

July 2010
San Jose Swim & Racquet Club
Calendar of Events

July is “Junior Team Tennis” and “Summer Sports Camp” Month

July Tennis Tip of the Month

Winning as a Combo Team

- Tip #1** Talk to your partner. Decide if your team wants to serve first in the match or try to break serve. Decide how you play best – who is in the deuce court and who is in the ad court.
- Tip #2** Play lots of unusual doubles formations. Confuse the other team and to take advantage of each player’s strengths on your team or take away their strong shots.

July 4th **Happy July 4th as we celebrate our nations independence...**

July 11 **Wooden Racquet Tennis Social** **Sunday 1-3 pm**
Wood Racquets, white tennis balls and strawberries with cream (whipped cream)
I will supply the equipment – you come and enjoy tennis as it was played with wooden racquets and lots of fun. \$5 each and register on the bulletin board

July **Bay Area Professional Tournaments** **See the pros play.....**
1. Bank of the West at Stanford University Court – July 26 Aug 1
2. \$75,000 Seascape Challenger at Aptos – July 12-18
3. World Team Tennis – Sacramento Capitals – Roseville July 4-24

July **Junior Program “Get in the game” this Summer** **Mon-Sat**
Get your junior player into the “game for a lifetime”. Programs begin for kids age 4 and above. See a summer brochure at the club, call Ken DeHart or check the web at www.kendeharttennis.com for information.
*Weekly practices
*Weekly matches

July 18 **New Members Free Tennis Clinic** **Sun 10-11:30 or 11:30-12:30 pm**
Have you joined the club since May 2010? You are invited to a free 1 hour tennis clinic with Reno Davenport on Sunday the 18th from 10:30 -11:30 am for beginners or 11:30-12:30 for Beg/Intermediates. Sign up on the bulletin board.

July/Aug are all about Juniors

July /Aug 13 **Summer Junior Team Tennis Starts**
There is a workout time for every junior player. Join a team and play matches against other clubs. See the 2010 Summer Brochure for dates, times and prices or call Ken at 892-3806, email at kendehart@aol.com or web at www.kendehart10.com

July /Aug 12 **Summer Sports/Day Camp** **9am - 4 pm M/T/W/Th**
Daily activities for kids age 5-16 including tennis, basketball, swimming and arts & crafts. Lunch not included. Weekly fee for members is \$210, half days and daily rates available. Contact Ken at 892-3806, email at kendehart@aol.com for additional information.

Drills/Thrills Special Drop-In Drill Clinics

Improve your game with ball machine practice, private lessons, clinics and practicing with your friends with a goal in mind. Visit www.kendeharttennis.com and go to the “In the Game Blog” for tips on improving your game this summer

Monday	10-11:30 Action Packed Doubles Drills & Thrills with Ken \$20/23/24 each 3.0-4.5 Men & Women – High Energy Drills based on doubles play & strategy and heart pounding workouts for your daily cardio workout.
Tuesday	6-7 pm “Get in the Game” Workout for Adults with Jesse \$15/17/18 each Players returning to the game, 2.5/3.0 players or those who just want a workout. Focus on the basics, meet new players and get a great cardio workout with Reno.
Wednesday	6-7 pm Beginner to 2.5 Drop-In Clinic with Jesse \$15/17/18 each Beginner to 2.5 Men and women. Focus is on the basics of the game including movement training, strokes and strategy for singles and doubles match play.
Thursday	6-7 pm Adult Work Out Clinic with Ken \$15/17/18 each 3.0-4.0 Work out with fast paced drills for doubles play and cardio workout.
Friday	10-11:30 am Drop-In Drills with Ken \$20/23/24 each 3.0-4.5 Men & Women – High Energy Drills on strategy and tactics of the game plus a great cardio workout.
Saturday	10-11:30 am Cardio & Strategy Drop-In Clinic with Ken \$20/23/24 each Everyone’s favorite!! The ultimate clinic for cardio work out and fun. Exciting drills, strategy and games for 3.0 to 5.0 skill levels. Men, women & high-level juniors.
Sunday	10:30-11:30 am Beginner to 2.5 Drop-In Clinic with Reno \$15/17/18 each Beginner to 2.5 Men and women. Focus is on the basics of the game including movement training, strokes and strategy for singles and doubles match play.
Sunday	11:30-12:30 pm “Get in the Game” Workout for Adults \$15/17/18 each Players returning to the game, 2.5/3.0 players or those who just want a workout. Focus on the basics, meet new players and get a great cardio workout with Reno.

Need a game or want to get involved in a tennis program – contact Ken DeHart at 892-3806 or kendehart@aol.com

**Don’t forget the Wooden Racquet Tennis Social
July 11 from 1- 3pm. Register on the bulletin
board or email Ken at kendehart@aol.com**