September 2010
San Jose Swim & Racquet Club
Calendar of Events

Back to School Month

Get Ready – Mark your Calendars…

**October 16 & 17 - Mixed Club Championships

Mixed Doubles will include 5.5-8.0 teams
Cost is $10 per player
Matches will be 2 out of 3 - 10 point tie breakers for the match.
Players party on Saturday night 5-6 pm

**October 23 & 24 - Doubles Club Championships

Doubles Divisions will include Men's 2.5-5.0 and Women's 2.5-4.0 teams
Cost is $10 per player
Matches will be 2 out of 3 - 10 point tie breakers for the match
Players party on Saturday night 5-6 pm

Sept/Dec — **Junior Tennis for all levels**
Our outstanding program will propel your junior player to new levels of enjoyment of the game. Whether they are just starting tennis or are competitive players, we have a time and place for their skills to grow. See our fall brochure at the front desk or go on line for information at www.kendeharttennis.com

Sept/Dec — **Quick Start is a smashing success**
We have a great program for Future Tennis Stars 4-8 & it's called **Quick Start Tennis**. It is a program being adopted by the USA for all juniors to learn to play with age and size appropriate equipment - court, ball and racquet. Junior Aces are @ 4-5 pm on T/Th and Junior Challengers @ 4:30-6 pm on T/Th. We also have Sat times available! Check out the New Junior Fall Brochure at the front desk or on my website at www.kendeharttennis.com

Sept - Wed &Sun — **Beginners and Back to the Game Clinics** **Wed 11-12, Wed 6-7 pm & Sun 10:30-11:30**
Get back into the game or bring your game to new heights with Al and Reno's clinic. Beginner and Back to the Game Clinics are on Wed and Sun. Cost is $15 tennis members, $17 fitness members and $18 non members.

Sept 19 — **New Members Free Tennis Clinic - with Reno**
Sun 10:30-11:30 am Beginners 11:30-12:30 Intermediates
Have you joined the club since July 2010? You are invited to a free 1 hour tennis clinic with Reno Davenport on Sunday the 19th from 10:30-11:30 am or 11:30-12:30 based upon your skill level. Register on the Bulletin Board or call to reserve a spot in the clinic.

Welcome to our new club members.
Need a game or want to get involved in a tennis program – contact Ken DeHart
408 892-3806 or kendehart@aol.com

Tennis Tip for the Month…

Yellow In – Yellow Out. When trying to track the ball and stay focused long enough to complete a successful shot, look for a yellow streak into your racquet and a yellow streak out. That is one way to know you have kept your eyes quiet at the point of contact. Ken DeHart

Weekly Drop-In Drill Clinics at SJSRC

Monday **10-11:30 am 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 $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 **11-12 pm Beginner to 3.0 Drop-In Clinic $15/17/18 each**
Beginner to 3.0men and women. Focus is on the basics of the game including movement training, strokes and strategy for singles and doubles match play

Wednesday **6-7 pm Beginner to 2.5 Drop-In Clinic $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 408-892-3806 or kendehart@aol.com