



**2015 SUMMER PROGRAM GUIDE**

At Eugene Swim & Tennis Club, our mission is to provide our members with access to excellent programs and facilities for tennis, fitness and aquatics in a friendly and enjoyable environment. We are committed to supporting healthy lifestyles through activity and social engagement.

Summer is a busy time at Eugene Swim & Tennis Club. We want everyone to have fun and enjoy the club, the programs, and the amenities we have to offer.

To register for classes, programs or events visit [estc.org](http://estc.org) or call 541-342-4414.



2766 Crescent Avenue  
Eugene, Oregon 97408  
[ESTC.ORG](http://ESTC.ORG)

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## RBC Wealth Management Open

Sponsored by the Johnston Investment Team. Proceeds to benefit the Boys and Girls Club of Emerald Valley.

The 54th Annual RBC Open takes to the courts July 2nd-5th. Enjoy four days of tournament tennis featuring men and women competing in numerous open and NTRP events. This premier event draws many top players and future tennis professionals from around the country.

Sponsorship opportunities are available starting at \$100. See Paul Reber for details or email him at paulr@estc.org

## Junior Rally Day

A community event celebrating tennis. Member and non-member juniors are welcome to join in fun tennis drills and games during this tennis event.

AGES 4+ YEARS

Friday, June 12 4:00 PM  
No Fee.

## Tennis Happy Hour

Adults - find your swing! Join our tennis pros for happy hour and some court time. Pack some tennis shoes in your bag and head to the club for a preview of our Tennis 101/102 classes. We'll provide the racquets and complimentary beer and wine. Child care provided (please reserve 24 hours in advance.)

Tuesday, June 2 6:30-7:30 PM  
Tuesday, July 7 6:30-7:30 PM  
Tuesday, August 4 6:30-7:30 PM  
Tuesday, September 1 6:30-7:30 PM  
No fee.



## ESTC Summer Concerts

Pack a picnic dinner and bring your dancing shoes. Local bands play poolside and a rockin' good time is had by all.

Dates and times to be announced  
No fee.

## Wacky Wednesdays

Join us for a carnival-like atmosphere every Wednesday afternoon. Each week will bring a different event, including a dunk tank, bounce house, snow cones and more. Fun for everyone.

Wednesdays 4:00 PM  
No fee. Begins June 17.

## Sunday Sundaes

A favorite summer tasty treat. Make your own ice cream sundae at our sundae bar.

Sundays 1:00 - 3:00 PM  
Fee. Begins June 21.

## FAQ

### Q. I'm an adult summer member interested in playing tennis... how do I get on a court?

A: Summer members are welcome to check with the front desk regarding booking an open court. The Beginning Tennis series is also open to summer members.

Improve your game at an ESTC Tennis Camp. Weekly camp sessions provide flexibility for your summer planning.

## WEEKLY SESSIONS

	FS1	FS2	FS3	Beg	Inter	Adv	JC	TC
June 22-25								
July 6-9								
July 13-16								
July 20-23								
July 27-30								
August 3-6								
August 10-13								
August 17-20								

## FUTURE STARS CAMP

AGES 5-10

The Future Stars Camp introduces younger players to the wonders of tennis. Striving for the best possible learning environment, we divide our Future Stars by ability. Instruction takes place indoors followed by games and activities outside on the lawn. We focus on movement, hand-eye coordination and the fun of sport. Following a snack break we return inside for another round on the court.

Monday - Thursday 9:30 - 11:30 AM  
Fee: \$110 Member, \$130 Non-Member  
Daily Drop in Rate: \$35 Member | \$45 Non-Member

## Future Stars 1

AGES 5-6

This class utilizes the QuickStart 10 & Under curriculum. We use shorter courts, smaller racquets and lower bouncing balls that make it easier to learn tennis. There is an emphasis on basic technique for groundstrokes and volleys along with tennis specific movements and development of hand-eye coordination.

## Future Stars 2

AGES 6-8

We use a larger 60' QuickStart court for these Future Stars. The basics of tennis including serving mechanics, scoring, playing points, games and sets are introduced as your child's tennis development grows.



# Junior Tennis Camps

## Future Stars 3

AGES 8-10

Our Future Stars 3 players are introduced to the full size court while continuing to build on the techniques learned in previous classes. As your child advances in this class, they will be ready to play their first tournament on the 60' QuickStart court.

