



Carson Tennis Club PO Box 888, Carson City NV 89702

August 2009

## **Third Annual Carson City Shootout is Next Month, September 18-20, Centennial Courts**

### **Center Court**

The 3<sup>rd</sup> Annual Carson City Shootout is scheduled for September 18-20 at Centennial Courts. Men and women's singles and doubles and mixed doubles brackets will be held at the A (4.0), B (3.0-3.5), C (< 3.0) skill levels. Men, women, and mixed Century doubles (age of players needs to add up to at least 100 years) brackets are also scheduled. A Super Century division (combined ages =120 years) will be available if enough players enter. Just enter the century division online or write it in on the registration. This year you can register online at <http://www.r2sports.com/tourney/home.asp?TID=5948>. The cost to enter is \$20 for singles or doubles (\$40 doubles team) and includes a T-Shirt. The CTC Board reduced the tournament entry fee this year to encourage players to enter. A BBQ will be held Saturday afternoon at the Centennial Courts (3:30PM) for players and spectators. For those who can't register online, a tournament registration flyer is attached that has all the tournament specifics. This can be mailed in to CTC, P.O. Box 888, Carson City, NV 89702. High Sierra Tennis Management Company will run the tournament. Kyle Horvath, Tournament Director, 901-0661, [gratefultennis@yahoo.com](mailto:gratefultennis@yahoo.com), may be contacted for additional tournament information. Please register early!

### **Court Maintenance**

CTC has bought new center straps for the nets that seem to disappear regularly. Most of this has been vandalism, but we have had club members take straps on their own for other city courts. Please do not take center straps for other courts. Send your request for a replacement center strap for city tennis courts that are missing a strap or if the center strap needs repair to the CTC website [carsontc.com](http://carsontc.com). In this way we will know if center straps are being stolen or just being moved. We inspect the city tennis courts for maintenance usually at the beginning of the season. The center straps are getting expensive and run from \$6.99 to \$15.00.

Editor's note: The following article comes from the current Tennis Magazine, August 2009. I thought this article could help players judge their ability and provide some guidance on what they should be focusing on at the different skill levels. It is printed in its entirety.

# GET BETTER NOW

---

**Take your game up a notch with our expert advice. By Tom Gulikson**

All tennis players want to improve, and they want to do it quickly. Sometimes the urge is so strong that it makes us crazy enough to try just about anything: A Western grip to master topspin; one new racquet after another; a different set of strings every month. I'm here to tell you that you don't need to go overboard. Getting better isn't easy, but it's less complicated than it might seem at first. At every NTRP level there are several simple things you can practice to improve your game in a short time and make playing more fun. Here's our guide to help you do it now.

---

## 1.0-3.0 Learn the Grips

**THE RIGHT GRIPS** are essential for novices. If you hold the racquet correctly, your technique will come along more quickly. You have several options: On the forehand, anything between Eastern and semi-Western is fine. On the one-handed backhand, I prefer the Eastern backhand grip. For the two-hander, your dominant hand can hold the racquet anywhere from the Continental to the eastern backhand grip, and your off hand should be in a semi-Western grip.

## Grip Tips

**THINK SQUARE** The racquet should meet the ball out in front of you, and the racquet face should be square-perpendicular to court surface and facing your target—on contact, so you can drive through the ball and eventually learn to apply topspin. Experiment with the grips suggested at left and choose one that makes this easiest for you. If you think about making square contact, you'll begin to understand which grips are ideal for your strokes.

**LEARN THE FOREHAND FIRST** The forehand stroke is the most natural stroke to learn. If you move well, you can cover two-thirds of the court with your forehand and limit how much you rely on your weaker shots. To build confident swing, try this drill: Start from the ready position facing the net and hold the racquet with a forehand grip (your off hand should cradle the throat or handle). Using low, compression or softballs, which won't bounce as high or travel as fast as a normal ball, have your practice partner feed you forehands. This will groove your stroke.

**KEEP YOUR HANDS LOOSE** If your arms and hands are tense, you won't have smooth strokes. When learning the grips, don't get into the habit of choking your racquet. If 10 is squeezing as hard as you can, you don't want to press harder than a 3 when you're not actually hitting the ball. At contact, squeeze up to an 8, but don't grip with your bottom three fingers (pinky, ring and middle) until immediately before you hit the ball.

## 3.5 Get a Reliable Second Serve

**FROM THIS LEVEL** on up, your second serve will become increasingly important. A great second serve separates the best players from the rest, but a good one pays dividends at the 3.5 level, too. To own an effective second serve, you need to learn how to hit a slice (the kick serve comes a few NTRP levels up the ladder). Slicing the ball will allow you to swing more freely (you'll brush the ball rather than hitting it flat), yet also gain control. Start with a Continental grip (see the grips on the previous page) and toss the ball out in front and slightly to the right (left if you're left-handed). Carve the outside of the ball as if you're trying to cut off the edge with your strings and hook it into the court. For slice, you must aim farther to the right of the target (to the left for lefties). It takes time to get used to this feeling, but it will soon be second nature.

