



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

SPRING 2024 – WINTER 2025

Monday Night Tennis (MNT)

VTC Monday Nite Tennis is rocking again every Monday evening from 6:30pm until around 9pm! 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, is a good way to meet other players

and get started in our tennis community.

A lively group of tennis enthusiasts, MNT meets every Monday night at Camino Real Park in Ventura, CA, for mixed doubles play. This weekly tradition brings together players of all skill levels, from beginners to advanced, fostering a supportive environment where everyone challenges and encourages one another. With 3 to 4 courts in play, it's a great opportunity to improve your game while having fun. The mixed doubles format





allows players to partner with different people, building camaraderie and sportsmanship.

In addition to tennis, Monday Nite Tennis often features snacks and themed nights that add a little extra fun to the evening. For example, this past Halloween, we encouraged players to dress in costumes and awarded a tennis ball pumpkin prize for the best outfit.

Whether you're looking for some friendly competition, a great workout, or just a fun night out, Monday Nite Tennis

offers it all. Join us on Mondays and be part of the fun!

Monthly Mixer Madness!

As Spring unfolds, we're gearing up for more thrilling times of comraderie, competition, and all-around tennis fun at our monthly mixers. Get ready to showcase your tennis prowess in friendly matches that promise both challenge and laughter. Whether you're a seasoned pro or a newcomer to the sport, our mixers cater to players of all skill levels.

Networking and Socializing

The VTC Monthly Mixer is the perfect opportunity to expand your tennis network. Connect with fellow players, exchange tips, and forge lasting friendships with others who love the game.

Delicious Refreshments

No tennis event is complete without some mouthwatering refreshments! Join us for a delightful spread of snacks and beverages to keep your energy levels up throughout the event.

How to Join

Participation is open to all Ventura Tennis Club members. If you're not a member yet, sign up at www.VenturaTennisClub.com

to become a part of the tennis action.

Club Announcements

Keep an eye out for upcoming events, workshops, and announcements in our future newsletters or online activity schedule. We're constantly striving to enhance your tennis experience at Ventura Tennis Club! Follow us on our website www.VenturaTennisClub.com for



Celebrated Dr. D & Liz Tonight





real-time updates, behind-the-scenes glimpses, and interactive content.

We look forward to seeing you on the courts for another unforgettable day or evening of tennis and camaraderie.

VTC's 2024 Kick-off Mixer

What a fantastic start to the year it was at Ventura Tennis Club! Our much-anticipated "2024 Kick-off Mixer" took place February 10 and was a smashing success.

Four tennis courts at Camino Real Park came alive with the energetic buzz of tennis enthusiasts on a beautiful Saturday afternoon. The sun was shining, and the weather couldn't have been more perfect for an afternoon filled with social tennis doubles play. Participants enjoyed a delightful spread of snacks and refreshing drinks, creating the perfect environment for players to unwind and socialize. Laughter echoed across the courts, creating memories that will be cherished throughout the year.

Share the Moments

We encourage you to share your favorite moments from our events by sending photos and writeups to our newsletter

editor (see Contact Information on page 4). Let's celebrate the joy of tennis and showcase the vibrant spirit of Ventura

Tennis Club. Your passion for tennis and sense of community are what make Ventura Tennis Club special.

SCHEDULED CLUB EVENTS, 2024

Sat, March 23rd, 1–3pm – Post-Indian Wells Scramble

Sat, April 13th, 1–3pm – Spring Fling

Racquet Swap! Bring your extra racquets!

Sat, May 11th – Ladies Mixer & Potluck

Bring your favorite treat! Add some hot tennis to the mix!

Sat. May 25th, 12–3pm – Tennis Day – VTC spearheads and the City has supported this event on Memorial Day weekend, 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.

Friday, June 14th, 6–9pm – Freedom Frolic Mixer

Bring your favorite treat!

Sat. July 13th, 1–3pm – Ladies Mixer & Potluck

Doubles Mixer, Barbeque and Potluck

Sat. August 10th, 1–3pm – Summer Sizzler

Sat. August 31, 12–4pm – Tennis Day (Labor Day)

Fri. September 27th, 6–9pm – Happy Hour Blast

Sat. November 16th, 1–4pm – Veterans Week / Membership Rally

Sat. December 14th, 1–3pm – Holiday Mixer & Member Appreciation

WINTER, 2025

Sat. January 25th, 1–3pm – New Year, New Gear

Sat. February 15th, 1–3pm – Valentines Play Day

NOTE: Check the VTC website for upcoming events and last-minute changes

Big Ten Conference Women's Tennis Tournament Coming to 'The Ojai' in 2025

The Big Ten Women's Tennis Tournament will take place April 23–26, 2025, as part of the 123rd annual Ojai Tennis Tournament, Ojai Valley Tennis Club President Carolyn Burke and Big Ten Conference have announced.

The Big Ten Conference—the oldest NCAA Division I collegiate athletic conference in the United States founded in 1896—was founded the same year as one of the nation's oldest tennis tournaments, The Ojai, the classic event played under the massive eucalyptus and oak trees overhanging Libbey Park in Ojai.

Longtime UCLA women's coach Stella Sampras-Webster was an Ojai Tennis Tournament champion as a junior growing up in Southern California and made two doubles finals and one in singles playing for the Bruins in the early 1990's.

The 17 other Big Ten schools include Illinois, Indiana, Iowa, Maryland, Michigan, Michigan State, Minnesota, Nebraska, Northwestern, Oregon, Ohio State, Penn State, Purdue, Rutgers, USC, Washington, and Wisconsin. The top 12 teams will earn direct entry and qualify to play at The Ojai.

Besides the Big Ten Women's Tennis Tournament, The Ojai will once again serve as host to the California Community College Athletic Association (CCCCAA) State Championships for teams and individuals that qualify. The Ojai's Men's and Women's Open singles and doubles divisions will be contested as a prize money event. The tournament also includes the Boys' CIF singles and doubles divisions, and more junior competitions with the Boys' and Girls' 14s and 16s draws, and a Girls' 18s draw. The finals of the CCAA, the Open and various junior divisions will take place on Sunday, April 27.



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

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>

Contact Information

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