



MARKHAM TENNIS CLUB

Markham Tennis Club - Newsletter #2



Mark your calendars: **May 28th 2022** is the Grand Opening of the New Season at Markham Tennis Club! This will be the first time in 3 years that the club has been able to have opening day. Come out and meet the MTC staff, Board members and see all the familiar faces you've missed since last summer.

Bring your family & friends to join in the fun! There will be on-court games including a round robin and a drill court, along with prizes and giveaways all day. Juniors and Adults are welcome throughout the afternoon to enjoy

We can't wait to see everyone there!

Introduction and Tennis tips from Coach Carmela

As a new coach at the Markham Tennis Club, I thought it be helpful to tell you about my coaching style. I concentrate more on technique



to enhance your tennis skills and to give you a strong foundation to perform all elements of the game. I like to do a combination of tennis drills and games during the lesson so you can enjoy yourself on court. Whether you are a beginner, intermediate or advanced player, I am flexible to cater the lesson to your needs and goals such as your stamina, intensity levels and aim to focus the lessons on the areas you want to improve to make you a more confident athlete.

Coming into the new tennis season, I would recommend the following tips for members and students to be more prepared. Firstly it is important you make time to stretch before your scheduled court session or lesson to not only prevent injury but also improve your performance on court. Secondly, I recommend to have your tennis gear in order, such as the proper tennis racquet for your age, playing style and level, restringing your racquets to the proper tension for you and use shock absorbers on the racquet if you prefer. Also try to invest in a pair of tennis shoes to give yourself better traction and support on the hard court surface and make movement around the court more comfortable for you.

Another important tip is that you have a warm up session at the beginning of every match or court session. You want to start off hitting the ball more relaxed to warm up the muscles and gradually increase hitting intensity. And make sure you are taking proper rest periods and staying hydrated on court especially if you haven't played tennis in awhile. Be patient with yourself as your endurance level increases the more often you play. Also be mindful of the food you consume before a match or lesson which effects your performance as well. Try to keep the meal light with high protein foods or fresh fruit to boost your energy on court. If you are interested in improving your player level more quickly, I recommend private lessons to give you the one-on-one attention needed to improve your technique and skills more effectively as well as more intensive training needed for match play and tournaments.

Looking forward to meeting you all at the club and if you have any questions about lessons please feel free to reach out to me at carmela.goldy@gmail.com

 MARKHAM
TENNIS CLUB

Wednesday Night Doubles Challenge

Session 1

May 18th - Sept 21st
(19 weeks)

6:30-8PM
8-9:30PM
9:30-11PM

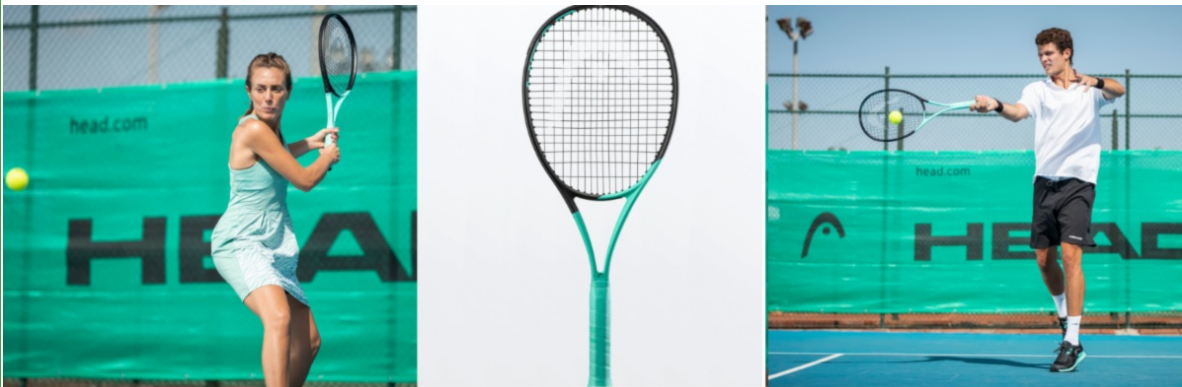
Depending on # of players

Level: All levels • Time: 1.5 hour slot • Cost: \$40/summer

Click on the image to get more information



Click on the image to get more information



Take your tennis to the next level, and have lots of explosive fun along the way, with the new BOOM MP. This racquet combines power with sensational feel, thanks to the new Auxetic construction. A new shape for HEAD, this racquet is designed for ambitious intermediate and advanced players. With the BOOM MP, you don't have to think about anything else but enjoying the moment, and hitting your next shot.

- Explosive power
- For ambitious intermediate and advanced players
- Sensational feel
- New racquet shape

Talk to one of the pros once the season starts about play testing this new frame!

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