## Second Serve Tips

**TAKE IT STEP BY STEP** Are you having trouble with the Continental grip? Try changing gradually. Warm up by hitting serves with your previous serve grip. Then move your hand one level toward the Continental and hit some more serves. Repeat until you get to Continental. After a few weeks, you should feel comfortable.

**AIM FOR BIG TARGETS** At this level, the object is to hit a second serve that goes in consistently and isn't a cream puff. Don't be too exact in terms of your placement; If you can learn to put your serve in either half of each service box reliably, you'll be in good shape

**DON'T SWING SLOWLY** In tennis, slow isn't safe, it's dangerous. You can't create spin-slice, kick, topspin; you name it- with a slow swing. What you need is a loose grip and smooth controlled acceleration. The only way to understand this rhythm is through practice, especially in matches, when the tension in your arm will be highest.

## 4.0 Take the Ball On The Rise

**IF YOU WANT** to succeed at this level, you have to go after the ball and stop letting it come to you. Hitting on the rise can be a daunting task, but it won't be long before you realize it's worth the effort. You need to swing at the peak of the ball's bounce or at your ideal contact point if the ball is going to bounce high, rather than waiting for it to fall into your hitting zone after it's reached its full height. In order to do that, keep these four elements in mind: (1) Get to the ball quickly; (2) turn your shoulders; (3) use a short backswing; and (4) make sure your weight is moving forward at contact.

### On the Rise Tips

**WATCH THE BALL BOUNCE** You don't need to hit every ball on the rise. Pay attention to where your opponent's shots bounce and identify a zone where hitting on the rise will be the most beneficial. If a ball lands just past the service line, it's an ideal candidate for an on-the-rise stroke. I call this the step-up zone.

**DON'T SWING FOR THE FENCES** When you hit on the rise, you rob your opponent of time. That's good enough, so don't try to kill the ball. A smooth swing with enough acceleration to create topspin will get the job done.

**PLAY THE ANGLES** Make your opponent run side to side. The object is to force your opponent to run and hit safe shots back to the middle so you can hit another ball on the rise in the other direction (Andre Agassi was a master at this). When you get an opening, follow your on-the-rise shot to the net.



# Third Annual Carson City Tennis Shootout

## Carson Tennis Club/High Sierra Tennis Management Co.

**Dates:** September 18, 19, 20, 2009  
**Location:** Centennial Park and Carson High School  
**Cost:** \$20 Singles or Doubles (\$40 Doubles Team)  
**Deadline:** September 14, 2009  
**Start Times:** Available online or from the Tournament Director.  
**Tournament Director:** Kyle Horvath, 775-901-0661  
**Register Online:** <http://www.r2sports.com/tourney/home.asp?TID=5948>  
**Register By Mail:** CTC, P.O. Box 888, Carson City, NV 89702  
**Make Checks Payable To:** Carson Tennis Club or CTC  
**Inquiries:** Kyle Horvath, 775-901-0661, [carsontc.com](http://carsontc.com).

### General Information

- Format will be best of 3 sets/no-ad scoring till finals, where REGULAR scoring will be used.
- Play will start Friday night at 6:00PM, ending by approximately 9:00PM.
- Each division is limited to 16 ENTRIES.
- Report to the Tournament desk 15 minutes before play. DEFAULT time is 15 minutes after scheduled match time.
- Saturday matches will begin at 8:00AM and will be played at Centennial Park courts and Carson High School courts.
- There will be a consolation bracket for all divisions. Players are guaranteed 2 matches.
- Sunday semi/finals will be played at Centennial Park. Semis:7:30 AM. Finals:10:30 AM.
- Awards for champions/finalists and consolation champions.
- Players may only enter 2 divisions per person. If you enter 2 divisions, be prepared to play 4 matches on Saturday.
- To play in the Century division in doubles, you and your partner's combined ages must equal at least 100 years.

### Divisions

Women's		Men's				Mixed	
Singles A	Doubles A	Singles A	Doubles A			Doubles A	
B	B	B	B			B	
C	C	C	C			C	
Century		Century				Century	
T-Shirt Size: ___S ___M ___L ___XL ___XXL ___Other/Specify___ Men ___ Women ___							
Name		Address				Phone	
E-mail		Partner#1		Partner#2			

**Disclaimer:** I hereby waive and release the tournament directors and their respective agents, sponsors, and the facilities used during this tournament from any and all liabilities which may be suffered in connections with this tournament.

Signed \_\_\_\_\_ Partner#2 \_\_\_\_\_  
 (Singles or Doubles Partner #1)