



February 2019 Newsletter

A Message from the Manager

Dear Valued Members,

February is upon us and things are moving fast here at KTAC. We ended January with 452 memberships and will be running another special in April. Easter is April 21st this year so we will run the special to coincide with the Great Easter Egg Hunt.

We are doing the final billing for enhancement hours on the 31st and you will see either a credit or the amount owed on your February statement. This is the end of an era here at KTAC as we move forward as a full Non-Profit. We hope to still see volunteerism in its true form as there should be no monetary value or compensation involved in volunteering.

I encourage everyone to attend the annual meeting this month on the 22nd. We will be going over the changes more in depth and be able to answer any questions. We also have 2018 financials ready to present at the meeting.

I hope you have checked out the new equipment in the upstairs weight room and the new Ball Machine will be ready to go this week. I want to thank you for being members here at KTAC. You inspire me every day with your dedication and the hard work you invest in yourselves and KTAC.

Sincerely,
Katrina Fulkerson
General Manager



CALENDAR OF EVENTS

February

- February 9th - Kids Night Out ([Read More](#))
- February 14th - Valentine's Day (don't forget your loved ones!)
- February 15th - Kitsap County Intermediate Jr. Tennis Tournament
- February 18th - Presidents Day Racquetball Tournament
- February 22nd - All Member Annual Meeting ([Read More](#))

March

- March 1st-Kitsap County Junior Advanced Tournament
- March 9th-Kids Night Out ([Read More](#))
- March 17th-St Patty's Day

April

- April 6th - Spring Gala & Silent Auction
- April 9th - Kids Night Out ([Read More](#))



Fitness Updates

Pace Exercise Equipment For Sale

We have nine pieces of the Pace equipment for sale. These are still in really good shape and if we have any room we might keep a few of the pieces. Please see the front desk or the manager if you are interested. Currently they are in the Aerobics room if you wish to take a look.

[View Gallery »](#)

Aquatics Update



Water Safety Instructor Course

March 12-17, 2019 \$225

To register online [Click Here](#).

Kitsap Kids Learn 2 Swim

We want to welcome the Kitsap Kids Learn 2 Swim program back for another successful year! This school year we have 5 Schools participating and 1 school during the February Session.

As always we would love to have your help in continuing to make this Community Outreach Program a success and need your help in the water and on the deck, please contact the front desk to sign up to volunteer during the session.



SWIM CORNER

The swim committee meets once every month. Currently we have 4 active members as well as several technical supporters. Aquatic Center interests represented on the committee include: Lap swimmers, Water Aerobic class attendees, Swim lessons, General swim users.

The committee is searching for new members interested in joining the committee. Particularly individuals representing family users of the Aquatic Center. For further information please leave your name and contact information for Katrina at the KTAC front desk.

A close-up photograph of a tennis racket head and a bright green tennis ball. The racket strings are visible, and the ball is in sharp focus. The background is blurred, showing a person's hand holding the racket.

Tennis Updates

January Tennis Report

This month's court report highlights recently finished tennis competitions involving both our junior players and our adults and USTA Teams. It's incredibly important to support players that take the time and make the commitment to get out to challenge themselves as well as representing our club and program. The effort and mental toughness to test oneself and progress in our amazing sport takes true grit and determination from our whole team including our fine coaching staff, the parents, kids, players and members who play on our USTA Teams.

We also take some special pride in reporting that our center has taken back the Kitsap Cup in defeating Bainbridge Athletic Club in a fun and hard fought competition. The perpetual trophy is now on display in our club lobby.

Many of the kids committed to our junior program got out and completed at various levels. Players deserving recognition include Aiyana Juneja, Ella Parker, Ian McGowan, Jonah Pantig, Kai Junior, Olivia Anderson, Yayoi Junior, Dayshawn Harper, Marcus Brotsky and Taylor Anderson. Special recognition to those who either took home titles or were finalists. If you see any of these kids around the club let them know we are proud of their commitment and success.



Adults and USTA Teams

- KTAC 8.0 - Alyssa Emoto for making it to Sectionals for 18+ 2019 Season (July 2019)
- KTAC 9.0 - Craig & Tonya Schmid, Alisdair Horn, Chizu Salisbury for making it to Sectionals for 18+ 2019 Season (July 2019)
- KTAC 4.0 team (40+) - Jill Wallen, Kathy Letourneu, Tonya Henry, Liana Laughlin, Diane Mack, Carol Wurden, Hana Farr for making it to Sectionals 2019 (August 2019)
- Chizu Salisbury for making it to NRTP 4.5 doubles National championship (April 2019)

A special shout out to our 4.0 Women's team for winning the Area Play-offs at Galbraith Tennis Center beating the number 1 team! Congratulations team and good luck in Sectionals!

Juniors

- Aiyana Juneja: Kitsap County New Years Intermediate / Boys 12 Champion / Boys 14 Finalist
- Ella Parker: Sprinker January Junior Stars Intermediate / Girls 14 Champion
- Jonah Pantig: Kitsap County New Years Intermediate / Boys 14 Consolation Finalist
- Taylor Anderson: Boeing USTA Holiday Open / Women's Doubles Finalist

The Pro's Corner – Q & A

By: Jennifer Anne Shorr, USPTA

What are a few ideas and recommendations that can really improve my doubles game?

