



# March 2019 Newsletter

## A Message from the Manager

Dear Valued Members

Is it here yet? Spring is right around the corner! I don't know about you but I am done with this cold and snow. I appreciate everyone's patience and understanding during the great storm of 2019. We made it through without any damage to the building. Hopefully the snow that is left in the parking lot will soon melt.

I want to remind everyone about the Assessment Fee that was just billed out this month. It is not too late to have it broken up into payments. If you still want to split it please contact me. You have until the end of this month to decide.

Please join us on April 6th for the Spring Gala event here at KTAC. There will be a silent auction, dinner and dancing. This event is to raise money for our community outreach programs such as the Kitsap Kids Learn to Swim with the 1st graders. If you have anything you would like to donate for the auction please contact me. Tickets will be available soon.

Thank you for your continued support and dedication to KTAC.

Sincerely,  
Katrina Fulkerson  
General Manager



# CALENDAR OF EVENTS

## March

- March 1st - Kitsap County Junior Advanced Tournament
- March 9th - Kids Night Out ([Read More](#))
- March 9th - Military Appreciation Day at Kitsap Fairgrounds
- March 15-17 - Water Safety Instructor Course
- March 17th - St Patty's Day

## April

- April 6th - Spring Gala & Silent Auction
- April 9th - Kids Night Out ([Read More](#))
- April 20th - Easter Egg Hunt/Open House
- April 21th - Easter Sunday KTAC CLOSED



## 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 15-17, 2019 \$225

To register online [Click Here](#).

## KITSAP KIDS LEARN 2 SWIM

This is a program that is very close to my heart. I would like to share a little bit about it. Almost five years ago the idea to reach out to a local school to invite their students to debut a program to teach water safety came about. It took 2 school years to get it settled so that we could move ahead. Esquire Hills Elementary was the first school to participate. This was very exciting to see come to fruition. The following year we were able to add Cottonwood Elementary to our line-up of schools to reach out to. This school year we have 5 schools that are going to be in attendance. Brownsville came during the fall, and starting in a couple of weeks is Pinecrest Elementary.



This program is offered to the schools at no cost to them, their families or the school district. This is part of the outreach program that we offer to the community. Being a 501(c)(3) organization we are required to show support for our community. This is a great way for us to show ours.

Funding was secured through fundraising efforts of the Fundraising and Grant Committee for our first school at least a year prior to our implementation of the program. This committee has continued to raise funds for this program as well as The "KTAC Loves Scouting Program" and for tennis scholarships. We are in the process of applying for Grants and are still continuing fundraising efforts to move the program forward. If you are interested in donating to this program please feel free to contact Katrina by email [manager@kitsaptennis.com](mailto:manager@kitsaptennis.com) or talk to us in the office. The cost per school is between \$800-\$1200 depending on the distance they are bussed and the number of students.

In our County, there is over 180 miles of shoreline with various lakes and open bodies of water. It is important that everyone knows how to be safe in, on and around the water. Through Kitsap Kids Learn 2 Swim we are supporting our community to help in this endeavor.

Last year we heard some concerns over the impact of this program on our members. Concerns were voiced that we were taking pool space and time away from our members. We endeavor to keep the impact to our regular programs to a minimum. These students have 8 lessons per school. The lessons are between 35-45 minutes long with a few minutes change and shower prior to the swim time and a few minutes after. This is right around an hour they are with us per day.

Another concern was the cleanliness of the pool after the students swam. We keep our pool well within the health code standards. The chemical levels are tested 5 times a day in both the hot tub and the pool. Chemicals are added to adjust the chemical levels during this time. We plan accordingly to a higher bather load so that our chlorine and pH levels are maintained at a proper level. We do ask the students to shower prior to entering the water, just as we do of all of our other guests and members. We also ask that all of our swimmers use the locker room facilities instead of the pool when needing to urinate.

I was amazed at how well behaved the students from Brownsville Elementary were when they visited us this past fall. There were close to 80 students and they had very minimal impact on the Center. They came in quietly and followed directions well, staying in the designated areas of the locker rooms.

