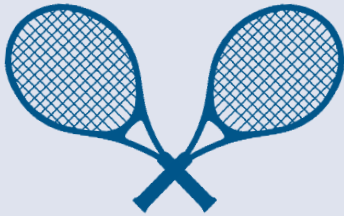




Ventura Tennis Club

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

at Camino Real Park
Established 1981



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NEWS & NOTES

WINTER – SPRING 2022

Holiday Mixer, December 2021

This end-of-year event drew a surprising 20 players, thanks to some good weather.

Monday Night Tennis

VTC Monday Nite Tennis is rocking every Monday evening from 6:30p until around 9p! Each player pays \$2, which covers balls & lights. This is a

very social group of mixed doubles. You don't need to bring a partner because we mix up and switch up every 6 games of no-ad tennis. It goes fast! We have folks of varying skill levels of play, the average being around 3.5. This event, a long-time staple of the VTC, has courts every week. This is a good way to meet other players and get started in our tennis community.





President Marv King honors departing board member Patti Yoshida for her many years of service



Veteran members chill out with their favorite brew



USTA captain Lester Tong is ready for competitive action on the court

Upcoming Events...

Tennis Day – Usually occurs during the Memorial day weekend (this year Sat, May 28th). VTC spearheads and the City has supported this event which includes youth tennis lessons, racquet demos, clinics and open doubles play. From 6–8 courts have been used for this OPEN TO THE PUBLIC event and we have provided snacks, food and refreshments. The City has provided the clinics. This program supports the entire community and the tennis clinics benefit.

Youth Tennis Camp – Our 2-week summer youth camp is in its 5th year. We have traditionally used Buena HS courts except during last pandemic year. The youth program has had over 150 kids over the four years. The age range is 6 to 16 with skill levels from beginners to intermediate players. The kids are able to learn basic volleying up to rallying. The course includes a variety of skill lessons and games provided by USTA Net Generation..



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

COURT RULES

Time of the Season?

CASE: My doubles partner and I were two points away from winning our match. At that moment, our opponents called for a Medical Time-Out for cramps. I told them that an MTO could not be taken in the middle of a game. It was February, so heat was not a factor. Was I right in denying an MTO?

VERDICT: While the timing of their request for a Medical Time-Out may have been suspect, your opponents were within the rules (USTA TR III.E.3.) in taking one for cramping. Under TR III.E.1., a MTO is taken for a “treatable medical condition,” and under TR III.E.3., that “includes, but is not limited to, an injury, illness, or heat-related condition or cramping.” If you believe the issue was gamesmanship and not cramping, you’ll need an official to make that decision.

— Rebel Good,
USTA Tennis Rules & Regs Committee

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.

How to Hit with Massive Kick on Your Serve

Courtesy of Jeff Salzenstein at Tennis Evolution.

In this [podcast](#), Jeff Salzenstein reveals three secret tips to hit massive kick on your tennis serve. Most players use a pinpoint stance, and struggle to generate topspin on their serve.

In this lesson, Jeff shares the solution to this common problem and demonstrates how you can master the kick serve, even with a pinpoint stance.

Tip #1: Adjust Your Stance

When you bring your back foot, aim to get it slightly behind your front foot.

Then, make sure to turn your upper body as you do the motion.

If you struggle with this movement, you’ve got to work on your upper body rotation. You should perform drills that will help you open the mid back, rib cage, and thoracic spine.

Tip #2: The Toss

Next, place your toss to the left hand side of your body if you’re a righty, and vice versa for a lefty. Consequently, you’ll be able to create the right swing path to hit topspin on the serve.

Tip #3: The finish

Finally, make sure to finish on the same side of your body.

If you follow these three awesome tips, you’ll be able to generate massive kick on your tennis serve.

The Serve Routine

Courtesy of Brady at DTL

<https://www.dtlprime.com/wcsroutine>

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