1. **Work on your MENTAL TOUGHNESS** - this is simply the ability to control your thoughts. By controlling your thoughts, you will focus better, play with more confidence, play well under pressure, recover from mistakes, and generally play better as a team. The task then becomes what should you think? I am glad you asked. Here is what you should be thinking.
2. **A QUIET MIND** offers your best performance opportunity. Simply put, the quieter the mind, the better you play. Just focus on the ball and hit to your targets. Tennis players always play worse when their mind is active. Quiet your mind, focus on your game plan and then execute it. Leave everything else off the court where it belongs. If your doubles partner starts talking to him/herself or if they become self-critical, be encouraging, supportive and remind them to get refocused on your game plan.
3. **Your CONFIDENCE** is your greatest weapon as a team. The two most empowering words you can say are "WE CAN!" If your partner starts to lose his/her confidence, help them to regain it by saying things like "We can do this! Come on, you can do it. It's just one error. The match isn't over yet. We always have a chance as long as the last point has not been lost." Say something positive to inspire and refocus your partner. Many times, self criticism is a defense mechanism to protect one's ego or to send a message to a partner to let him/her know I am disappointed about letting you down. Let your partner off the hook by showing continued support, encouragement and confidence.
4. I believe that doubles was meant to be played in **ATTACK MODE!** Your mind set should be to attack your opponents at every opportunity. Isolate the weaker player and attack him/her individually. Strive to control the net. Make your opponents hit up by hitting down into their court (hit the feet) making the service line on their side of the court your target. Get off that baseline at your first opportunity. Make this the staple of your offensive strategy. If you have to retreat to recover a lob, make getting back to the net a priority.
5. **POACH** often. Make the other team think about altering their shots to defend against your poach. Taking them out of their game is a huge advantage. It is no big deal if you get passed a couple times. It is to be expected. Continue to poach to keep the pressure on. I have seen my teams win many matches on a poach that went well or the opposing team missed a shot because of the pressure brought on by the poaching team. Just do it.
6. **COMMUNICATE** after every point. High five, touch racquets, come together and talk about what just happened (five seconds) and what you are going to do next (20 seconds). Do this after EVERY POINT!!!! This builds camaraderie, confidence and keeps you focused on your game plan.

In an effort to grow our adult day time program we are offering several new classes and clinics with USPTA Elite Professional Jennifer Anne Shorr. You now have options to get out and work on your

game along with having a chance to meet friends, old and new in these fast paced, fun and informative new programs.



Cardio Plus
Starting Feb 4th

Monday & Friday 12 to 1 PM
Great for all levels of play

Cardio Plus is a high energy fitness activity that combines the best features of the sport of tennis with cardiovascular exercise, delivering the ultimate, full body, calorie burning aerobic workout. Practice every shot in the game and finish with fun fast paced game-based drills with a Certified Cardio Plus Instructor.

Instructor: Jennifer Shorr



Dynamic Doubles
Starting Feb 6th

Wednesday's 10:30AM to 12PM
Intermediate Players
USTA 3.0 to 3.5+
or Pro Approval

Improve your doubles play fast! If you have ever felt stuck back behind the baseline after serving or returning and unsuccessfully trying to avoid the net player in front of you, trying to make something happen at the net but getting lobbed over instead? It's helpless feeling nothing is worse than knowing that you're letting your partner down. Learn to communicate effectively, build skills and improve strategy and positioning that best players in the game use to win championships.

Instructor: Jennifer Shorr



Volley Mastery
Starting Feb 8th

Fridays 1 to 2 PM
Intermediate Players
USTA 3.0 to 3.5+
or Pro Approval

Gain huge advantage over your opponents! This class will allow you to be able to serve and volley, return and volley, and play those tricky half volleys cool and calmly. Step by step progressions to build a fundamentally sound forehand and backhand volley from ground up. Erase and re-write those old habits and learn from a four-time Gold Ball winning National Mixed Doubles Champion.

Instructor: Jennifer Shorr

NEW Lobster Ball Machine

The New Ball Machine is here and ready for use, there are some new rules to help protect the new machine so that we will not run into all the maintenance issue as with the old machine. New pricing \$10 per hour.

Please help us protect the new machine and follow the Use Rules:



1. Enjoy your Hour!
2. Check out the Remote and Power Cord from the Front Desk
3. You will be asked for your ID or a set of keys during your checked out time and returned upon turning the power cord and remote back in at the front desk.
4. Age Restrictions: 16+ no restrictions, 15 and under requires an adult to supervise use (the adult must remain on the court for the entire hour)
5. Return the Power Cord & Remote back to the front desk and retrieve your Id Card or Keys.

POLICY UPDATES

Billing Updates

As of January 2019 the billing date has changed to the 15th of the month instead of the 25th. Please be advised that this will be the new day that EFT's will run.

New Annual Assessment Fee Structure

- Full Tennis Memberships: \$150.00
- Junior Tennis Memberships: \$100.00
- Associate Memberships: \$100.00
- Racquetball Memberships: \$75.00
- Swim Junior Memberships: \$50.00

We are going to bill this out in March of this year as we are still dealing with last year's Work assessment hours. You will have all year to pay this and can be set up into payments if you wish. Next Year we will bill out in January so there will be more time to split up payments.

This fee is very important and needed to help the Center grow and build up a reserve for capital projects and repairs. We rely solely on membership and program fees to cover Day to Day operations and it is barely keeping with the cost of living. We are always applying for Grants but there is never a guarantee that they will come through.