## RECREATIONAL CAMPS

AGES 11-18

Our Recreational Camp is designed for the player new to the game or the casual player looking to build their skills during the summer months. Enjoyment of the sport of tennis, the joy of movement and learning to compete will be incorporated into all aspects of the camp. The Recreational Camp is offered weekly and we alternate weeks between the beginner/intermediate and the intermediate/advanced levels.

Monday - Thursday 11:30 AM - 1:30 PM

Fee: \$110 Member, \$130 Non-Member

Daily Drop-in Rate: \$35 Member, \$45 Non-Member

## Beginner

The beginner level introduces tennis to the player with little or no prior instruction. The focus is on proper technique, grips and movement on the tennis court. Fun and enjoyment of tennis helps to develop a love of the game.



## Intermediate

The intermediate level is for the player who has been introduced to tennis with previous instruction. This camp will review the basics of the sport with drills and games. Reinforcement of proper technique and the beginning of point construction is the focus along with the fun of competition and the game of tennis.

## Advanced

The advanced level is designed for the varsity high school player or player who would like to play on a high school team in the coming season. Players should have experience with match play and solid knowledge of proper technique. The focus will be on technique, all-court singles strategies and learning to play doubles as a team.

## PERFORMANCE CAMPS

These week-long, intensive camps feature two sessions daily. The morning session will focus on stroke development, drills and strategy. The afternoon session will focus on point play in both singles and doubles match situations. Players are expected to attend both the morning and afternoon sessions.

Any player interested in competitive tennis should register for Performance Camp, whether playing Junior Challenger or Tournament Competition 1 levels.

Monday - Thursday 8:00-9:30 AM, 12:30-2:00 PM

Fee: \$225 Member | \$275 Non-Member

Daily Drop in Rate: \$60 Member | \$75 Non-Member

## Junior Challenger

Junior Challenger is designed for the young player who is beginning to take tennis more seriously and is ready to begin participating in USTA tournaments. The focus of the camp is on continued stroke development and the basics of point construction.

## Tournament Competition 1

Tournament Competition 1 is for the player who is playing tournaments and is committed to tennis. The focus of the camp is on development of an all-round player able to play proficient singles and doubles with an ability to think and correct independently.

## LESSON & CAMP POLICIES

- Advanced registration required
- In order to secure a spot in class/camp - we request that you register by 5:00 PM on Sunday the week of the lesson or camp
- Minimum of three players enrolled by Sunday at 5:00 PM for the class/camp to be held that week
- Drop-ins are accepted for camps on a space available basis at a drop in rate
- We are unable to provide refunds for missed classes

## FAQs

### Q: What do I need to know regarding locker room usage?

A: Junior members under the age of 18 years use the locker rooms that are next to the snack shack. Children under the age of 5 years with a parent may use the adult locker rooms.

### Q: What are the Snack Shack hours?

A: The Snack Shack will be open June 14 through August 31. Hours are noon-7:00 PM daily. In the case of inclement weather or temperatures under 70 degrees, the snack shack will not be open.



# Adult Tennis

## Ladies Night

Doubles play for all levels with rotation of partners and opponents. Check in at front desk.

1st Monday of each Month 6:30 – 8:30 PM

No fee.

## Mixed Doubles Night

Doubles play for all levels with rotation of partners and opponents. Check in at front desk.

Second, Third, Fourth, Fifth Monday 6:30 – 8:30 PM

No fee.

## Men's Night

Doubles play for all levels with rotation of partners and opponents. Check in at front desk.

Thursdays 6:30 – 8:30 PM

No fee.

## Co-Ed Point Play

An opportunity for players to play out points in a rotating format with other members of similar skill level. A non-instructional class.

Sundays 4:00 – 5:00 PM

Not staffed. No fee. Level: 2.5-3.5+

## Co-Ed Doubles Drop In

Drop-in doubles play for all levels with rotation of partners and opponents. Check in at front desk.

Fridays 12:30 – 2:00 PM

Not staffed. No fee.

## Summer Team Tennis

ESTC's favorite summer league is back once again, this time with a twist of friendly competition from our Tennis Professionals. David, Darryl, Wendy and Lewie will each captain a team. Sign up to play and the pros will take care of the rest. All levels welcome.

