



Ventura Tennis Club

P.O. Box 3005
Ventura, CA 93006
www.VenturaTennisClub.com

at Camino Real Park
Established 1981



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NEWS & NOTES

FALL 2019

VTC Tennis Day, Aug. 31

On par for this time of year, we were blessed with sunny, comfort-

able weather and a beautiful day for tennis. The morning session accommodated the kids and "upstarts." In



coach Hoss Salehi helps youngsters discover the joy of tennis



More than 30 turned out for the VTC Tennis Day on August 31



**Sara Herrell's son
Luke executes a half-volley**



late morning, many adults joined the rotating doubles elimination led by coach Hoss Salehi. Thanks to Hoss for running these warm-up games. Our usual round-robin doubles followed using five courts. Many thanks also to our loyal members who come early to help set up the tables, chairs, and canopies.

Friday Mixer, Sept. 27

Based on the response to our previous Friday night event, VTC tried this again and was surprised by the good turnout of over 21 eager players. Clear and moderate Fall weather helped. We played some great doubles on five courts, mostly under the lights.

Halloween Mixer, Oct. 26

While costuming was minimal, spirits were energized for this annual event. Sixteen members showed up to enjoy the usual round-robin fun on four courts. Again, we lucked out with great weather.



Friday Night Mixer draws 21 players

Ladies Social, Nov. 16

The Ladies always do it up right, with a delicious potluck of main dishes, salads, fruits, snacks, and desserts. Sixteen women showed up to join the round-robin fun on four courts. Luckily, the late-season weather was clear and pleasant. Thanks to Patti Yoshida, Paula Garland, and the men who helped set up the canopy, hauled in the drinks, and dressed the serving table.



Halloween Mixer



Wendy Brown and Sara Herrell battle with opponents



Ladies Social and potluck



Hats and visors and other accessories with embroidered club logos are available for purchase.

Monday Night Tennis

Want to play more mixed doubles without having to organize a group? Monday Night Tennis (MNT) is the place to be. No planning required! Warm-up begins at 6:15 pm. There's a \$2 fee to cover balls and lights.

Recently Kira and Jennifer Branson (her mom) joined us at MNT. Kira was in the first Youth Summer Camp that VTC started in 2013, which kindled her love for tennis. She is now in middle school and is a phenomenal tennis player!



Kira Branson

Upcoming Events... (see website for updates)

January 18. VTC Member Appreciation Day.

1:00 to 4:00.

Feb. 22. Ladies Potluck.

1:00 to 4:00.

March 21. All-Club Mixer.

11:00 to 3:00.

TENNIS TIPS

More tips on how to develop good tennis habits and improve your control of the ball. The YouTube hyperlinks will take you to online audio-video instructions by tennis professionals.

The Pivot and The Big First Move at the Baseline

Courtesy of Jeff Salzenstein

In this video, Jeff advises students to avoid

the common "false step" after doing a split step at the baseline and trying to push right or left.

https://baselinefootwork.tennisevolution.com/bfs-v1-the-pivot-move?utm_source=ActiveCampaign&utm_medium=email&utm_

Overhead Tip: Grip and Role of the Free (non-dominant) Hand

Courtesy of Gregg le Sueur of OTC

In this video, Gregg reminds students to use the free or non-dominant hand for two important tasks:

- (1) to adjust (twist) the grip when taking the racket back, and
- (2) to help turn the shoulders when taking the racquet back.

Notice the position of the racquet on the backswing: hand is at shoulder height and the racquet is pointing toward the sky—NOT behind the back as in the "waiter" position.

https://plc.onlinetennisinstruction.com/overhead-tip/?inf_contact_key=f-68c5dc13f7e9026f486f65767cb7f-3816358d5485884e-2f31e6019a0d26c8b0

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