

Niagara-on-the-Lake May 15th 2020 Newsletter



To Niagara on the Lake Tennis Club Members

Greetings!

On behalf of the Board, we hope everyone continues to stay safe, stay healthy and stay fit. Our return to the courts is within sight with the Provincial Phase one including recreational tennis. The nuts and bolts of how we do this is a work in progress. Our number one goal is the health and safety of our tennis community. Following rules recommended by Tennis Ontario and Tennis Canada play will resume in phases. We will start here.

[COVID-19-Recommendations-for-club-administrators-EN_compressed.pdf](#)

Our Victoria Day wish is to hit the ball around but we have to wait a little bit longer! When we know you will know!

Stay in the tennis spirit and visit Niagara on the Lake Tennis Club's Past History! Do you recognize anyone? Do you recognize yourself?

<https://niagaratennisclub.com/resources/Documents/NTN/2020/History%20of%20NOTL%20TC%201981-86.pdf>

Stay Tennis Ready Off Court-Shawna is gearing up to put us back in shape. In the meantime, coordination is the most fundamental skill in tennis and we don't practice it enough. While you're at home, there are specific exercises that you can practice to see dramatic improvements.

To begin, learning to juggle can be a great skill to help you with your hand-eye coordination. It's been proven to improve your reaction time, peripheral vision, reflexes and concentration. All of us can agree, we would like to see a boost in those areas on the court. If you need more at home practice ideas contact Shawna! addintennis@gmail.com

A reminder that the 2020 fees have been discounted to the early bird rate of !\$130. single, \$260. family.

Look forward to seeing everyone (six feet apart),

Wendy Dell - President

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