### Format:

World Team Tennis style with substitutions, 1 Men's/Women's Doubles, 1 Men's/Women's Singles, 2 Mixed Doubles

June 21/28, July 12/26

Sundays (see dates above) 5:00-7:00 PM

Fee: \$20

## July Men's Morning Drills

Gentleman! Join us Wednesday mornings in July from 6:00-7:30 AM for a great tennis workout and get your day started off on the right track! We will use all six outdoor courts (weather permitting) with four players and one pro per court. Each court will present a different drill — so be prepared to have fun, work hard and enjoy our beautiful Pacific Northwest summer mornings.

Wednesdays (July 8-29) 6:00-7:30 AM

Preregistration required. Fee: \$40

## Co-Ed Doubles Clinic (NTRP 3.0+)

Looking to improve your skills in a group environment? This clinic covers strategy, point construction, and tactics.

Saturdays 9:00 – 10:30 AM

Fee: \$15/clinic

## Get In The Game! Beginning Tennis Series

Learn to play tennis in no time with ESTC. Tennis is a great social outlet, where fun and fitness meet. Whether you play to win or just for fun, tennis provides a time-efficient, enjoyable way to get in shape and stay connected with people in your community.

The tennis professionals at ESTC created a lesson series that will get you on the court, playing tennis and having fun in no time. ESTC has a variety of classes at little or no cost for every player. Get in the game!

- Monthly sessions
- Advanced registration required
- See the front desk for additional information

## Tennis 101

If you have never played tennis before or are returning after a long absence from the court, this class is for you. Our beginner program starts with Tennis 101 with all of the basics including how to hold the racquet, the different strokes used and the layout of the court. This is a great way to get started with tennis and meet others.

Tuesdays and/or Thursdays 6:30 – 7:30 PM

Free for Members, Non-Members: \$5/class

## Tennis 102

A great follow up to Tennis 101, this class will teach you where to position yourself and how to play a point.

Tuesdays and/or Thursdays 6:30 – 7:30 PM

Free for Members, Non-Members: \$5/class

## Tennis 201 – Beginning Singles

Basic singles strategy is taught in this fun, point-play oriented class. Learn how to construct points that favor you, not your opponent.

Tuesdays 7:30 – 8:30 PM

Members: \$5/class

Non-Members: \$10/class

## Tennis 202 – Beginning Doubles

Learn where to position yourself, the highest-percentage plays and cues our opponents give us on the court. Let your doubles game work for you.

Thursdays 7:30 – 8:30 PM

Members: \$5/class

Non-Members: \$10/class

## Clinic Policies

- Advanced registration requested
- Register online or at the front desk a minimum of 24 hours in advance
- Cancellations must be received within 24 hours of the beginning of class
- Three person minimum for clinic to be held
- Register for all adult clinics through online registration, in person, or by phone



# Adult Events

# Aquatics

## Pickleball

Pickleball is a sport in which players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications. Pickleball is one of the fastest growing sports in the country. With our staff and our equipment, you will be playing within an hour. All members are welcome.

### Weekly Drop In Play (Staffed)

Wednesdays	12:45-2:00 PM
Sundays	5:30-7:00 PM

### Open Play (Unstaffed)

Wednesdays	2:00 -3:15 PM
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### Pickleball Clinic

June 16	5:30 PM
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*Details to be announced.*

## FAQs

### Q: I would like to host a party at ESTC, what's my next step?

A: You may reserve the Dick Black Pavilion with a \$25 reservation fee. A second site with umbrellas and tables may be reserved at no charge. Please contact Chris Kramer (chrisk@estc.org) for details.

### Q: What is the process for using the barbecue grills?

A: All barbecue grills are available on a first-come, first-served basis. Lighters and tools are available beside the grills. Inquire at the front desk if you require assistance. Please clean and turn off the grills when finished. These are shared by all members and none are reserved for private party use.

### Q: What is the protocol for using the refrigerators at the club?

A: There are two refrigerators onsite. One is located inside the Dick Black pavilion. This is shared space unless it is in use by a pavilion reservation. The other is in the kitchen above the weight training room, and this refrigerator is available for use at any time. The refrigerators are cleaned out at the end of each day. Bringing your own alcohol to ESTC is prohibited by OLCC regulations.



## Pool Hours

Please note that the pool opens one hour after the club opens (Monday-Friday) and closes one hour prior to club closing (daily) for pool maintenance.

Lifeguards will not be on duty when the temperature is less than 70 degrees. Note that the pool may close due to inclement weather.

The pool will be closed for swim meets (dates TBD) and on Friday, July 3 at 5:00 PM for a special event.

## Pool Rules

Members and guests please follow all posted pool and spa rules to keep our pool safe. Lifeguards have complete authority in the pool area.

**Parents of non-swimmers under the age of 7 must accompany their children in the water.**

**Children under age 11 must have adult supervision inside the pool perimeter at all times.**

**Parents must be on the pool deck/in pool for all non-swimmers under the age of 14.**

If you have any questions about the pool rules, refer to the membership handbook available online or at the front desk.

## Adult Swim Hourly Breaks

In order to provide the healthiest pool water and a safe pool experience, ESTC has "adult swim" the last ten minutes of every hour. This is break in the action is recommended by the Centers for Disease Control for healthy pool water.

Please take your child to the restroom during this time. Do your part to keep the ESTC pool open and the water healthy for all swimmers.

This is an opportunity for kids to rehydrate and provides our lifeguards a break from pool monitoring.



# Aquatics

## SWIM LESSONS

Swimming lessons are offered in a private, semi-private and group format.

### Group Lessons

Classes are 30 minutes in length between the hours of 11:00 AM -12:00 PM. Classes will maintain a 5-to-1 ratio.

Registration for one session at a time is accepted. Students must have a progress card to register for the next level of instruction.

### Skill Level/Class Description

- Pre-School: Ages 2-4 with no previous instruction
- Beginner 1: Ages 5 & up with no previous instruction
- Beginner 2: Ages 5 & up with beginner arm stroke, can swim at least 10 feet unaided
- Beginner 3: Refinement of arm stroke & breathing coordination. Introduction to other strokes. Can swim the width of the pool unaided
- Advanced Beginner: Any age able to swim one length of the pool. Refinement of strokes, building endurance and introduction to breast stroke
- Intermediate: Successful completion of Advanced Beginner level or ability to demonstrate crawl, basic backstroke and breast stroke

## Weekly sessions

June 22 - August 14  
Monday through Thursday  
11:00 AM: Preschool, Adv. Beginner, Intermediate  
11:30 AM: Beginner 1,2,3

Fee: \$30 per week  
Each class needs a minimum of three students to run. No refunds for missed lessons.

## Private Lessons

All ages and skill levels. Please schedule your lesson with a lifeguard or contact the front desk.  
\$30 per 30 minutes (private)  
\$40 per 30 minutes (semi-private)

## Summer Swim Team

A great opportunity for junior members to participate on a recreational swim team. No prior competitive experience is necessary. Participants must be able to swim the crawl stroke one length of the pool. Practices emphasize building endurance and skill refinement in a team environment.  
*Ages: 6 - 18 years. Monday through Thursday.*

June 22 - August 14 8:30 - 9:15 AM  
*Fee: \$95/child*  
*Includes team t-shirt*  
*Team suits available by special order*

## Water Fitness Class

A summer fitness favorite! Cardio, strength, endurance.... and fun! Monday/Wednesday/Friday/Saturday  
Begins June 15 9:30 - 10:30 AM

*No Fee*



## LAP LANE AND OPEN SWIM SCHEDULE

### May 1 - June 13 and September 1 - September 30

Monday-Friday		
6:00 AM - 8:00 PM	No Lifeguard	Lap lane available
Saturday		
7:00 AM - 12:00 PM	No Lifeguard	Lap lane available
12:00 PM - 7:00 PM	Open Swim - Lifeguard on Duty	Lap lane available
Sunday		
7:30 AM - 12:00 PM	No Lifeguard	Lap lane available
12:00 PM - 7:00 PM	Open Swim - Lifeguard on Duty	Lap lane available

