



John & Fay Menard YMCA Tennis Center

Tennis in the Valley

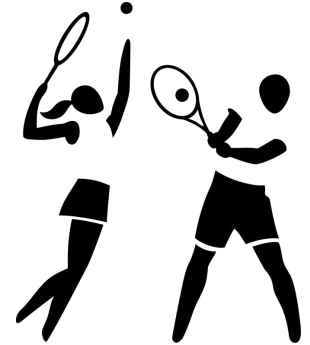
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TENNIS

Tennis Tip of the Month Tennis Strategy

Force your opponent to get more cautious on their first serve. You see this often on big points. Don't let the best come out.

1. **Move inside the baseline.** You need to take 2 steps forward.
2. **Keep moving your feet.** The easier the shot, the lazier you get. Take short steps. Start moving your feet before they toss. Stay light and loose on the balls of your feet.
3. **Shorten your grip and your backswing.** Grip down a little on the racquet, this will shorten your backswing and help you maintain control of the racquet.
4. Hit with your racquet, not your ego! You just want to make a good return, so hit with your racquet, not your ego. This goes for any sitters, volleys, overheads, and groundstrokes.



Upcoming Events

May 6
Junior Level 6

June 14
1st Day of JTT

July 21
JTT Regional Tournament

July 22-27
JTT Sectional Tournament

Help Wanted

We are currently hiring for summer! We have both desk and instructor positions available. If you are interested in joining our team, apply today on our website! WWW.YMCA-CV.ORG/CAREER

Western & Southern Open VIP Experience (Cincinnati)

WHEN: Monday, August 15

COST: \$225 for non-USTA members | \$200 for USTA Members | \$175 for groups of 8 or more

INCLUDED:

- Access to USTA Northern's private suite with unparalleled views of the action
- Complimentary food and beverage
- Free event parking
- Visit from tournament director, Eric Butorac (Australian Open doubles finalist and MN native)
- Visit from ATP/WTA tour player
- 50% discount on 300 level tickets for sessions 1-5
- 20% discount on 300 level tickets for sessions 6-7

Webster defines this experience as a "no-brainer". I hope to see you there.

https://e.givesmart.com/events/qNy/i/_Auction/hqDd/

LEARN MORE:

