

## Tennis Tip of the Month: Dynamic Warm-Up

This is an essential part of preparing each day, whether it is for practice or a match. The dynamic warmup incorporates stretching with movement and does five very important things for a tennis athlete.

1. Increases body temperature allowing muscles to work more efficiently.
2. Primes the cardiovascular system and gets the heart and lungs ready for vigorous activity.
3. Stretches muscles actively, preparing them for the forces of experiences during tennis.
4. Engrains proper movement patterns and the coordination needed in tennis.
5. Wakes up the nervous system and gets the brain talking with the muscles.



## Free Court Time Fridays

This winter the John and Fay Menard YMCA Tennis Center will be offering free court time to all members and their guests from 7:00-10:00 PM on the following dates. You can call 6 days in advance to schedule your court time.

March 3, March 17, March 24, April 7, May 12, May 19, and May 26.

## Upcoming Events

**March 4-5**  
Tennis on Campus Section Championships

**March 11-12**  
Eye Open

**March 18**  
UWEC/Cardinal Stretch

## Junior Team Tennis

We are super excited about the 2023 Junior Team Tennis Program.

### A few reminders...

- All participants need to be USTA members. This membership is FREE! Please click on the following link to get signed up: [www.usta.com/en/home/myaccount/choose-account-type.html](http://www.usta.com/en/home/myaccount/choose-account-type.html)
- All players MUST have a USTA membership prior to the start of the JTT season.
- Program starts June 13 and runs through July 27

## Congratulations...



To the ITF World Tennis Tour Juniors Wisconsin Winners!

Boys winner Mark Krupkin and finalist Jack Kennedy.

Girls winner Kayla Chung and our finalist Karlin Schock.



## Unlimited Tennis Rate Change

Unlimited tennis allows you to use the facility as much as you would like for one low cost. This is the first increase to unlimited tennis prices in over 10 years. Price changes effective March 1st.

2022 Price	2023 Price
Youth \$20/month	\$26/month
Adult \$45/month	\$50/month
Family \$65/month	\$70/month

## Program Dates

Summer Session 1 and 2 open for registration on March 1.