

SW19 Tennis and Pickleball

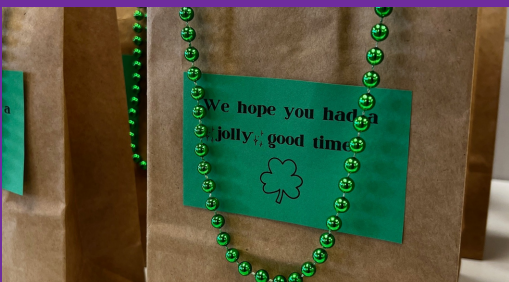
MONTHLY NEWSLETTER



Remember to bring your non-perishable food the first week of April for the Leawood Presbyterian Food Pantry Drive



ST. PATRICK'S PICKLEBALL MIXER | MARCH 16



PICKLEBALL TIP FROM COACH CATHIE

How to keep the ball low to prevent your opponent from aggressively attacking you and your teammate.

1. Avoid hitting hard shots below your knees

Soft shots like dinks, drops, or resets foster effective defensive low return shots.

2. Use top spin

By starting your swing low and hitting the back side of the ball, this technique helps create a lower trajectory.

3. Target your opponent's feet

For shots waist level or higher, aim your shots (whether hard or soft) at your opponent's feet or below.

4. Have quick hands and feet

Develop agility to hit the ball early and keep your feet under your hips and shoulders - stay balanced!

5. Have a loose grip pressure on your paddle

Keeping a softer grip enables the paddle to absorb power, which results in softer and shorter returns.

Remember to consciously put these techniques into play. Keeping the ball low will win you and your partner more points and give you an added advantage on the court!

Coach Cathie Hopkins



PICKLEBALL COACHES

Cathie Hopkins: 913-269-8637

Newbie & Beginner

Skyler Hull: 913-712-6187

Intermediate & Advanced

Jacob Beck: 913-749-6046

Intermediate & Advanced

Daryl Wyatt: 816-437-8451

Intermediate & Advanced

Tim Bratton: 816-808-8440

Intermediate & Advanced

SAVE THE DATE

KC Stingers Combine

Saturday, March 23

1-7PM

Spring Pickleball Mixer

Saturday, April 20

6-9PM

Register now at sw19kc.com/events

Thanks for playing with us!