at the Center. **Dave Kessler-** for maintaining the front patio with greens and color along with the newest additions of Pansies, Heuchera, Hydrangea, and Ivy. His hard work the past few years has not gone unnoticed. Lastly, we would like to send many thanks to all those who participated in the **Kitsap Great Give** Donation this year. We truly appreciate your patience and contributions to this event.

Silver Sneakers



yoga! Since tennis players are physically prone to tight hips, quads, and hamstrings, yoga is a wonderful option to stretch those tight areas while encouraging tissue resiliency. Tennis can be taxing on the body and can throw the body out of alignment causing strain on various joints. Yoga focuses on re-balancing the body and creating symmetry and alignment. Yoga is especially beneficial for those tennis players who tend to favor one side over the other. Through practicing yoga, players are able to build muscle symmetry while also improving balance. Apart from the physical benefits, yoga can also help train the mind to give you a mental edge. Benefits such as calming one's nerves before and during a match, teaching patience, reducing anxiety, develop greater focus and concentration, increased breathing capacity and playing with greater awareness of the match. Everyone, not only tennis players, can benefit from yoga.

Come and experience the benefits yourself. Our yoga class schedule is as follows:

Monday & Wednesday: 5:15 p.m.-6:15 p.m.

Tuesday & Thursday: 11:15 a.m.-12:15 p.m.

Friday (advanced yoga): 5:15 p.m.-6:15 p.m.

Saturday: 8:00 a.m.-9:00 a.m.

If you have any fitness questions email our Fitness Director, Angela at fitness@kitsaptennis.com

Silver Sneakers Almost Summer Potluck!

Come join us Monday, May 23rd at 11:45 a.m. Bring a friend for free! Bring a potluck dish, veggie tray, fruits etc. Drinks and dessert will be provided!

Quick Links

[Spring Pool Schedule](#)

[Spring Fitness Schedule](#)

[Massage Prices](#)

[Review Tennis Regulations](#)

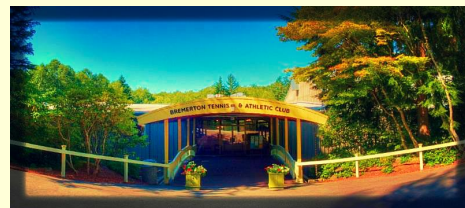
[Policy Handbook Additions](#)

Next Phase in Club Automation

We are happy to announce the next phase in Club Automation. Starting May 9th, you will be able to access the member portal through our website which means you will be able to update your information, reserve courts, register for classes, pay your bill online and more. Full members will be able to reserve tennis courts and racquetball courts as well! We look forward to this new chapter for our Center and we appreciate any and all feedback.

Updates from The Board

We would like to welcome our newest board member, **Christopher Floro!** We are very grateful to have him join us on The Board.



Full Membership Joining Fee Restructuring:

The Full Membership (family, couple, single, junior, and limited) joining fees will be changing July 1, 2016. Joining fees will be \$500 for ages greater than 30 and \$300 for ages 30 and younger. The joining fee may be spread out over a 12 month period. Copies of the **New Additions to the KTAC Policy Handbook** are at the front desk if you would like more details and information.

Reminders

- Wednesday May 18th & Thursday May 19th, Girls 2A Tennis District Tournament
- Friday May 20th through Sunday May 22nd, Kitsap Tennis Advanced/10 & Under

Intermediate Tournament

- Monday May 23rd, Silver Sneakers Almost Summer Potluck at 11:45 a.m.
- **Monday May 30th the Center will be open 8:00 a.m. to 12:00 p.m. for Memorial Day**

Contact Information

KTAC Team

(360) 692-8075

Email: membership@kitsaptennis.com

You can also find us on Facebook or at www.kitsaptennis.com