### June 14 - August 31

Monday-Thursday		
6:00 AM - 8:30 AM	No Lifeguard	Lap lane available
8:30 AM - 9:15 AM	Programming	No lap lane available
9:30 AM - 12:00 PM	Programming	Lap lane available
12:00 PM - 8:00 PM	Open Swim - Lifeguard on Duty	Lap lane available
Friday		
6:00 AM - 12:00 PM	No Lifeguard	Lap lane available
12:00 PM - 8:00 PM	Open Swim - Lifeguard on Duty	Lap lane available
Saturday		
7:00 AM - 12:00 PM	No Lifeguard	Lap lane available
9:30 AM - 10:30 AM	Programming	Lap lane available
12:00 PM - 8:00 PM	Open Swim - Lifeguard on Duty	Lap lane available
Sunday		
7:30 AM - 12:00 PM	No Lifeguard	Lap lane available
12:00 PM - 8:00 PM	Open Swim - Lifeguard on Duty	Lap lane available





## Teen Fitness Class

AGES 12-15

Teens can gain access to the fitness area through this training class. Participants will learn exercise fundamentals, how to use cardiovascular and weight training equipment, and will receive a complete workout routine. This class is required for all junior members who want to work out without an adult present. Contact the front desk for additional information.

Fee: \$50

Four - 1 hour sessions

Group sessions available upon request

## High Intensity Interval Training (HIIT)

Commit to improving your fitness level this summer with HIIT Training. An effective type of training used by athletes, coaches and fitness enthusiasts. HIIT alternates bouts of high intensity exercise with shorter bouts of rest. See the HIIT brochure for additional details.

Monday/Wednesday/Friday 7:15 - 8:15 AM

\$90 per session

\$15 per drop in

No prorating or refunds please



## HIIT Sessions

May 4-22

June 1-19

June 29-July 17

August 3-21

September 14-Oct 2

## HIIT Free Preview Classes

May 25, 27, 29

June 22, 24, 26

July 27, 29, 31

August 24, 26, 28, 31

September 2, 4

## Personal Training

Get a jump on your fitness this summer with a Personal Trainer. Studies show that those with specific goals achieve results faster, more safely and with a better chance of being able to continue on their own with a Personal Trainer than without. Give yourself the tools, knowledge, habits and desire to continue life-long exercise on your own.

## Your Trainer will:

- Appropriately assess your current health and fitness level including basic nutrition
- Chat with you and help you develop smart goals, then help you map out those goals along a reasonable time line
- Design an appropriate program based on where you are and where you would like to be.
- Provide accountability, feedback and assess your progress along the way
- Continually introduce new equipment and training techniques as you progress



## Group Fitness Etiquette

- Please wait for the current class to officially end before entering the studio for the next class
- Please sign in with your first and last name for every class on the appropriate class sheet.
- Please follow the instructor's directions and class format, utilizing modifications when appropriate
- As a courtesy to instructors and participants, please avoid carrying on long or loud conversations during class
- As a courtesy to instructors and participants, please silence and refrain from using communication devices during class. If necessary, please exit to the lobby before using your device.
- Thank you for joining us, and enjoy your workout!

## Information & Helpful Tips

- All classes are free to members (unless otherwise noted by \*\*) and are 55-60 minutes in length
- Instructors and classes are subject to change. Classes may be cancelled due to low participation or during holidays or other special events
- All classes except Active Adult (55+) are appropriate for teens and adults ages 12 and over
- If you are new to Group Fitness classes or if you have any medical concerns, please let your instructor know prior to class so he/she can help you get started and suggest appropriate exercise options.



## Group Fitness Schedule

### Mornings

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00	6:00 AM GROUP CYCLING Nicole	6:00 AM GROUP POWER Sandra	6:00 AM CARDIO CROSS TRAINING Sandra	6:00 AM GROUP POWER Shayna	6:00 AM GROUP CYCLING Sandra	
6:30						
7:00	7:15 AM HIIT** Kristin		7:15 AM HIIT** Kristin		7:15 AM HIIT** Kristin	
7:30						
8:00						8:00 AM ACTIVE ADULT CROSS TRAINING Kristin
8:30						
9:00	9:00 AM GROUP POWER Kimra	9:00 AM CARDIO CROSS TRAINING Kristin	9:00 AM GROUP POWER Kimra	9:00 AM CARDIO CROSS TRAINING Nicole	9:00 AM GROUP POWER Kristin	9:05 AM GROUP POWER Sandra
9:30	9:30 AM, 6/15-9/25 WATER FITNESS Kristin		9:30 AM, 6/15-9/25 WATER FITNESS Nicole		9:30 AM, 6/15-9/25 WATER FITNESS Team	9:30 AM, 6/15-8/29 WATER FITNESS Kristin/Nicole
10:00	10:05 AM GROUP CYCLING Kimra	10:05 AM YOGA Brynne/Nicole	10:05 AM GROUP CYCLING Kimra	10:05 AM YOGA Nicole		10:10 AM GROUP CYCLING Sandra
10:30						
11:00	11:00 AM ACTIVE ADULT WEIGHT ROOM Julia		11:00 AM ACTIVE ADULT WEIGHT ROOM Julia		11:00 AM ACTIVE ADULT WEIGHT ROOM Julia	

