



John & Fay Menard YMCA Tennis Center

Tennis in the Valley

TENNIS

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Tennis Tip of the Month | Mental Toughness - Part 4



Practice Like You're in a Tournament

No matter if you are practicing alone or doing some tennis drills with your partner, don't take it as practice. Always practice like you're playing a tournament where your ultimate goal is to win.

It means you need to bring some intensity and aggressiveness to your tennis training sessions. Try to create a pressurized situation by increasing the pace of the game or any other way that works well for you.

Once you are successful to create a pressure point, this is where your actual pressure begins which is pressure management.

After mastering pressure management, you can do whatever you want to do on the court. You can also use this pressure against your opponent and put him/her on their toes.

Remember, it will not work overnight. You have to practice a lot to achieve this level of pressure management.

**Thank you Adam Birkolz for 20 years of service
to the YMCA of the Chippewa Valley!**

New Play Opportunities

Friday Funday Cardio+

Come join us for an hour of organized set play after Cardio Tennis on Fridays! Come for either or come for both. Set play will be fun and partners will rotate through the hour. All experience levels welcome, and players will be grouped by similar skill levels.

Drop-in Drill Mondays

Craig Monson will be leading a free drop-in program for all Y members from 8:00-9:00 PM on Monday evenings. You can expect fast paced fun drills! This program will run on the 2nd and 4th Mondays of the months starting October 10.

ITF Tournament Returns to Eau Claire!!!

I am super excited to let you know that we have been selected to host a professional-grade ITF J5 tournament February 18-24, 2023. Matches will start at 10:00 AM and courts won't be available until the late afternoon/early evening. We hosted this tournament in 2022 and it was an amazing opportunity to showcase the facility and tennis community here in Eau Claire. Players will be attending from all over the world so the level of play will be extremely high.

I'm still looking for volunteers to help with tournament check in and tournament support, so please reach out if you are willing to help out. If you are interested in being a food or tournament sponsor please let me know ASAP.

Upcoming Events

October 3-6
WIAA Sectionals

October 28-30
Halloween Open

November 11-13
Level 4 Jr. Tournament

November 18-20
Level 6 Jr. Tournament

November 24
Thanksgiving Cardio

December 3
(5:00-7:00 PM)
Caring at Christmas Mixer

December 9-11
Level 4 Jr. Tournament

December 16-18
Level 5 Jr. Tournament

Cardio Tennis

We are excited to welcome back Cardio Tennis 5 days a week. We will have morning cardio from 10:30-11:30 AM Monday-Friday. We also offer Cardio Tennis Tuesday and Thursday evenings from 7:00-8:00 PM.