Our first date was pushed back to begin this month. We will start on Wednesday, March 13th from 12:30-1:30pm. These students will come for 8 weeks, excluding the first week in April.

There is a training meeting on March 7th starting at 11:15am for those participating in the program.

This program is taught by staff and volunteers. If you are interested in volunteering please email me [swim@kitsaptennis.com](mailto:swim@kitsaptennis.com) or stop by the office and let us know. We do need to run a background check for all volunteers. This requires just name and birthdate and can be run quickly.

Chriss Kuykendall, KTAC Aquatics Director

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## SWIM CORNER

\*We will once again host the ROV program in March. The pool will be closed from 8:00-11:00am on March 14th for this Robotics program. I hope you get a chance to stop by and observe the program in action from the observations windows. We are proud to partner with PSNS/IMF for this learning opportunity.

\*The Water Safety Instructor class is scheduled March 15-17th. If you are looking to take the course please register ASAP.

\*On March 22nd we will be hosting our first visiting Preschool. These groups will come in and learn some information regarding fitness and water safety. They will spend a short time in the pool. If you would like to volunteer to work with this program please let me know. There will be 2 different sessions, 1 in the morning and 1 in the afternoon.

\*Welcome back to Juliana Guit and Serenity Huntwork! Juliana is teaching Monday and Wednesday evening lessons and doing a little bit of guarding and Serenity is guarding. Please stop by and welcome them back!

A photograph of a tennis racket and a green tennis ball in front of a white net, with the text 'Tennis Updates' overlaid in large, bold, black letters.

# Tennis Updates

## February Tennis Report

This month's court report highlights recently finished tennis competitions involving both our junior players and our adults. It's incredibly important to support players that take the time and make the commitment to get out and represent 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 and the members who play on our USTA Teams.

**Our Juniors:** Many of the kids committed to our junior program got out and completed at various levels. Players deserving shout outs include Aiyana Juneja, Ella Parker, Ian McGowan, Jonah Pantig, Kai Junior, Ryan Flatley, Olivia Anderson, Yayoi Junior, Dayshawn Harper, and Taylor Anderson.

Special shout outs 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.

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## Adults and USTA Teams

- **Prabh Sangha:** NTRP 5.0 - Winter Warm up! / Men's 5.0 / Singles Champion

## Juniors

- **Aiyana Juneja:** Kitsap County Intermediate Stars / Boys 12 Champion
- **Ella Parker:** Kitsap County Intermediate Stars / Girls 14 Champion
- **Jonah Pantig:** Kitsap County Intermediate Tournament / Boys 12 Finalist
- **Taylor Anderson:** CGM Winter Chill / Singles Finalist

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## The Pro's Corner

By: Jennifer Anne Shorr, USPTA

### Questions about the Serve:

**What things I can do off court to help my serve?** I really feel that what you do off the court can sometimes help you improve faster than actually going to the court. Consider the importance of perfecting your toss. Develop a ritual with your stance and set-up. Shadow the motion until you can smoothly perform the entire motion smoothly and without a hitch. Also do some rotator cuff exercises, calf and shoulder work and don't forget your core. Ask your pro or talk to a trainer for more ideas and specifics.

**Why are pro's always trying to get me to change my grip to a continental for my serve? What are the benefits?** The correct grip is essential if you are serious about ever turning your serve into a weapon. It is nearly impossible to develop the slice, topspin and kick serve without using the correct grip and power is limited without being able to naturally pronate the hand.

**How can I get more power on my serve?** Take some lessons! Use the correct grip (see above). Perfect the toss. Develop a loose fluid and continuous motion that coils and uncoils like a spring. Learn to relax and throw the racquet at the ball. Strengthen your core! And hit buckets and buckets of balls. The expression "Practice makes perfect" was invented for tennis - really "perfect practice, makes perfect."

**What is more important for my serve, placement or power?** Placement over power! Really it's the same for all of our strokes... Consistency, accuracy, depth control, and then power.

# POLICY UPDATES

## 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

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 they will come through.