### Evenings

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30	5:30pm GROUP POWER Shayna	5:30pm GROUP CYCLING Kelli	5:30pm GROUP POWER Kelli	5:30pm GROUP CYCLING Kristin		
6:00						
6:30	6:35pm EVENING YOGA Erik		6:35pm EVENING YOGA Erik			

\*\*Fee applies to HIIT (HIGH INTENSITY INTERVAL TRAINING) classes. See HIIT brochure for current month's schedule, pricing and training information.

## Welcome

Kids Corner is available for children ages 3 months through 7 years. Parents must remain on the premises during the time of care.

## Hours of Operation

Monday-Friday 9:00 AM - 1:00 PM

Monday, Tuesday, Thursday 5:00 PM - 8:30 PM

## Rates\*

1 hour \$4.00 per child

1.5 hours \$6.00 per child

2.0 hours \$8.00 per child

\*Complimentary for year round family memberships.

## Reservation Policy

Members must call the front desk to make a reservation for Kids Corner. Reservations may be made up to seven days in advance, but no later than 8:00 PM the night prior. If the ratio of 5:1 (children to staff) has not been met, walk-ins may be taken. Reservations should be canceled by 8:00 PM the evening prior. A \$4.00 fee will be billed to account for any late cancellations or no shows.

## Snacks

Simple snacks are provided for the children. However, please feel free to bring a snack or drink for your child. We recommend finger foods such as cheese sticks, Cheerios, crackers, fruit etc. Please avoid drinks that stain and small items such as peanuts or raisins that are potential choking hazards.

## Special Needs

If your child has any special needs, please let the Kids Corner staff know in advance. Please keep the staff informed of pertinent information such as allergies etc.

## Diapers & Potty Training

Please bring your child to Kid's Corner in a clean diaper or after a recent restroom visit. If your child is potty training, please dress them in Pull-ups or plastic pants.

## Illness Policy

Please see the member handbook for the Kids Corner illness policy.

## FAQs

### Q: What about parking lot security?

A: We recommend you do not leave any valuables in your car during your time at the club. Additionally, it is prudent not to have any items visible that may attract attention (i.e. shopping bags, briefcases, etc.)



# Massage



Massage therapy is available to both members and non-members. Please make an appointment at the front desk.

## Swedish Massage

Addresses stress and tension, this is recommended for overall relaxation. Uses medium pressure and varied strokes for a relaxing massage.

## Deep Tissue and Injury Treatment

Uses very deep, slow strokes to effectively lengthen and relax muscles. Treatments address chronic pain, headaches, stress, tension and injury.

## Sports Massage

Addresses one or two specific areas of the body to help prevent injuries or facilitate recovery of stressed or overused muscles, tendons and ligaments.



## Trigger Point Massage

Utilizes direct pressure to relieve specific areas that are tender or hypersensitive, resulting from overuse or injury.

## Rates

30 minutes	\$ 35.00
60 minutes	\$ 70.00
90 minutes	\$100.00



# 2015 RBC WEALTH MANAGEMENT OPEN

July 2-5 at Eugene Swim & Tennis Club

Sponsored by Johnston Investment Team

Proceeds benefit Boys & Girls Club  
of Emerald Valley



Enjoy four days of tournament tennis featuring men and women competing in numerous open and NTRP events. This premier event draws many top players and future tennis professionals from around the country. We encourage our members to participate either in the open or age group events.

Sponsorship opportunities are available starting at \$100. See Paul Reber for details or email him at [paulr@estc.org](mailto:paulr@estc.org)