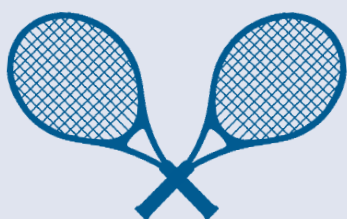




Ventura Tennis Club

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

at Camino Real Park
Established 1981



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NEWS & NOTES

SUMMER 2019

VTC Events

Ventura Tennis Club hosts about eight events throughout each year. These social events are a great way to meet new people and enjoy a few hours of tennis with drinks and refreshment in between. Moreover, you can't beat the membership fee of only \$30 per year.

Monday Night Tennis (MNT)

Want to play more tennis without having to organize a group to play? Monday Night Tennis is the place to be. Show up Monday night and play mixed doubles. No planning required! Warm-up begins at 6:15 pm. There is a \$2 fee to cover balls and lights. Hope to see you soon!



A faithful ten turned out for the ladies potluck on July 20

VTC YOUTH TENNIS CAMP 2019



The Ventura Tennis Club once again sponsored a two-week tennis camp for kids 6–16. Hosted at Buena High School, the program kicked off on June 24th and ended July 5th. Thirty youngsters spent 3 hours a day learning tennis skills—how to grip the racket, position your feet, move, swing and hit!

Working with a group of nearly a third “true” beginners, the VTC coaches accepted the challenge. The program coordinator & VTC President Marv King was able to enlist a great corps of volunteers to coach

the upstarts, including: Jim Whitney, former VTC President, Karen Proffitt, Lester Tong and Patti Yoshida to assist him. Nancy Thomsen coordinated the registrations

The program started in 2013 and has grown ever since! The summer camp acts as a “starter” program to introduce kids to the game. The cost is kept low – \$13 a week per student. As King says, “the cost is minimal compared to private lessons so it does not become a barrier to participants.” “The really fun part is working with the 6–8 year olds who

may be playing organized tennis for the first time!” says Marv.

The Ventura Tennis Club (VTC) has been a mainstay in Camino Real Park and established over 35 years ago to “further enjoyment of the game of tennis.” Though membership is publicly open to adults, the tennis club started a youth camp and play days in an effort to fulfill its responsibilities as a Community Tennis Organization (CTO). Many tennis clubs gain the CTO distinction by sponsoring a wide variety of programs that support the local community gaining a better understanding and increasing participation in tennis.

Friday’s final session was all smiles as the kids played one of their favorite games—“Clean Your Room”—and received some going away gifts. Many received free rackets!.

The summer youth camp was launched in conjunction with the LA84 Youth tennis initiative. The program now has joined the USTA Net Generation initiative. Ultimately, these young tennis players are encouraged to continue in tennis—‘the sport for life.’

— Marv King



Tennis Coach Karen Proffitt took a “time out” to read a story about Tennis to a captive audience

Summer Sizzler, August 10

We had perfect weather, again, for our August mixer. It was a fun filled day with 5 courts of mixed doubles. We followed our usual format of playing mixed doubles and changing partners and courts every 6 games. Our club provided tasty snacks and drinks for our break.

Thanks to all who participated and helped set up and clean up.



Roll sandwiches, chips & dip, fruit, cookies, and drinks were "on the house"



Upcoming Events... (see website for updates)

August 31. VTC Tennis Day.
9:00 to 4:00.

September 27. Friday Mixer. 6:00 to 9:00 pm.

October 26. Halloween Mixer. 1:00 to 4:00 pm.

November 16. Ladies Social. 1:00 to 4:00.

December 7. Holiday Mixer.
11:00 to 3:00.



Around 20 players enjoyed the day's round-robin mixer

COURT RULES

Call your own serve?

CASE: Your first serve landed an inch wide, and your opponent gently put the ball back into play. You caught the ball on a bounce and called your serve out. Your opponent said it was his call, and that the point was his because you didn't return his shot. You said ethics require the player who hit the ball out to make the call against himself if his opponent doesn't. Your opponent argued that you would have had to make the call before he hit the ball back into play. What should happen?

VERDICT: Kudos to you for wanting to make ethical calls; indeed, *The Code*, #13, includes the language, "a player should call out the player's own shots if the player clearly sees the ball out, regardless of whether requested to do so by the opponent." But there's an introductory clause that states, "With the exception of the *first* serve...." Receivers are encouraged to play serves that land close to the line and might even be out (*The Code*, #6). Calling your own first serve out could be a disadvantage to your opponent, who has given you the benefit of the doubt and then hit a nice return.

— 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.

How to Fix Your Serve

Courtesy of Jeff Salzenstein

1. Avoid the "Waiter's Tray" problem by changing to a Continental grip.

Your racquet should be taken backward with the face "closed", NOT "open" to



Thanks to Kent Bodin, hats and visors and other accessories with embroidered club logos are available for purchase.

the sky.

2. **Abandon the "down together, up together" myth.** Turn your shoulders as you lift your tossing arm and bring your racquet downward and backward.
3. **Elbow the enemy:** bring your racquet back with you ELBOW leading the way and your elbow away from your body as you get into the trophy position.

https://www.youtube.com/watch?v=0Of_P3Zon4&t=1s&utm_source=ActiveCampaign&utm_medium=email&utm_

4. **Racquet Drop Position:** Drop the racquet below your elbow with no tension in your wrist & hand.
5. **Racquet Swing Path:** should be upward and over your body, not forward in a pushing motion.
6. **Finish on the same side of your body** by pronating your swing.

https://www.youtube.com/watch?v=xsA3WB48QfU&utm_source=ActiveCampaign&utm_medium=email&utm_

Four Deadly Mistakes on Return of Serve... and How to Fix Them

Courtesy of Jeff Salzenstein

These tips apply to both 1- and 2-handed backhands, as well as forehand strokes.

1. Getting Too Jammed. Don't turn your hips sideways on your first move; keep your hips (not your shoulders) facing the net. Don't drop your foot backward, but step sideways—and keep moving after you hit the shot. Use your free arm to create a natural shoulder turn. Also, avoid getting jammed by standing a little deeper in the court, which will give you more reaction time.

2. You're Late On Your Returns. To save time, start with your racquet pointing slightly downward, not upward. Make your first move earlier—by the time the ball crosses the net. Focus on the finish: follow through with your hands high in front as you catch the racquet.

3. You're Mishitting Too Many Returns. Don't over-rotate your body into the shot as you swing; keep your body stable and your head facing your contact point. Also, don't bring your racquet down too fast after your swing; hold the finish longer as you recover your court position.

4. You're Not Aiming for a Specific Target. Hit your return deep down the middle to your opponent's weaker side (in singles).

https://servesecrets.tennisevolution.com/4-deadly-mistakes-v1?utm_source=ActiveCampaign&utm_medium=email&utm_

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