

Last burst of summer fun!



KITSAP TENNIS & ATHLETIC CENTER AUGUST 2017



FITNESS

Well, here we are already in our last full month of the summer. Time flies! We've been fortunate with the mild sunny weather, but things are really starting to heat up this month. **Here are a few things to think about as you continue to enjoy a busy, active summer without having to worry about heat stroke or exhaustion:**

- **Alternatives:** Remember that KTAC has great classes to attend in a nice, air conditioned room if those temperatures get too high!
- **Time of day:** Plan activities in the earlier or later hours of the day to avoid the heat of midday.
- **Clothing:** Loose, light colored clothing will allow airflow and sweat evaporation and lighter colors reflect the sun.
- **Stay hydrated:** This is not new news to anyone. Drink plenty of water before, during and after strenuous activities. If the temperatures are scorching, it's a good idea to take a drink every 15 minutes, whether you are thirsty or not. Also, remember to replenish electrolytes if you are sweating like a beast!
- **Be prepared:** Check the forecast, be mindful of heat, ozone and pollution advisories, keep healthy snacks handy, and don't forget sunscreen, sunscreen, sunscreen!



AQUATICS



Did you know that you can register online for swim lessons? Please click on the registration link under the swim lesson heading through the member portal on our website. Membership is not required to enroll in swim lessons.

We had a successful Community Pool Party with over 30 people in attendance. Thank you to all who attended!

Bremerton High School Swim Team will be renting pool space the last 2 weeks of August while the Bremerton YMCA pool is closed for cleaning. We will be posting signs with dates and times that the teams will be on site.

RACQUETBALL

Upcoming Racquetball Tournaments:

- **Columbus Day Racquetball Tournament:** Monday, October 9th through Wednesday, October 11th
- **Kitsap Splat Racquetball Tournament:** Friday, November 3rd through Sunday, November 5th

We will have registration forms available next month so keep an eye out for more details!



TENNIS



Congratulations to all the teams that made it to the Sectionals in Sunriver, Oregon this summer! It has been a great USTA season. We had some close matches in Sectionals, if one or two tie-breakers had gone KTAC's way, we could have sent teams to Nationals! Great job teams! Fortunately, it's not over yet! We still have our 5.0+ team consisting of **Will Herbert, Tye Loan, Lee Tucker, Todd and Ben Devries, Prabh Sangha, Baraka Brown, and Joseph Dela Cruz** heading to Spokane for the 18 and Over Sectional Tournament. Last year the team took second place at Sectionals. Good luck team! Good luck to **Alisdair Horn** as he will also be competing at Sectionals in Spokane in the 4.5 Men's division! We will be rooting for all of you! **Another congratulations to some of our junior players who competed in our Kitsap County Summer Advance junior tournament!** **Prabh Sangha** won the Boys 18's division beating Tacoma's Matt Sullivan 4-6, 6-2, 10-7 in the finals! Also **Logan Anchick and his partner, Gabriel Ross-Neergaard**, took second in the Boys 16's Doubles coming up just a little short to **Vincent and Edmund Hsi** of Portland 6-4, 6-2. Congratulations boys!

The Tennis Committee would like to thank everyone who responded to the KTAC Tennis Survey. We had a large number of members who participated in the survey, and provided some excellent recommendations. We are in the process of reviewing all the feedback, and the final results will be published soon.

Welcome back Erik! His surgery went well and he had a speedy recovery. We are glad to have you back, Erik! Thank you to Will for filling in for Erik during this time while also teaching the summer camps and his regular classes. Your hard work and dedication for our Center is greatly appreciated!

Upcoming Tennis Events & Announcements:

- **The Adult Summer Camp will be this weekend, August 5th-6th from 9:30 am-11:30 am.** It's not too late to sign up! You can even sign-up on the day of the event.
- **There will be no 10:30 am-12:00 pm Adult Drills on Saturday, August 5th, 12th and 19th.**
- **Men's Night will be starting up again in September.** Don't forget to sign up on the tennis board downstairs at the Center or contact Will Herbert at tennis@kitsaptennis.com.
- **Upcoming Mixed Doubles Tennis Social: Friday, August 11th 5:00 pm-8:00 pm**
- **The 5th Kitsap Cup Friday, September 29th 5:00 pm-8:00 pm:**
 - Please join us and help win our trophy back from Bainbridge Athletic Center!
 - Venue: KTAC
 - Player Fee: \$15 + please bring potluck dish to share
 - For more details and to sign up click the following link [Kitsap Cup](#) (also available on facebook)
- New nets have been installed in the indoor tennis courts thanks to a generous donation from Bob & Jean Yekel. Thank you to Will Herbert and Kay Hrdina for researching the right nets and thank you George Garest for installing those nets and making repairs to the old ones.
- 2017 Turkey Shoot Tennis Tournament: November 17th-19th. Mark your calendars and watch for registration forms this fall.

DID YOU KNOW?



We recently discovered some hidden gems while cleaning closets including some US open posters, photographs, and some newspaper articles. Also, Charlie Mackall has graciously donated historical tennis memorabilia to the Center for the members to enjoy. Bill Greenlaw donated the frames and hung many of them along the tennis hallway. More of the memorabilia will be coming soon. It will be worth your while to pause and take a moment the next time you are at the Center and it may even feel like you are walking down memory lane.



SilverSneakers End Of Summer Potluck

Join us on Monday, August 28th
From 11:45 am for Fitness,
Friends And Fun! Bring your own
dish. Drinks will be provided.

Member Picnic Annual Appreciation Picnic

On Saturday, August 19th 11:00
am to 1:00 pm join us for a BBQ,
music, games, and more! Sign up
at the Front Desk and bring a dish
for 1 enhancement hour! Chieko
Huse has fun games for us to play!
Watermelon eating contest
anyone? We hope to see you
there!

Outdoor Tennis Let's Play!

With Summer coming to an end
there is still time to play outside on
our wonderful tennis courts. The
weather has been perfect and it
will not last much longer. The
same reservation policy applies to
the outside courts. Now, lets have
some fun!

Upcoming Events Calendar

Saturday & Sunday, August 5th-6th
Adult Summer Camp 9:30 am-11:30 am

Saturday, August 5th, 12th, 19th
NO ADULT DRILLS 10:30 am-12:00 pm

Friday, August 11th
Tennis Social: Mixed Doubles Night 5:00 pm-8:00
pm

Saturday, August 12th
Kids Night Out 6:00 pm-8:30 pm

Saturday, August 19th
Member Appreciation Picnic 11:00 am-1:00 pm

Monday, August 28th
SilverSneakers End Of Summer Potluck 11:45 am

September
Mens Night Starts Up Again

Saturday, September 9th
Kids Night Out 6:00 pm-8:30 pm

Friday, September 29th
Kitsap Cup 5:00 pm-8:00 pm

Monday, October 9th-Wednesday October 11th
Columbus Day Racquetball Tournament

Friday, November 3rd-Sunday November 5th
Kitsap Splat Tournament

Friday, November 17th-Sunday November 19th
Turkey Shoot Tennis Tournament



