

Shot of the Day Clinic

Come learn a different shot each week from the ground up. Grips, stroke, footwork and body positioning will be taught in an easy step by step method. Shot placement will be stressed for upper levels. More like a private lesson in format, repetition creating muscle memory and technical adjustment will give you the confidence to try out your new technique in matches.

Due to the personal attention given to each player, this clinic is limited to 4 players of any level. Clinics can be repeated Mondays at 12:00 or other times by appointment if there are 4 additional players. If not, 12:00-1:00 Mondays is an optional coached match play for an additional fee.

Mondays 11:00-12:00 p.m.

Schedule:

Oct. 22 – **Secret weapon!** Topspin two-handed backhand

Oct. 29 – **The Mainstay.** Topspin forehand

Nov. 5 – **The Terminator...** Overhead smash

Nov. 12 – **Countdown to Launch!** Serving

Nov. 19 – **Necessary Evils.** Serve return with serve review

Nov. 26 – **Arcade Day!** Volleys

Dec. 3 – **You Old Softie!** Half volleys and drop shots

Dec. 10 – **Lobs are people too!!** Offensive and defensive lobs and overhead review.

Call Fort Sanders Tennis at 865-531-5050 or text Coach Kris Morgan at 901-687-8072 to reserve your spot for the dates you plan to attend.

Cost is \$15.00 for members and \$23.00 for non-members. 12:00 coached match play is an additional \$10.00.

