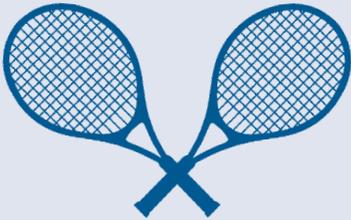




# Ventura Tennis Club

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

at Camino Real Park  
Established 1981



## IN THIS ISSUE . . .

<b>Halloween Mixer</b>	<b>1</b>
<b>Holiday Mixer &amp; Member Appreciation Day</b>	<b>2</b>
<b>Upcoming Events</b>	<b>4</b>
<b>Court Rules</b>	<b>4</b>
<b>Tennis Tips</b>	<b>4</b>
<b>Contact Information</b>	<b>4</b>

# NEWS & NOTES

## FALL 2018

### Halloween Social Mixer

On November 3, Ventura Tennis Club held it's "after" Halloween Social Mixer at Camino Real Park. We had 6 courts playing, and a delightful lunch was served up. The courts were pretty hot, but it was beautiful under the shades and trees. It appeared that folks were having a good time and the event shut down close to 3 p.m.

Thanks to all who participated, and to the ladies who wore their costumes.. Sorry for the 7 no-shows. We took your lunch and caramel apple pie home! We want to thank

those that helped out with the set up and take down of our tables, chairs, shades, etc. We really couldn't do it without your help..

We all hope you enjoyed the day. If there are any suggestions for future Mixers, let us (the Board members) know. We want to make event days as good as we can and do our best to make that happen.

A special thank you also to our new 2019 Board members, Patti Yoshida and Paula Garland, for stepping up.

Until next time, happy hitting!  
— Linda Forsyth, Activity Director



## Holiday Mixer & Member Appreciation Day

Happy New Year Everyone!

December 22 was our last event of the year, with a nice turnout of over 30 people. The board decided to make it a combo of Holiday Mixer and Member Appreciation Day which meant everything was free! Lester got up before dawn to cook his famous BBQ sliders with sides including guacamole. Linda, Patti and Paula saw to it that we had plenty of salads, finger foods, drinks and desserts.

After everyone gathered for a group photo on court 1, individuals were presented with certificates of appreciation by me and they were: Dave Murdock for always showing up early to help set up, Lester Tong for BBQing and getting ice for our events, Margaret Parsadanyan for putting the calendar together for all tennis events at CRP, helping Lester and selling merchandise, Patti Yoshida for taking charge of the Monday Night Tennis each week, Kent Bodin for having our club logo put on so many items over the



A great BBQ lunch was served to celebrate the holidays and end the year



Linda Forsyth and Jim Whitney present Certificate of Appreciation to Dave Murdock



Jim Whitney and Marv King present Certificate of Appreciation to Lester Tong



Jim Whitney and Marv King present Certificate of Appreciation to Margaret Parsadanyan



Jim Whitney presents Certificate of Appreciation to Patti Yoshida



Jim Whitney presents Certificates of Appreciation to Jim and Wendy Brown



Acrylic plaques of Appreciation were given to outgoing Board members Lester Tong, Linda Forsyth, and Jim Whitney for their years of service



Lynne Krueger was unofficially recognized for wearing the most favored holiday garb

years, Jim and Wendy Brown for helping set up and take down at the end of the day.

Without the people mentioned above, these events would not happen—and that is also true of the 30 plus people that always show up for these events. And for each of them Marv King offered the choice of a canvas tote bag or a drink container with the club logo imprinted on each!

At the end of these presentations, when I felt it was time for the tennis to begin, the incomparable Marv King pulled a big surprise. He presented Linda Forsyth, Lester

Tong and myself with beautiful acrylic plaques honoring our years of service on the board, I was speechless. Thank you Marv that was totally unexpected and very much appreciated. Linda and I are now retired from the board following Lester who retired last year.

Finally, I want to say it has been fun being on the board these past 5 years and I will still be around to help any way I can. Please support the new board members Patti and Paula as well as current members Marv and Paul and consider joining them if you can; they love company.

Goodbye, Goodluck and Peace to all, and remember to move those feet!!

— Jim Whitney, Linda Forsyth



**TNT (Tuesday Night Tennis) men's doubles held its annual holiday party. The group has existed for over 30 years.**

## Upcoming Events...

**January 26. Ladies Mixer.**  
11:00 to 3:00.

**March 9. All Club Mixer.**  
11:00 to 3:00.

## COURT RULES

### Back-of-Hand Volley

**CASE:** You hit a volley that strikes one of your opponents on the back of his hand that was holding his racquet. The ball goes into your court for a winner. He immediately lets you know the ball hit him in the hand. Who gets the point?

**VERDICT:** Your honest opponent's admission is all you need to win the point. Rule 25.i says that a player loses the point if "the ball in play touches the player," and it makes no distinction about what part of the body is touched. The Code, Item 19, requires a player who has been touched by a ball in play to concede the point.

— 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.

### 3 Musts on Your Two-handed Backhand

Courtesy of Brady at Daily Tennis Lesson (DTL):

1. Drop the racquet head on the back-swing. Avoid stiffness in the arms.
2. Hit through the ball to get FULL EXTENSION with your rear (dominant) arm. If you're a right-handed player, your LEFT arm is dominant on the stroke.
3. Follow through with your elbow high, not tight against your body.

<https://www.youtube.com/watch?v=aLJQeB30Ws>

### The Two-handed Backhand Swing Path

Courtesy of Brady at Daily Tennis Lesson (DTL):

<https://www.youtube.com/watch?v=YrntizEnNHo>

### Forehand Backswings

Courtesy of Brady at Daily Tennis Lesson (DTL):

<http://www.dailytennislesson.com/video/forehand-backswings-forehand-variations/>

### What does "punch your volleys" really mean?

Courtesy of Brady at Daily Tennis Lesson:

<http://www.dailytennislesson.com/video/punch-your-volley-volley-tips/>

### The Half-volley Grip

Courtesy of Brady at Daily Tennis Lesson (DTL):

<http://www.dailytennislesson.com/video/half-volley-grip-volley-tips/>

### Forehand Tip: Generate Power from the Ground Up

OTI coach Nadim Naser discusses completing the kinetic chain by using your legs—not just your arms. He also observes that EXAGGERATING the move or correction helps reinforce the HABIT you're trying to acquire.

<https://myfu.so/h/b748035d19db37f818dfe5e3a6f8614d3cd12661-33828?infcontact>

### The Nadal Forehand

Courtesy of Florian Meier at OTI:

<https://www.youtube.com/watch?v=9w34iE2ymTI&infcontact>

### One-handed Backhand: Grip Pressure

Courtesy of Jeff Salzenstein

<https://www.youtube.com/watch?v=wJvuKgNPexI>

## 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)