



Kitsap Tennis and Athletic Center

August 2016

Newsletter Articles

[Congratulations](#)
[Wellness Seminar](#)
[In Loving Memory](#)
[Upcoming Events](#)
[Tennis](#)
[Fitness](#)
[Aquatics](#)
[Racquetball](#)

Congratulations

We are honored to announce the recent nuptials of our dedicated employee and friend, Philip Caggiano and Dee Shepard. We wish much joy and happiness to Philip and his beautiful wife, Dee as they start a wonderful journey together. Philip has been with the Center for 15 years after being hired October 1st, 2001! We could not be happier for this pair! The next time you see Philip working hard as usual, be sure to congratulate him!



Philip & Dee at Point Pleasant Beach in New Jersey July 23rd, 2016!

Wellness Seminars

A few months ago we started monthly Wellness Seminars to discuss a variety of topics with different speakers. **These**

Tennis

Congratulations to the 7.0 and 9.0 18 and Over Mixed Doubles teams! They recently traveled to beautiful Sunriver, Oregon for Sectionals.



Tennis Camps are a hit! Join the fun before Summer is over!

A special thanks to Sabrina Ross Neergaard for running the Kitsap County Summer Advance tournament while Will played in Sunriver.

It is with great sadness we say our goodbyes to Tennis Professional, Arnel Hipolito. After years of dedicating his every moment to the Center, Arnel will be moving on to start a new journey at the end of this month. He starts a new teaching position in Michigan. Arnel has been with us for a long time starting in our junior tennis program, he worked his way up to become one of our renowned teaching pros. He has done a wonderful job coaching the next generation of tennis players and will be missed. If you see him around the Center, wish him luck! We will be holding a going away party August 19th 5:00 p.m.-7:30 p.m. Please bring a dish to share. We are looking forward to seeing you at the celebration.



Coach Arnel will be greatly missed.

Fitness

Upcoming Dental Service

KTAC will soon be hosting the services of a mobile dental hygienist. This will be great for those who may have a difficult time getting to the dentist for cleanings and is open to all of our club members. Erin Pocus RDH, will be coming



Impressive dance moves during Swim & Play camp!

seminars are free and open to anyone! All ages are welcome and it is open to the public! Join us the first Wednesday of every month for an educational presentation. Look for posters around the Center for upcoming seminars or ask the Front Desk! Our next seminar will be hosted by Jim Trostad, a local physical therapist on Wednesday September 7th to discuss the benefits of physical therapy.



In Loving Memory

In remembrance of spirited, cheerful and unforgettable Yvonne Marshall, Silver Sneakers will be holding a Celebration of Life Potluck in her honor. Bring your favorite potluck dish and join us in the Fitness Lounge **August 22nd at 11:45 a.m.** Her beautiful personality and powerful presence of a room will never be forgotten.



Yvonne Marshall

Mark Your Calander!

August 19th:

Going away party for Coach Arnel 5:00p.m.-7:30p.m. Please bring a dish to share.

End of August:

Membership check in cards arrive! Expect the Front Desk to ask for a few minutes of your time to set up your card and take your picture!

September 7th:

Wellness Seminar hosted by Jim Trostad, a local physical therapist to discuss the benefits of physical therapy.

September 10th:

September 16th to set up her mobile shop. Brochures and business cards are available in the lobby.

- If you are interested in scheduling an appointment, there is a sign-up sheet at the front desk. You will also need to pick up and fill out a medical dental history form that you will bring with you to your appointment.
- Fees: \$129 - includes fluoride varnish sensitivity and cavity protection. \$99 - cleaning only
- Payments will be made directly to Erin at the time of your cleaning. Some insurance companies may reimburse the fee.

Weight Room Etiquette Reminders

- Please always wipe down equipment after you are finished.
- Please remove weights from machines and place them back on the racks.
- Please make sure you are signing up for the cardio machines that require reservations.

Aquatics

Thank you to all of our pool members that have been sharing the pool with various rental and user groups this summer! We really appreciate you!



Summer fun in the pool!

Fall Swim Lessons

Our fall lesson schedule will begin September 1st. We will continue our usual lessons on Monday and Wednesday evenings. We have had so many requests for Tuesday & Thursday evening and Saturday morning lessons that we are happy to add them to our Fall schedule.

Racquetball

If you read the sports section of the Kitsap Sun, you may have read the KTAC Winter/Spring Final Ladder Standings! If not here are the results:

Singles-1,Rocco

Vega. 2,Yas Yoneda. 3,Brock Moller. 4,Rudy Romen. 5,James Zeitler. 6,Brad Burdyslaw. 7,Karl Kirchofer. 8,Nilo Delacruz. 9,Mike Martineau. 10,Kevin Naud.

Doubles-1,Larry Tuke. 2,James Zeitler. 3,Paul Dempsey. 4,Don Kielley. 5, Frank Steward.

6,Tracey Sundquist. 7,Mike Martineau. 8,Joe Rose. 9,Ken Hall. 10,Brad Burdyslaw.

Results are based on our Tuesday scheduled round robin matches, tournaments and challenge matches. Come roll it out!



Come join Tuesday Round Robin!

Summer BBQ

September 16th:

Dental Hygienist, Erin Pocus RDH, will be coming to set up her mobile shop.

October 29th:

Halloween Carnival/Open House

