

# **Tennis** — **May 2017**

**San Jose Swim & Racquet Club**  
**Fab FRIDAY is on May 12th, 6:00-8:50PM**

**2017 USTA LEAGUE Play.** *Coming up: ADULT 55 & Over and Mixed 18 & Over season. We need captains, registration for teams has started! See Reno or Leslie if you have questions.*

## **ADULT:**

*Special Beginning Tennis Series for Adults, READY-SET-RALLY. This is a series of 6 1-hour lessons that will get you playing. The series is intended for complete beginners or beginners returning to tennis. This is a no frustration approach to learning tennis. You'll get special instruction, a guide book from the USTA, and we have discounted adult beginner racquets available. Loaner racquets will be available. Sign up on the bulletin board or in the office. Series starts April 30th and is **FREE** to members. Choose Wednesdays or Sundays. Non-members pay \$25 per lesson.*

## **JUNIORS:**

Summer camps are set and filling up. Sign up at the front desk to hold your place:

Week 1: June 19<sup>th</sup>-23<sup>rd</sup>, M-F, 10:00AM to 3PM.

Week 2: June 26<sup>th</sup>-30<sup>th</sup>, M-F 10:00AM to 3PM.

Week 3: July 31<sup>st</sup>-August 4<sup>th</sup>, M-F 10:00AM to 3PM.

Each month red-ball, orange-ball, and green-ball "match play" events are available for our juniors! See Schedule at [www.benchmarktennis.org](http://www.benchmarktennis.org). Email Coach Leslie for more information: [Leslie@SJSRC.com](mailto:Leslie@SJSRC.com).

**Spring Tennis Sale**, ALL REMAINING SHOES ON SALE, ALL of 2016 racquets remaining on sale. See Reno for more information.

## **Improve your game:**

**1) Get your racquet restrung before the Summer!** Stringing will make it play like new, add a new grip and you'll be ready for the heat! Ask Keith about the new strings available.

**2) Take high performance lessons and clinics from Phil!** Email [phil@sjsrc.com](mailto:phil@sjsrc.com) to get more information.

## **How to tell if the courts are wet: login to the SJSRC Court Cam!!!**

Go to our website, [www.sjsrc.com](http://www.sjsrc.com), and click on the CourtCam button on the tennis page OR Login in directly at: [Sjsrc.dyndns.org](http://Sjsrc.dyndns.org), Login and password are both "tennis".

See [www.sjsrc.com](http://www.sjsrc.com) for all info on club happenings. Go to [Facebook.com/sjsrc](https://www.facebook.com/sjsrc), for daily updates and to "like" us. Please review us on [Yelp](https://www.yelp.com) also if you like us ☺.

## ***It's time to get your game on!***

**Come to the drop-in clinics or schedule a clinic for your team. The drop-in drills are fast-paced and cardio-targeted, designed to work on strokes, strategy and match play situations for individuals or teams.**

- By Appointment The Doubles Dance with Phil, Reno, Keith or Liz: \$22/25/33 each**  
Learn the footwork and teamwork required to WIN at doubles! Bring your partner or come by yourself; learn to dance to victory. Handouts included.  
Reservation required this is not a drop-in. Minimum of two players, maximum of eight.
- Monday 10-11:30 am Adult Drop-In Drills with Phil and Reno \$20/23/30 each**  
3.0-4.5 Men & Women – Will be featuring one of the five strokes in each clinic, then LOTS OF HITTING based on singles and doubles play & strategy. Be on your way to the 10,000 shot club.
- Tuesday 6-7 pm 3.0-4.0 Drop-In Fun Clinic \*FREE for members \$25 for Non-members**  
Men and women players. This is the clinic where you meet people to play with! It's a FUN Clinic intended to mix everyone around and maximize play.
- Wednesday 10-11 am 2.5-4.0 Drop-In Clinic with Phil and Reno \*FREE for members \$25 for Non-members**  
Men and women league players. Focus is on the basics of the game including movement training, strokes and strategy for singles and doubles match play.
- Wednesday 6-7 pm Adult Beginner to 2.5 Drop-In Clinic with Phil/Reno \*FREE for members Ready, Set, Rally! \$25 for Non-members**  
Beginner to 2.5 men and women. Focus is on the basics of the game including rules, movement, strokes and strategy for singles and doubles match play.
- Friday 10-11:30 am Adult Drop-In Drills with Phil and Reno \$20/23/30 each**  
3.0-4.5 Men & Women– Will be featuring one of the five strokes in each clinic, then LOTS OF HITTING based on singles and doubles play & strategy. Be on your way to the 10,000 shot club.
- Saturday 10-11:30 am High Energy Drop-In Drills with Phil and Reno \$20/23/30 each**  
The ultimate clinic for tennis work out and fun. Exciting & competitive drills, strategy and games for 3.0 to 5.0 skill levels. Great way to meet all the players at the club.
- Sunday 10:30-11:30 am Beginner to 2.5 Drop-In Clinic with Reno \*FREE for members Ready, Set, Rally! \$25 for Non-members**  
Adult Beginner to 2.5 men and women. Focus is on the basics of the game including rules, movement, strokes and strategy for singles and doubles match play.
- Sunday 11:30-12:30 pm "Get in the Game!" Drop-In with Reno \$15/17/25**  
Players returning to the game, 2.5 to 3.5 players or those who just want a workout. Focus on the basics, meet new players and get a great cardio workout with Reno.

**For questions or to schedule private lessons, contact Reno, Phil, or Leslie at the club or email at [reno@sjsrc.com](mailto:reno@sjsrc.com), [phil@sjsrc.com](mailto:phil@sjsrc.com), or [leslie@sjsrc.com](mailto:leslie@sjsrc.com)**

**Custom Clinics, Private, and Semi-private Lessons are available. More info, email [tennis@sjsrc.com](mailto:tennis@sjsrc.com)**