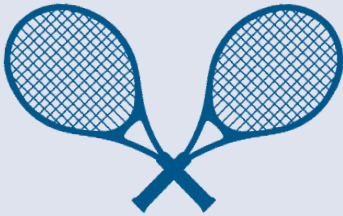




# Ventura Tennis Club

P.O. Box 3005  
Ventura, CA 93006  
[www.VenturaTennisClub.com](http://www.VenturaTennisClub.com)

at Camino Real Park  
Established 1981



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# NEWS & NOTES

WINTER – SPRING 2020

## Member Appreciation Day, January 18

The weather was cool but pleasant for our annual Member Appreciation Day. Honored for their "continued service, support, and participation with the Ventura Tennis Club" were Jim Whitney

(former President 2016–2018), Paula Garland, Richard Snyder, and Steve Browneller. Current President Marv King presented award certificates to each individual. Following the custom of our regular mixers, a healthy lunch was served to keep the fun and energy going.



Over 15 turned out for VTC's Member Appreciation Day



VTC Members Day lunch table

## Ladies Potluck, Feb. 22

On what started as a sunny day, turned Ventura spot rainstorm, the first Ladies Potluck of the year was teetering on being cancelled. The “local” rainstorm was substantial and the courts were soaked an hour

and a half before start time. Without a bright sun and helping wind...we decided to send out a CANCELLATION note.

But alas, the tennis gods looked down on us and said... “Not so fast!” Sure enough, the sun did come out and miraculously the courts were drying! I heard a faint sound... “If they dry, they will come.” And sure enough players started showing up. Perhaps it helped that 1) most people did not see the email and 2) the downpour was in fact local, so those coming from Oxnard or Santa Paula never felt it!

So we launched with 3 full courts and an assortment of sandwiches, salads, chips, fruits and drinks. Lulu Young led the way with drying off the courts before Lester Tong arrived and pulled out the squeegee.

The teams were very competitive and played through over 4 rotations. They even played through a very

brief drizzle about an hour and a half into the event.

THANKS to all who made it out to play. Much fun was had by all!

— Marv King, VTC President

## Fallout from the COVID-19 Pandemic

The infestation in February of a highly contagious virus from China has wreaked havoc with the health, lifestyles, and economies of countries all over the globe—including Italy, Indonesia, India, England, Europe, and the United States. Especially hit hard by disease and deaths have been both victims and caregivers in New York, New Orleans, the Northwest, San Francisco, and now Southern California. As of this writing (April 2), 10 million Americans had applied for unemployment benefits within a two-week period. (Many more were not eligible for it.)

As tennis fans, we’ve seen major events cancelled—including Indian





**Ladies who braved the uncertain winter weather were delighted when the sun came out and rewarded with a great lunch.**

Wells, Wimbledon and all USTA-sactioned leagues—as well as the closure of parks, recreational facilities, hiking trails, and beaches.

“Social distancing” has become the official watchword of the day, with responses ranging from overconfidence to warranted caution to outright paranoia.

None of us likes to curtail our shopping and exercise routines, our employment or business pursuits, or remain isolated by a self-imposed quarantine. But avoiding unnecessary trips and close contacts and washing hands frequently is good advice. We can only hope that this virus outbreak (which some have compared to “the plague”) will peak soon and we can all get back to our normal lifestyles—and that includes the freedom to play tennis. Until then, follow the advice of health care authorities. Be safe and be well.

— Paul Hansen

## Monday Night Tennis

Due to the COVID-19 outbreak, Monday Night Tennis (MNT) is suspended until the health threat subsides and the city reopens the courts.

## Two Neglected “Arts” in Tennis

**(1) The One-Handed Backhand** has a definite advantage when reaching for low or wide shots, but an alleged disadvantage when returning high shots. Nevertheless, the recent trend among newcomers has been to favor the two-handed backhand—in part because it offers more stability over racquet angle. (Chris Evert started the two-hander because the racquet was too heavy for her.) But one-handers have hardly disappeared from the game, and their technique is impressive to watch. Examples of great one-handers include Pat Cash,

Stephan Edberg, Pete Sampras, Tim Henman, Grigor Dimitrov, Tommy Haas, Richard Gasquet, Ash Barty, Stan Wawrinka, Roger Federer, Denis Shapovalov, Stefanos Tsitsipas, Dominic Thiem, and many others currently on the pro circuit.

**(2) The Serve-and-Volley tactic** is thought by some to be obsolete because today’s game is faster and net approachers run the risk of getting passed at the net. However, statistics still show that volleying at the net offers the best odds of winning the point—provided that you hit a serve or approach shot that forces your opponent to loft a return you can put away. The key is to hit firm and deep, sneak in to the net early, and cut off your opponent’s angle of return. Properly speaking, “baseline” is not a “style” of play, but a mere *position* on the court—and no player should get stuck there.

— Paul Hansen



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

## Upcoming Events...

(see website for updates)

**May 23. Memorial Day  
Potluck. 1:00 to 4:00.**

(see website for updates)

## COURT RULES

### Believe It or Not

**CASE:** Prior to starting a mixed doubles match, we all noticed that the tape covering the top of the net was worn, and that the net cord was exposed. Thinking nothing of it, we started our match. On one of my partner's serves, the ball landed on top of the net and actually stayed there, never falling on one side or the other. Is this played as a let? Or is it a fault?

**VERDICT:** While your description of a ball perched atop the net is unique, there are plenty of similar instances where a serve gets lodged in the net, or trapped by the net strap. This is no different. It's a fault under Rule 19 because it violates Rule 17 (Serving), requiring "the service shall pass over the net and hit the service court diagonally opposite."

— 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.

### Forehand Power Killers

Coach Brady at Daily Tennis Lesson (DTL) demonstrates three components to a powerful forehand:

- 1) **Coil the upper body** behind the lower body to create tension. An open stance will help you load off the outside-rear foot.
- 2) **Bend the legs** to enhance coiling and push-off.
- 3) **Lag the racquet** behind the wrist until the moment of contact to enhance racquet head speed.

<http://www.dailytennislesson.com/video/forehand-power-killers/>

In this mini-series Coach Brady explains how to execute 3 specialized backhand shots:

### On-The-Rise Backhand

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

### Angle Backhand

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

### Short-Hop Backhand

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

### Aim Your Serve

The **path** the racket travels along with the **angle** of the racket are two major factors that determine the direction of the tennis ball. In this lesson, Brady demonstrates how the angle of the racket at contact will greatly dictate the direction on a serve. <http://www.dailytennislesson.com/video/aiming-the-serve-accuracy/>

### When to Pronate on Your Serve

In this podcast coach Brady warns against opening the racquet face (in the "waiter" position) and pronating too soon. The continental grip is essential on the serve, so that your swing leads with the EDGE of the racquet.

<http://www.dailytennislesson.com/video/when-exactly-does-pronation-occur-pronation-2/>

## Contact Information

For general communication: [All@VenturaTennisClub.Com](mailto:All@VenturaTennisClub.Com)

For Webmaster: [Webmaster@VenturaTennisClub.com](mailto:Webmaster@VenturaTennisClub.com)

Newsletter Editor: [paulivanhansen@gmail.com](mailto:paulivanhansen@gmail.com)