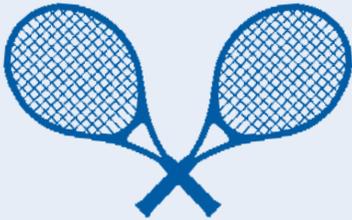




Ventura Tennis Club

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

at Camino Real Park
Established 1981



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NEWS & NOTES

SPRING 2018

Ladies Spring Mixer March 31

Saturday, March 31, was the long awaited and overdue Ladies Day Social Mixer at Camino Park. Finally, we had a day with no rain, wind, sleet or snow! Yay! We had 20 signups and ended up with 4 courts. A few missed the later notice about the time change, so got there a couple of hours late. But, due to a few leaving a bit early, these ladies got to play as well. Being a potluck, we saw a vast array of delicious treats which

were enjoyed by all! We always appreciate the help we get in setting up and taking down the shades and tables. Thanks to all who participated and to those who helped out.

Note to participants: Please check the notices that come out as sometimes time or date changes have to be made due to the USTA activities. We are trying to work together on these times, but sometimes, changes need to be made. Sorry for the communication difficulties.

— Linda Forsyth





More than 22 turned out for the Spring Social Mixer

Spring Social Mixer April 14

Well, greetings tennis players! On Saturday, April 14, the Club had a Social Mixer at the Camino Real Park. It was a perfect day, no wind, rain, sleet or snow! Yay! We got up to 5 courts going and folks said they had a fun afternoon. The club provided snacks (courtesy of

Mr. Cory Yi, who did a super job of selecting good things to eat!). Lester contributed his "to die for" guacamole which was very much enjoyed. The social nature of this type of mixer is something the club is striving to maintain, since the heavy competition is handled by the USTA groups. We appreciate the support and participation of

all who come out and enjoy the days with us. We would like to say thanks to our loyal helpers also, like Mr Dave Murdock, who has been a giant help over the years. A shout out also to Jim Whitney who braves that shed each time and orchestrates the set up. Sometimes it's not so easy! See you next time!

— Linda Forsyth, Social Director



Cory Yi, Webmaster



**Jim Whitney,
President
and
Linda Forsyth,
Activities
Director**



More than 33 turned out for Community Tennis Day

Community Tennis Day May 26

On Saturday, May 26, Ventura Tennis Club held it's Memorial Day Mixer. The day was beautiful, with just enough sun to keep us warm. There were five courts of players and they got to mix around and meet the others in our Round Robin format. Our organizers, Jim Whitney, Linda Forsyth, and Cory Yi put their collective forces together to make it happen. We want to thank the kind members (especially Dave Murdock, who has been our go to guy for years) for helping out with the set up and take down. We can't do it without help.

After our illustrious coach, Hass, put us through some clinics in the morning, we enjoyed a delicious lunch with sliders prepared by our own Lester Tong. We had enough food for way more folks...wonder where they were? A raffle was held before lunch, orchestrated by Margaret Parsadanyan and her son,

Armen, with lots of fun prizes.

Thanks to all of you who come out and support your Club. It's really great to see the old timers as well as new members. If anyone has suggestions or ideas on how we can make these activities better, please write and let us know.

— Linda Forsyth



Wendy Brown and Keressa Garland



Fun, Food, and Fellowship make the day!



Upcoming Events...

June 15. Retro Mixer. 6:30 pm to 9:00 pm.

July 2–12. Summer Youth Tennis Camp

The camp will be held from July 2–12 (except July 4th), from 9:00 to noon at Buena High School Tennis Courts. The camp involves 3 hours per day of tennis instruction for youngsters 6–17. Skill levels range from Beginners to Intermediate. The cost is \$12/week (\$24/person for the two weeks). Payment is by cash or check the first day of class. Students should wear athletic gear and bring tennis racquets. If they do not have racquets, some will be provided. There are restrooms and a water fountain at the courts, but students are encouraged to bring water.

Please let me know by email or phone if you have kids interested in participating. See you there!

MARV KING,
VTC Youth Coordinator
(805) 890-5099
Kingme419@aol.com

July 7. The Freedom Mixer.
11:00 to 3:00.

August 11. All Club Summer Sizzler Mixer. 1:00 to 5:00.

Sept 1. Community Tennis Day. 10:00 to 3:00.

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.

4 FOREHAND TIPS

Courtesy of Jeff Salzenstein at TennisEvolution.com and coach Brady at dailytennislesson.com

1 Don't bend your knees excessively on ground strokes. An excessive knee bend moves your head & eyes lower, which is not needed unless you're catching a low volley or half-volley.

https://www.youtube.com/watch?v=v_Z-f5KHcNY

2 Fix your disjointed backswing by not taking your racquet back too early. An early backswing creates a pause that interrupts the continuous flow of your loop swing. The "ready position" on your forehand is NOT with the racquet low behind you, but with the racquet head pointed UPWARD in preparation to be dropped on the backswing.

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

This advice is corroborated by coach Brady of Daily Tennis Lesson (DTL) online:

<http://www.dailytennislesson.com/video/racket-back-early-instruction-myths-2/>

3 Normally, you should follow through over your free shoulder, not across your body (unless you know how to properly execute the "windshield wiper" forehand). Catching your racquet with your free hand will help guide your swing and remind you to follow through from low to high.

<https://www.youtube.com/watch?v=cLAI0NM4rl>

4 Don't raise your dominant (racquet) shoulder on the forehand swing. Lifting your dominant shoulder will change your racquet angle downward causing you to hit into the net.

<https://www.youtube.com/watch?v=E35Mlg6FTXg>

See Jeff's other great tutorial on the forehand at https://www.youtube.com/watch?v=SVACQ4E3z_k

HITTING WITH TOPSPIN: 3 RACQUET PATHS

See Brady's other excellent tutorial on getting TOPSPIN on your forehand with 3 different racquet trajectories:

<http://www.dailytennislesson.com/video/maximize-your-topspin-topspin/>

3 Topspin Mistakes

See Brady's other tutorial on avoiding common topspin mistakes:

<http://www.dailytennislesson.com/video/3-common-topspin-mistakes-topspin/>

How to Improve Topspin Forehand

by Jeff Salsenstein:
https://www.youtube.com/watch?v=usX_7cJk--c

HOW TO HIT GREAT VOLLEYS

Courtesy of Florian Meier at Online Tennis Instruction (OTI):

www.OnlineTennisInstruction.com

Video 1: Hitting Cleaner Volleys

TIPS: Minimal backswing; Keep a firm wrist; Look at your contact point; Move arm & racquet together; Aim at the target; Follow through in same direction.

<http://plc.onlinetennisinstruction.com/watn-stop-framing-volleys/>

Video 2: Great Net Positioning

<http://plc.onlinetennisinstruction.com/watn-great-net-positioning/>

Video 3: Effective Approach Shots

<http://plc.onlinetennisinstruction.com/watn-approach-shots/>

Contact Information

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