

Court Report

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Pro Tip: Advanced Volley Drill Submitted by Head Pro Allan Overland

For as long as I have been playing and teaching tennis (since the mid 1970's!), the key technical aspect of the volley has remained the same: keeping the wrist firm on the shot. A player cannot gain full control of the shot with any independent wrist movement. Put another way, a great coach I know said to me repeatedly, "the forearm and racquet should move as one unit on the shot." To accomplish this goal, the same coach taught me an effective, simple volley drill that he calls his favorite, regardless of playing level. Here is that drill:

- Have you and a practice partner position yourselves at the net about halfway between the net and the service line.
- Hit controlled volleys to each other-try to aim for each other's shoulders and hit everything in the air.
- When you start, set your dominant hand at the very top of the grip and hit volleys from this position.

It will feel a bit strange at first and will feel like you are hitting with a Pickleball paddle). By starting in this severely choked up grip position, it will be easy to maintain a solid wrist position as there is less racquet to control. Volley with this grip position for a couple of minutes or so.

- Next, slide your hand down the grip to about halfway between the top and bottom parts of it. Remember, continue to strive for maintaining a solid wrist as you hit and keep the same feel as with the first grip position. Drill with this grip position for another couple of minutes or so.
- Finally, go to your regular volley grip and continue to hit volleys in the air as much as possible. As you have *gradually* moved to your regular volley grip, you should notice that it will be easier to consistently maintain a firm wrist position as you hit. Keep hitting volleys until you feel you can stay solid on each shot and keep the same feel as with the other two grip positions.

I like to encourage my students to do this drill for at least a few minutes each time they hit the court to help them keep from volleying with a wristy motion. Give the drill a try and you should see some real "firm" results with your volleys!



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Teaching Pros listed on Page 4

Adult High Performance Clinics



With HP Certified Instructors Allan Overland and JJ Jackson

2.5-3.0: Saturday, April 15	SOLD OUT	9:30 AM-12:30 PM
3.5-4.0: Saturday, April 22		9:30 AM-12:30 PM
4.0-4.5: Saturday, April 29		9:30 AM-12:30 PM

*Each 3-Hour Class is \$66 plus tax. Guests add \$17
Strict 4-1 Student/Teacher Ratio.*

Membership Corner

Do you need to change or cancel your membership? Get started at betonline.net/membership

- Switch to Monthly Dues
- 70 or better? Apply for a 20% discount
- Add/remove a family member
 - Update your address
- Cancel your membership
- Request Medical Leave

Spring BREAK

Junior Camps

Mon-Fri, April 10-14

No Guest Fees!

Red Ball	9:00AM-10:00AM
SOLD OUT Orange Ball	10:00AM-11:00AM
Beginner	9:30AM-11:00AM
Intermediate	11:00AM-12:30PM
Advanced	12:30PM-2:00PM



Front Desk Staff and Court Attendants



Tracy Lockhart



Norm Kanzaki



Hope Manning



Cathy Shaheen



Kay Lorrain



Julie Ikeda



Angel Daquiz



Catherine Thom



Margie Nomi



Princess Ventura



Kinsey Lockhart



Maeson Harper
Teaching Court Attendant

Group Classes • April-June

BOEING EMPLOYEES TENNIS CLUB

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Teaching Pro: Joseph Smith
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ADULTS

Level 1 (Beginner, Club Rating 1.0-2.0)

Class	Time	Instructor
Monday	7:00 PM-8:00 PM	Smith
Sunday	6:30 PM-8:00 PM	Fike

Level 2 (Advanced Beginner, Club Rating 2.0-2.5)

Class	Time	Instructor
Monday	6:00 PM-7:00 PM	Smith
Saturday	10:00 AM-11:00 AM	Nam

Level 3 (Intermediate, Club Rating 2.5-3.0)

Class	Time	Instructor
Monday	10:00 AM-11:30 AM	Fike
Monday	6:00 PM-7:00 PM	Jackson
Tuesday	8:00 PM-9:30 PM	Nam
Friday	Noon-1:30 PM	Fike

