



# NIAGARA TENNIS NEWS

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JULY 4, 2010

Hello Tennis Friends!

This week the **Junior Program** switches from the spring schedule to the summer schedule, so look for the kids on the courts between 4:00 and 6:00 on Mondays through Thursdays. In many instances, there will still be a court free at that time, so it's worth checking in if that's when you'd like to play. Information about the Junior Program can be obtained by contacting Charlene Juras at 905 262 5355.

## Doubles Tournaments

The **Men's B Doubles Tournament** is set to go : early rounds will be played on Monday July 19 starting at 6:00, and final rounds will be played on Monday July 26 starting at 6:00.

If Men's Night tennis is something you enjoy, then this tournament is for you. It's always fun to get a little competition into the mix and we make every effort to ensure that everyone gets good matches.

Tournament Director is Jeremy Martino, while Men's Night Coordinators Ralph Mellanby and Don Chambers will be available on Monday evenings to collect your entries. The event is open to the first 32 members who apply.

Primary sponsor for our prizes will be Pam's Pro Shop. Snacks and refreshments will be served. Balls will be provided. The entry fee is \$5 per player.

Rob Mackenzie and Jim Caldwell have already thrown their hats into the ring ... who's next?

Between the two rounds of the men's event, the **Women's Doubles Tournament** will be played. Early rounds are slated for Saturday July 24, with final rounds on Sunday July 25.

This event is open to all women members of the club. With competition organized into A, B and C flights, there will be lots of good games for players of all levels and experience. The emphasis is definitely on camaraderie and fun ... we hope to build on all the good memories created at last year's event.

Tournament Director is Janice Schachtschneider and she'll be sending an entry notice by email shortly. Entry forms are also available at the pavilion office.

Primary sponsor for our prizes will be Pam's Pro Shop. A celebration (late) lunch will be shared after Saturday's games, and an awards ceremony will be held after the matches on Sunday. Balls will be provided. The entry fee is \$10 per player.

## Inter-Club Play

Thanks to the initiative of some of our members, two inter-club friendly matches have been lined up with the Welland Tennis Club.

On Friday morning July 9, the match is for a women's team of 8 players from Welland. They'll compete with a group of Niagara-on-the-Lake players organized by Gillian Venturi.

On Thursday evening July 29, the match is for a mixed doubles team of 8 players from Welland. They'll compete with a group of Niagara-on-the-Lake players organized by Pat Young.

In each case, the social interaction following the play will be just as significant as the tennis. Building friendships across the peninsula can only strengthen our game and our clubs. All Niagara-on-the-Lake Tennis Club members are invited and encouraged to facilitate this type of exchange. If you have an idea for a particular match at a particular date, please let me know so we can get it on the schedule.

## Open Mixed Doubles Tournament

On Sunday August 8, we'll experience a "first" for recent years here in Niagara-on-the-Lake with the presentation of a tournament open to all comers.

The event is a Mixed Doubles Tournament on the Tennis Access Tour. The Tour is a series of events held in clubs throughout Ontario. Most details of the event are handled by the Tour staff, with the host club taking care of the hospitality duties. They have a large number of sponsors, which enables them to offer quality prizes.

The best way to get an appreciation or understanding of the Tour is to visit their website at [www.tennisaccess.com](http://www.tennisaccess.com). It's easy to register for regular email updates and there is no risk in so doing ... everything is handled in a professional manner.

The tournament will be of greatest interest to our members who enjoy competitive tennis at a 4.0 level, although strong 3.5 players with a competitive bent will enjoy it as well.

More details are available on the bulletin board or in the pavilion office.

## Souvenir Shirts for Sale

Many thanks to Scott and Diane Hanson for modeling our 40th anniversary souvenir tennis shirts. We think they look sharp enough to be models in a catalog for Wimbledon wear!

There is a limited quantity of the shirts for both men and women at a price of \$35 (taxes included).

Samples will be available at Men's Night and at Ladies Night. Or you can make arrangements to see them by contacting Rosemary.



## Who is that? And where did she learn to play like that?!

For every player who succeeds at a high level, there are a whole bunch of club members who can say “she used to practice on the court next to where I played!”

That scenario is happening here in Niagara-on-the-Lake with the very welcome arrival of Charlotte Petrick. Although she was born as recently as 1997, Charlotte competed this week in the Ontario U18 championships, taking out the #8 seed and playing her way into the quarter-finals. Starting tomorrow (Monday) morning, she'll compete in the Ontario U16 championships, where she is seeded #6.

Charlotte spent this past winter studying high-performance tennis at the famed IMG Academy in Bradenton Florida. Now it's time to spend the summer practicing what she's learned and trying it out in competition. In between events, she'll be here in Niagara-on-the-Lake with her parents Frank and Colleen and her brother Nicolas.

Charlotte's practice regimen includes at least four hours a day on the tennis court, so expect to see her often. She is a warm and happy individual, so will be pleased to make your acquaintance - especially if you're willing to “talk tennis”. She's also interested in accessing a variety of hitting partners. If you think you could help by making yourself available from time to time, please get in touch with the family at [c.petrick@hotmail.com](mailto:c.petrick@hotmail.com).



