

Niagara-on-the-Lake Tennis Club Newsletter

March 2023



Are you Ready for the 2023 Tennis Season?

Spring flowers are starting to bloom which means the tennis season is not far behind. The Town installed the nets this week which is another exciting sign.

At Wednesday's Special Members' Meeting, thank you to everyone that "zoomed" in, the proposed capital improvements for bleachers and pathways were approved. The Board will be working with the Town to hopefully get these completed by the end of May.

If you have not yet paid your membership renewal – **what are you waiting for?!** We can't wait to see you on the courts. Beyond our usual programming and events, there are some new offerings. Take a few moments to visit our website if you haven't dropped by for a while. Follow the links on the website for membership renewal instructions.

After your payment is received, we will activate your membership and send you the new gate code. Please allow up to 1 week for membership activation. We are a volunteer club so membership administration is completed on volunteer availability. Even more reason to renew your membership today!

Hello Everyone From, The Go Team!

Can you believe the outdoor season is here? We hope everyone is gearing up! On behalf of the Go Tennis Team, we welcome you and invite you to join us on

court. The sheer fun of playing tennis is something you must experience for yourself to truly appreciate that spring has arrived! Our team offers lesson programs throughout the season with our signature Go Tennis Classes scheduled for Tuesday and Thursday evenings, 5:30pm to 7:00pm.

Let's Get Started

Serve, Rally, and Play is first on the program – a unique service offered to match members together with playgroups, lesson groups and club programs. This early bird **complimentary program** is designed for players at a variety of skill levels to explore your own personal tennis options.

First Play Date: April 18th Last Play Date May 8th

Registration is suggested. <https://forms.gle/HnLUkDpmXsFWcAwr7>

Live Ball Tennis is a fun interactive large group activity with music, fast-paced game-based drills with an instructor on every court. Doubles specific point playing to sharpen your play. Our first two sessions are scheduled for Saturday, May 6th and Saturday, May 13th with a 4:30pm start time. These introductory sessions are **also complimentary** to Club members.

Registration is suggested. <https://forms.gle/i4xNj7QZzAskEkjD7>

Junior Tennis – Our Junior Development programs, amenities, and services are offered to all players ages 4 to 16. The Program Pathway includes a variety of red, orange, green and yellow programs that provide players with the opportunity to learn quickly. Our primary lesson night is Wednesday, 4:00pm and 5:00pm with additional opportunities available on Saturday afternoons. Registration is Required: <https://forms.gle/zjRnTgynKztwZSSm7>

Go Team Quote #1:

“If at first you don’t succeed, try doing what your Tennis Coach told you to do the first time.”

Together we play,
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Club Nights

Monday is MENS Night, Wednesday is LADIES Night and Friday is MIXED DOUBLES Night for players at a 3.0 level and up with a weekly sign up. [CLICK HERE](#) for full details and the Registration Form. Sessions start in early May and run through the of end September.



Tennis Stringing at the Spring Social

With the outdoor season just around the corner, it's time to start digging around your closet for your racquet bag and to pull out your racquet. The beginning of the tennis season is a great time consider re-stringing your racquet even if the strings are not broken. Depending on the string, over the course of time, even when not in use, strings lose their elasticity, their tension and their playability. During the on court portion of our Spring Social on May 28th, **Christian Breton will be on-site with this racquet stringing machine**. Christian is a United States Racquet Stringers Association certified Master Racquet Technician. He will be able to answer any questions you may have and also string your racquet if you wish so you're ready for

the season. We understand he will also be bringing a few demo racquets for Members to try during the on court drills.

Our very own John Ramsbottom offers some Tennis Stringing FAQs below.

Tennis Stringing FAQ's

How Often Should I Re-String My Racquet?

According to The United States Racquet Stringers Association, (USRSA), the rule of thumb here is, ***the number of times you play per week, is the number of times you should get your racquet strung throughout the year.*** There are factors which can impact this frequency, but this is the recommendation.

What String Should I Use?

Choosing string depends on a number of considerations:

- Do you hit with a lot of spin or do you hit a flatter ball?
- What swing style do you have ie do you take a full swing at the ball with a lot of racquet head speed or do you have a more compact swing?
- Are you looking for more durability or do you want more feel?

These are the types of questions a stringer should ask you to help you choose a string that's right for your playing style. String can also help or hinder dealing with tennis elbow or shoulder issues, another question you may be asked by the stringer.

At What Tension Should I String My Racquet ?

This depends on whether you are looking for more control or more power. The rule of thumb according to the USRSA is as follows:

- If you want more control, you string your racquet at a higher tension
- If you want more power, string your racquet at a lower tension

Once again so much depends on your swing style. If you take a full swing at the ball with a lot of racquet head speed, you don't necessarily need more power as you're generating your own. Control is key for those who take a full swing at the ball. If

you have a shorter more compact swing, you might want to consider a lower tension as it will help you generate more power on your shots. All racquets have a stringing range which is listed usually on the inside of the throat of the racquet.

So tension is another discussion you should have with the person stringing your racquet. They will be able to assist you in choosing the right string and tension for your game style. For most average club players, a synthetic gut is a good choice and will meet your needs.

Other Considerations

- If your strings are moving around a lot with the gap between strings getting bigger and you're constantly moving them back into alignment, that's usually a sign that you've lost tension, especially for those who hit with a lot of spin. It's time to re-string.
- Don't leave your racquet in your car during the summer months. Extreme heat causes the racquet head to expand, thereby loosening the string tension.
- If you haven't strung your racquet for a couple of years or longer, it's time...you'll notice a big change!

Door Prizes for the Spring Social

We are seeking door prizes for the Spring Social in May. Please reach out to Natalie Early at natalie.early@outlook.com or Nancy Marchese at nlongocga@yahoo.ca if you can help us out.



Quick Tennis Hits

- An OTA Guide to Great Tennis Movies, Books and Media - [Ontario Tennis Association \(tennisontario.com\)](https://www.tennisontario.com/)
- [Rogers and Tennis Canada announce four year-round tennis court projects for 2023.](#)

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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