



October 2017

Kitsap Tennis & Athletic Center



Tennis

Time To Warm Up: As the cold months slowly creep up on us, it is very important to get a proper warm up before heading to the courts. Even a short 5 to 10 minute dynamic warm-up or stretching in the sauna can help avoid injuries. Check out

this [website](#) for dynamic warm-up exercises and tips on how to do them. These exercises can be done on the tennis court, racquetball court, in the weight room or aerobics lounge.

-Halloween Theme Mixed Doubles Social: Friday, October 13th 5:00 pm-8:00 pm. Come dressed in costume & bring a spooky treat for all to enjoy! Click [here](#) to sign up!

-High School Boys 2A League Tournament: There is a possibility we will have the boys 2A tournament October 18th-19th from 8:00 am-5:00 pm. Look out for more info!

-High School Boys 2A District Tournament: October 27th-28th

-Turkey Shoot Tournament: November 17th-19th (Entry Blanks coming soon!)

-Ladies Night Sign-Up: Click [here](#) to sign up for the upcoming **3.5/4.0** addition to Ladies Night!

-Adult Drills w/Will Are Back: 10:30 am-12:00 pm Tues, Thurs, & Sat! **(There will be no Adult Drills Tuesday, October 17th)**

Fitness

Farewell & Good Luck: It is with a bittersweet heartache that we bid farewell and wish the best of luck to our Fitness Director, Instructor & Personal Trainer, Angela Winks. We have been so lucky to have her cheerful attitude, beautiful presence, and her light that truly lit up any room she walked in here at KTAC. She motivated many people during her time here, taught wonderful Fitness classes, and left an imprint on the Center that we will never forget. Good luck Angela, your affection for others balanced with your expertise in wellness and health is sure to carry you far!



Please note the changes to our Fall Fitness schedule by clicking the following link: [Fall Fitness Schedule](#). As you can see, our SMART goal group, Body Mechanics & On The Ball have been removed from the schedule as we search for a new fitness instructor. Angela has offered to help us out for a short period with the SMART goal group personal training and for now, the TRX class will be member-led.



Aquatics

This Winter: Water Safety Instructor Course

Learn how to teach others to be safe in, on, and around the water!

1st Grade Swim Community Outreach Is

Expanding! We are looking for volunteers to assist with the 1st grade students in the water. We will be

working with three different elementary schools this year and we could use your help! Tentative dates are **April-May 2018** for 2 of the schools. Esquire Hills Elementary will be returning and two other Elementary schools, Cottonwood and Woodlands, are confirmed to participate in this program as well!

Racquetball

Racquetball Program Update: Bob Fredericks retired from the Board of Directors after 48 years, however he will continue to coordinate the Tuesday Round Robin Racquetball and the Racquetball Committee.

Spring/Summer Session Ladder Results:

Singles- 1.) Rocco Vega, 2.) Brad Burdyshaw,

3.) Karl Kirchofer, 4.) Nilo Delacruz, 5.) James Zeitler, 6.) Brock Moller, 7.) Grace Hughes, 8.) Yas Yoneda, 9.) Rudy Roman, 10.) Larry Tuke

Doubles- 1.) Larry Tuke, 2.) James Zeitler, 3.) Ken Shelton, 4.) Don Kielley, 5.) Brian Miller, 6.) Randy Tutterrow, 7.) Tracey Sundquist, 8.) Karl Kirchofer, 9.) Brad Burdyshaw, 10.) Paul Stensen

-Columbus Day Racquetball Tournament: Mon. October 9th-Wed. October 11th

-Kitsap Splat Racquetball Tournament: Fri. November 3rd-Sun. November 5th



Upcoming Events & More!



Kids Night Out Continues!

The fun and games continue **Saturday, October 14th 6:00 pm-8:30 pm** for a night of tennis, swimming, dodge ball, ping-pong, arts & crafts, board games, pizza & more! \$7 per person, \$5 for 2nd child, \$15 for a family of 3 +. Click the [link](#) for more details or to share with friends!

All Shred Day & Work Party

Saturday, October 14th 10:00 am-2:00 pm we will be having an All Shred Day and Work Party. All members are welcome to bring any and all documents for shredding at \$1.00 a pound. **We will also be cleaning up and doing yard work afterwards if you are looking to earn extra enhancement hours.**



Fall Special: No Joining Fee!

Starting October 16th until November 16th, we will waive the joining fee for anyone who signs up for a KTAC membership! This is an amazing deal with savings of \$90 to \$500 so be sure to spread the word!



Halloween Carnival & Open House

We are very excited to once again host our Halloween Carnival & Open House **Saturday, October 28th 10:00**

am to 1:00 pm! Be sure to join us for fun & games and many treats and surprises! We are also looking for donations of candy and small prizes as well as volunteers interested in helping us during this event. If you are interested in volunteering, please sign up at the Front Desk or give us a call! Or if you would like more information and details on donating please click the following [link](#).



SilverSneakers Celebration October 23rd

SilverSneakers is celebrating its 25th anniversary this year! That's 25 years of improving physical, social and mental health of millions of older Americans. The KTAC SilverSneakers are celebrating their **19th** anniversary with a potluck on **Monday, October 23rd at 11:45 am**. Bring a fall dish to share, drinks and dessert will be provided.

Kitsap Cup Brings Us Together!

There was an amazing turn out for the Kitsap Cup, and we all had so much fun. Although we may not have won, we had a blast and we all came together and showed how true of a bond the KTAC tennis family has. For more details on raffles and donations, please click the following [link](#).



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