Level 4 (Advanced, Club Rating 3.0-3.5)

Class	Time	Instructor
Monday	5:00 PM-6:00 PM	Nam
Tuesday	6:30 PM-8:00 PM	Overland
Wednesday Dbls	11:00 AM-Noon	Martin
Wednesday	Noon-1:30 PM	Martin
Tuesday	12:30 PM-2:00 PM	Fike
Friday	11:00 AM-12:30 PM	Nam
Saturday	8:00 AM-9:30 AM	Nam

Level 5 (Elite Club Rating 3.5 and up)

Class	Time	Instructor
Wimbledon Sat	1:00 PM-2:30 PM	Overland
Thursday	8:00 PM-9:30 PM	Overland

JUNIORS

10 & Under Tennis

Class	Day(s)	Time	Instructor
Red 1	Sat	10:00 AM-11:00 AM	C-Edwards
Red 1	Sun	10:00 AM-11:00 AM	C-Edwards
Red 1	Sun	12:30 PM-1:30 PM	Fike
Red 2	Sat	9:00 AM-10:00 AM	C-Edwards
Red 2	Sun	9:00 AM-10:00 AM	C-Edwards
Orange 1	Sat	11:00 AM-Noon	Nam
Orange 2	Sat	Noon-1:00 PM	Nam
Green	Sun	1:30 PM-3:00 PM	Fike

Levels 1-2 (Beginner)

Class	Time	Instructor
Level 1 Saturday	2:30 PM-3:30 PM	Nam
Level 1 Tuesday	4:00 PM-5:00 PM	Robison
Level 1-2 Saturday	1:30 PM-2:30 PM	Nam
Level 2 Saturday	9:30 AM-11:00 AM	Smith
Level 2 Saturday	12:30 PM-1:30 PM	C-Edwards
Level 2 Monday	7:00 PM-8:00 PM	Jackson

Level 3 (Intermediate)

Class	Time	Instructor
Level 3 Saturday	11:00 AM-12:30 PM	C-Edwards
Level 3 Sunday	4:00 PM-5:30 PM	Martin
Level 3 Monday	3:30 PM-5:00 PM	Nam
Level 3 Wednesday	5:00 PM-6:30 PM	Jackson
Level 3 Friday	4:00 PM-5:30 PM	Jackson
Level 3 Friday	7:00 PM-8:30 PM	Jackson
HS JV Sun	11:00 AM-12:30 PM	C-Edwards

Level 4 (Advanced)

Class	Time	Instructor
Level 4 Thurs	3:30 PM-5:00 PM	C-Edwards
Level 4 Fri	5:30 PM-7:00 PM	Jackson
HS Vars. Sat	3:30 PM-5:00 PM	Overland
HS Vars. Sun	5:30 PM-7:00 PM	Martin

High Performance

Class	Day(s)	Time	Instructor
HP 5	T/Th	5:00 PM-6:30 PM	Jackson
HP 5	Sat	5:00 PM-6:30 PM	Nam
HP 6	T/Th	6:30 PM-8:00 PM	Jackson

***DROP-INS** - DROP-INS ARE ALLOWED THE SAME DAY OF CLASS IF THERE IS SPACE AVAILABLE. GUESTS 10&U ADD \$7 TO DROP-IN RATES AND JUNIORS 11-YRS AND OLDER ADD \$17 TO DROP-IN RATES FOR JUNIOR AND ADULT CLASSES.

LATE CANCELLATION FEES - FULL REFUNDS PROVIDED FOR REGISTRATIONS CANCELLED AT LEAST ONE DAY PRIOR TO THE START OF NEW MONTH-LONG SESSION. STUDENTS WHO CANCEL A MONTHLY CLASS AFTER SESSION HAS STARTED WILL BE REFUNDED IN FULL AND CHARGED DROP-IN RATES FOR CONCLUDED CLASS DAYS. STUDENTS WHO CANCEL THE FIRST DAY OF CLASS (PRIOR TO START OF CLASS) WILL BE REFUNDED IN FULL AND CHARGED 50% DROP-IN RATE FOR THE FIRST DAY OF CLASS.