



Kitsap Tennis & Athletic Center September 2017

Are you like us, wondering where the summer went? It's hard to believe it's back-to-school time already and we can't help but feel a little sad that it's over. Goodbye sleeping in, late nights and soaking up the sunshine and hello bus stops, alarm docks, packing lunches and the dreaded H word-HOMEWORK! Heading back to school can be a little overwhelming and exhausting, so we created this special and insightful newsletter with you in mind. Here are a few tips on how to tackle everything at once and maybe how to have one last bit of summer fun before you dive deep into the H-word.



Fitness

End of Summer + Back to School = Back to You! Let us set you up for success with 25% off all personal training packages/sessions through the month of September. KTAC offers several package options to choose from including semi-private sessions. That means you can train with a friend, double the fun, and look fabulous for the upcoming holidays! A list of package options is available in our lobby.

Fall back into a regular fitness schedule with a little help from a personal trainer.



Swim

Did you know that you can register online for swim lessons? 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.

KTAC Crawlers Master's Swim Team: Tuesday and Thursday evenings 5:30-7:00 pm. This program has coach led practices and all level of swimmers are encouraged to register. Members \$25/per month, Non-members \$40/month.

Lifeguard Training: September 22nd-24th. Cost: \$195, registration deadline: September 15th. Prerequisites: 300 yard swim, tread water for 2 minutes, timed response. Friday 2:00-7:30 pm, Saturday 7:30-5:30 pm, Sunday 8:00-5:30 pm.

Don't leave the pool when you're back to school! You have made a wonderful decision by



Tennis

Congratulations to both Alisdair Horn and Keet Curtis for their 4.5 USTA team winning Sectionals in Spokane, WA and making it to Nationals!

USTA Kitsap County Fall Advance Junior Tournament September 15th-17th: We are looking for volunteers to help run the tournament desk as well as food donations. This is a great way to earn enhancement hours.

New Tennis Class For Youngsters: There will be a new class for ages 3-5 starting in October to get the little ones started on the tennis court! The focus is on the ABCs (Agility, Balance, and Coordination) of tennis: **Saturdays from 10:00 am-10:30 am.**

With the new school year starting and the boys high school season is starting, we have some words of advice before jumping on the courts against your opponents for either singles or doubles!

If you're a doubles player, communication is key. Using the words "I got it" or "Mine" can help you avoid tennis balls going between the two of you for winners! When someone makes a very close call, I like to use the three strike rule. The first two times I will ask "are you sure?" Or "by how much?", you should usually give your opponent the benefit of the doubt. Even line judges at the professional level make mistakes every now and then. By the third close call, it is time to ask for a line judge. Good luck in your high school season!

- **Mixed Doubles Social** 5:00 pm-8:00 pm Friday, September 8th. Click [Here](#) to sign up.
- **Men's Night** will be starting up again on September 20th. Don't forget to sign up on the tennis board downstairs at the Center or contact Will Herbert at tennis@kitsaptennis.com.
- **The 5th Kitsap Cup** Friday, September 29th 5:00 pm-8:00 pm at KTAC:
 - Please join us and help win our trophy back from Bainbridge Athletic Center!
 - Player Fee: \$15 + please bring potluck dish to share
 - For more details and to sign up click the following link [Kitsap Cup](#)



Racquetball

Private Racquetball Lessons:

Did you know our Racquetball Professional Rocco Vega offers Group Lessons & Private Lessons? For more details or to contact him to schedule a lessons you can email him at rocco@kitsapsplat.com or call/text at (253) 212-8808.

Racquetball is a great way for your child to learn sportsmanship, and a terrific chance for them to burn off a little steam!

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!



All Shred Day

October 14th 10:00 am-2:00 pm

October 14th: All Shred Day A shredding company will be coming to securely shred documents, you can bring your documents from 10:00 am-2:00 pm to be shredded here at KTAC.



Hurricane Relief Donation

SilverSneakers

We would like to thank our SilverSneakers for their gracious \$58 donation to the hurricane relief fund. Every penny counts during this difficult time.



Tree Removal

Enhancement Hours

The trees are down in the parking lot and they are ready to be removed or split: \$100 per approximate cord (some are still long rounds).

Enhancement hours are available to split and move wood or clean up if you are not able to take it.

Upcoming Events Calendar

Mixed Doubles Social 5:00 pm-8:00 pm Friday, September 8th Sign Up Link: Here	All Shred Day 10:00 am-2:00 pm Saturday, October 14th
Kids Night Out 6:00 pm-8:30 pm Saturday, September 9th	Kids Night Out 6:00 pm-8:30 pm Saturday, October 14th
Men's Night Starts Up Again Wednesday, September 20th	Halloween Carnival & Open House Date & Time TBA
Kitsap Cup 5:00 pm-8:00 pm Friday, September 29th	Kitsap Splat Tournament Friday, Nov. 3rd-Sunday Nov. 5th
Columbus Day Racquetball Tournament Monday Oct. 9th-Wednesday Oct. 11th	Turkey Shoot Tennis Tournament Friday, Nov. 17th-Sunday, Nov. 19th

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