



OCTOBER 2020 TENNIS NEWS

- *Tips from our Pros!!!!!!*

The biggest lie in Tennis...

As pros we hear all too often "I have to play better players to get better." This mindset is a large reason that many players do not improve and why many people stop playing. In order to improve as a player you must be able to control or dictate play. Is your shot good enough to force your opponent to move out of position or miss their shot?

Are you winning more than 65% of your matches at your current level? There is no value to play up if you are losing half your matches at the current level that you play at. Players need to learn how to win at their own level. Often we hear about matches when a player played someone above their level and the feedback sounds like this..." I played really well, it was a close match." What was your score? "Well we lost 2-6, 1-6 but we went to deuce a lot." It wasn't a close match then.

Players often refuse to play with lower level players but insist on playing with the level above them. Example: Player A is the best player, followed by Player B and finally Player C. Most players tend to be Player B. B refuses to play with C because C is not as good. B wants to play with A because "the only way to get better is to play better players." If player A has the same mindset as B then no one will ever play tennis.

Who does Rafa practice with? Pro players are more likely to hit with lower skilled players than other pros at tournaments. When the Memphis Open was still happening I would watch Kei Nishikori practice with players from University of Memphis. None of the players he practiced with were ever in the top 300 players in the world. Nishikori won that tournament 4 times in a row. They hit with those players to practice running specific shot patterns or when working on changes in strategy.

A good guideline in match play is to play 60% of your matches at your level. 20% playing lower level opponents and 20% playing up a level.

NEW Daily Signup Drills!

Technique Analysis – Thursday 11- 12pm

Using the same technology used by the USTA Player Development program your shot will be recorded and analyzed. After working on specific technical components of the shot your stroke will be recorded again and you will receive a side by side with voice analysis of the improved stroke.

1st Thursday of the month – Serve

2nd Thursday of the month – Forehand

3rd Thursday of the month – Backhand

4th Thursday of the month – Volley

Ladies 8.5+ Combo practice – Wednesday 10 – 11 am

Drills and point play for players currently competing in 8.5 and above combo leagues.

4.5 Ladies Drills – Friday 11:30 – 1pm

Advanced drills and Point play for 4.5 and above ladies. Learn patterns of play to help control the point.

Men's Drills 3.5 & up – Wednesday 7 – 8pm

- Our **8 week instructional clinic sessions** are scheduled throughout weekday mornings and evenings as well as weekends. These 8 week sessions allow you to work with the same group and same pro each week to develop your game. Now that fall is here, take the time to work on your game in one of these sessions. Signup for the next 8 week session has begun and will run from October 26 through late December.
- **Cardio Tennis and Games Clinics ..**
We have added a Games clinic on Mondays at noon. And, don't forget we have cardio offerings in the early morning, afternoon and evening to fit everyone's schedule.
- **Team Practices Offered for USTA teams.** We encourage everyone to bring their USTA teams here to Fort Sanders for team practices. These will be pro led practices to get everyone on your team ready to compete and win their divisions. This is a great way to build team cohesiveness and comradery.
- If you like to play doubles and meet lots of people in a friendly format, then sign up for Drop in Doubles **(Co-ed) on Fridays 6:00-7:30pm**. Use our Ft. Sanders app to book it or Call **531-5050** to sign up.
- Are you stuck without a practice partner? No problem... we have a **Ball Machine** available for rental on indoor court #4. This is a great way to practice and get a great workout at the same time. Call the tennis office to reserve.



Pickleball –

Open play pickleball has been very popular since we have reopened the club. **Great news!!** Open play in the gym will return in November. Monday & Friday gym open plays will again be offered 2:30 to 4:00. Numbers of players will be limited due to the Covid restrictions and masks will be required. Signup in advance will again be a requirement for gym play.

More indoor play opportunities for pickleball... Pickleball lines are now on Indoor Courts #3 and #4. This will allow more play time, more teaching opportunities and flexibility indoors for a fee.

We also encourage open play outside on courts #5 and #6 as the weather continues to hold out. Outside open plays are reserved for Tuesday and Thursdays at 9 am. Members may also call to reserve an outside court for pickleball play one day in advance.

Expanded pickleball clinics!!! Pickleball players have more clinic choices. We now offer Learn to play, Pickleball 201 and Supervised Play clinics to learn at your level. Private and Semi Private lessons are also available to schedule with Cecilia Lowrey.

Keep an eye out for junior clinics for pickleball beginning on Saturdays at 8 – 9 am.

Juniors

Junior Team Tennis Update. We had great participation this summer in our travelling junior team tennis program. We fielded teams ranging from age 5 through 18 .

CONGRATULATIONS TO THE FOLLOWING JTT TEAMS!!!

Juniors 12's Advancing –State Championship Winners

Juniors 14's Advancing – State Semi –Finalists

Juniors 18's Advancing – State Quarter Finalists

Big Things Coming. We will be introducing match plays to help our players get more match experience. Players can earn achievement cards during their weekly practices to use during the match play days. These cards can help them have a competitive advantage during points and learn to deal with adversity.