*Charlotte Petrick, chatting with her mother Colleen and tennis professional Shawna Macfarlane.*

## Ladies Night

Many thanks to Liz Vinassac, Joan Chicken and Linda Gordon for organizing a lovely evening this past Wednesday for the conclusion of Session #1. Contact Liz to get involved in Session #2.



## Clinics and Lessons

Many of the advances we've enjoyed at the Club in the past couple of years are a result of access for all members to ongoing instruction and lessons. We're very appreciative to tennis professional Shawna Macfarlane for her assistance and support, and now also to the instructors who complete the coaching team for the Club.

To inquire about clinics or lessons with Shawna, contact [addintennis@gmail.com](mailto:addintennis@gmail.com). For other inquiries, contact Coaching Coordinator Sarah Chapman-Jay at [schapmanjay@yahoo.ca](mailto:schapmanjay@yahoo.ca).

One of the drills in Shawna's Go Tennis clinic this morning was designed to help us think about taking control of the ball at the net, rather than simply reacting to it and hitting at it. She noticed while watching the Wimbledon doubles matches that the top players all take a small hop back before moving forward into their volleys.

As the ball comes toward you, and you have made up your mind you are going to attack, your lower body should slightly transfer to behind your center of gravity and your upper body should be slightly in front of your center of gravity. This causes your body to fall slightly forward creating more weight behind each shot. When your body is leaning slightly forward, it will result in a more forcing volley rather than just hitting the ball back over the net.



*Shawna with Terry Belleville.*

### Creating Forward Motion

So, how do we create this forward motion? Each time the ball is being hit by our practice partner, we need to take a small hop backwards to our toes. This is sometimes called a "Kick Back."

By taking our feet from under our center of gravity and putting them behind us, our upper body will fall forward. Now a step will have to be taken to resume our balance. Using kick backs forces us to move into the volley creating weight behind our shot. With practice, this can be done in very little time.

This simple move will get you to attack and take control of the ball, not just react to the ball. Groundstrokes that were hard to handle will now seem slower and easier to successfully volley. To make kick backs part of your



*Susan Vriens and Instructor Jeremy Martino.*

footwork, try placing a jump rope or something similar on the court and just practice setting up in your ready position in front of the rope and kicking your feet back over the jump rope. This will force you to take that forward step. [We practiced jumping back over the service line.]

Remember, while kicking back you are shifting your weight up to the front of your feet. Once you perfect this move, the proper timing will need to be added. Have your partner feed you balls and time your kick back to the feed. Your step forward should happen at ball contact. Once confidence is built up in those two practice steps, you are ready to apply it in your games.

Go Tennis! clinics are a regular feature of our weekly schedule, each Sunday at 9:00. Contact Shawna Macfarlane at [addintennis@gmail.com](mailto:addintennis@gmail.com) for more details or to book your spot.



*Instructor Rob Macfarlane and Ken Smith.*

## More Regular Events

The Club is continually working on ways to develop regular games for players of all playing levels and circumstances. Two additional time slots are in the conversation at the moment.

The first is a **morning game for Tuesdays and Thursdays**. Dubbed a Congenial O.S.S. Game (One-Step-Slower), this should appeal to our members who are available for daytime play and are looking for others of a friendly playing disposition.

The inspiration for this game is Jack Schuster, a Queenston resident who had a career as a school principal in Toronto and organized a regular round-robin game at the Mayfair Club for a considerable period of time.

To help launch the venture, we'll host a social event at the courts on Tuesday July 13 from 9:00 - 10:30. Members who have an interest in meeting other members for the purpose of setting up a regular game at this time (or on Thursdays at this time) are invited to come along for refreshments, conversation and some friendly tennis.

The other time period that has been talked about recently is **Friday evening**. Quite a few members have asked if a renewal of last season's open play on Fridays could be forthcoming.

The problem so far this season is that a few players are turning up each Friday ... finding no one there to greet them or to organize play ... then leaving feeling disappointed. If all the players who had tried at one time or other were to assemble all at once, we'd likely have a party on our hands. But instead it has been hit and miss.

So this Friday ... July 9th ... let's see if we can gather enough players to make Friday evening a viable occasion for Club play. I'll be there at 6:00 ... we'll see what happens after that.

# Rogers Cup

Now that Wimbledon is over, we can all start looking forward to having our annual tennis "fix" at the Rogers Cup. It's the Men's turn to be in Toronto this year, so it was good to hear Rafael Nadal talk about the event during one of his post-match interviews earlier today.

Tickets are going fast, so call Tennis Canada to book yours. The number is 1-877-283-6647 x 4306. Make sure to tell them you're an OTA member from Niagara-on-the-Lake.

Best regards,

Rosemary Goodwin

on behalf of,

Don Chambers

Sarah Chapman-Jay

John Christie

Charlene Juras

Phil Landray

Peter Marchesseau

Ralph Mellanby

Janice Schachtschneider

Elizabeth Vinassac

Irene Wall

[www.tennisniagara.com](http://www.tennisniagara.com)

## Directory adjustments

Correction :

Dale Daniels email address : [notlddaniels@gmail.com](mailto:notlddaniels@gmail.com)

New!

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