

Niagara-on-the-Lake Tennis Club Newsletter

March 2022



Hello and happy Spring! Well, at least we are trying to wish Spring into existence. Just few more weeks until we can yell from the rooftops - **Nets Up!**

The Town advises that this event could be as early as mid April. We will get a communication out to all Members when this date is firmed up. See you on the courts!

Serve, Rally, Play

A Note from Shawna McFarlane and the Go Tennis Team

Tennis is a great sport you can play for a lifetime. Our signature Go Tennis Clinics and Instruction provides fresh dynamic drills and skills to help you enjoy tennis more. For many of us the signs of spring means getting ready for outdoor play. It means jumping outside onto a tennis court when the weather cooperates. There is nothing quite like sports when it comes to bringing people together – a wonderful distraction and a wonderful unifier. This year let's follow in Nadal's footsteps and bring "just a little extra to the table."

Lesson Programs:

OUR TEAM provides private and group instruction. A simple version of repetition practice with endless possibilities of results. Whether you are an experienced player fine-tuning your game or a new player wanting an introduction to the "game of a lifetime" we provide a fun and rewarding instructional environment.

Serve, Rally and Play

Our complimentary Serve, Rally and Play clinics provide an incredible introduction to the simplest and most efficient teaching methods in the game. With a keen eye and vast experience our Go Tennis Team will help you do a few little things right to make a big impact. Join us for a session to get back in the swing of things with returning members and new members. Play Dates: April 19, 21, 23, 24, 26, 28 & 30

SRP Registration: <https://forms.gle/kTCqnCy7NeWRCpEB6>

Go Tennis Tuesday and Thursday

Go Tennis is a high energy live ball group practice with fun, competitive drills, much like a college tennis practice. A variety of play

situations provides players a practice setting to improve endurance, court positioning, shot selection, and reaction speed. Technical and tactical feedback provides players of all play levels the tools for a better game! This is just what it sounds like – a good workout with a lot of balls being hit in a wide variety of drills. We emphasize “live” drills that relate directly to real play.

- Tuesday Session First Play Date May 3rd, Start Time 5:30pm to 7:00pm Geared for skill development
- Thursday Session First Play Date May 5th, Start Time 5:30pm to 7:00pm Geared for experienced players
- Weekly Registration with an email to addintennis@gmail.com, Fee: \$15/session

Private & Semi-Private Lessons

Discover all the wonders of this great sport. Grab a racquet and join us for some lessons. We teach the basics of the game to all ages, quickly and easily, in a fun, active and encouraging environment. A great social outlet and an all-over workout burning an average 500 calories an hour. Tennis is where fun and fitness meet. Reach out for lesson time options.

Junior Program

Our Go Tennis Team is excited and committed to introduce tennis to young players. While tennis techniques and tactics are the focus, we know that genuine enjoyment of the process makes a difference. Our Team makes sure players enjoy the game and have a good time. Tennis becomes much more than just a game when it makes a player happy. Our goal is to develop a life-long passion for the sport.

Play Dates Wednesday Afternoons May through July, Player Registration: <https://forms.gle/1X8y2hcqLzfENd1Z8>

Shawna Macfarlane

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Want to Hit More Balls? Play Singles? **** New This Season ****

It would appear that the COVID years have sparked a renewed interest in playing the game of Singles. Perhaps players have discovered the joy of “every ball is mine” and the special bond that’s created with a fellow-sojourner on the other side of the net. This interest spawned our Sunday Morning Singles program last year and also generated a banner entry for the Singles tournaments at the end of the season.

In response to many requests, we are expanding our offerings with the addition of a program from Scala Sports. It’s like a traditional Singles Ladder, but with a twist : matches are assigned in each two-week period, with players opting either for one or two matches (or none, if it's a period when they’d prefer not to play). The system is managed on the Scala Sports app, and each pair of players arranges to meet at a mutually agreeable time.

The program is open to all members and we hope many of you will opt to give it a try. Just go to your App Store and download **Scala Sport**. Search within it for **NOTL TC - Singles Ladder** and complete your sign-up. The fee is \$20.

If you have any questions, please contact Rosemary at rosemarygoodwin@mac.com, or by calling 905 468 5503.

Quick Tennis Hits

- [Andy Murray to donate 2022 season prize money to Ukrainian children.](#)
- [Fritz Snaps 21-Year American Drought, Wins 2022 Men's Singles Title - BNP Paribas Open](#)
- [Nadal suffers rib injury. French Open status in question.](#)
- [World Number 1, Ash Barty, retires at 25.](#)
- [Federer pledges \\$500,000 to help Ukrainian children.](#)

Compliments and Feedback

We are always on the lookout for content for the newsletter. If you would like to share a story or have feedback, please email Natalie Early at natalie.early@outlook.com

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