



Irvington Club News



June 2020



Notes From the General Manager

Dear Irvington Club Members,

As of yesterday, we learned that Multnomah County will apply for reopening on June 5th, with hopefully the reopening date of June 12th. I again want to express my gratitude to all of you who have continued to support the Club in so many ways.

In order to comply with State guidelines, as well as keep our members and staff safe, we have been working effortlessly to prepare the Club for reopening. We are making sure our policies align with the State of Oregon's reopening framework requirements. Our top priority is your health, and the health of our employees, so our restrictions and protocols for various areas of the Club were crafted with that in mind. We will navigate slowly through Phase 1, making sure that we have all the measures in place to meet the health and safety challenges presented by COVID19.

It appears that pools fall into Phase 2, but we are still waiting to hear the determination from the Governor and Health Officials.

You will be receiving many email blasts in the upcoming week, so please let us know if for some reason you are not receiving our emails. We will also be posting information on our webpage.

I am so excited to open our doors and welcome all of you back home!

Barbara

President's Message

I want to thank those of you who have sent emails and made phone calls to me and other Board members with your kudos, questions, and advice. We appreciate all of the messages and the Board has discussed all of them. We are now meeting weekly, with multiple Zoom Committee meetings and emails in between. We are closely monitoring our income and cutting expenses where we can. Thanks to those of you who are on Committees and others who have stepped up to offer their expertise to assist us in preparing for our return to tennis, the weight room, and the pool. We are committed to open safely with as many services as possible. We will follow the State and County guidelines as we move forward to phase in activities as those guidelines allow. Thanks again for your support and patience.

Cathy Zarosinski

Calendar of Events

June

14th ~ Flag Day

20th ~ Summer Begins

21st ~ Father's Day

July

4th ~ Independence Day



Tennis Article: The Ultimate Forehand by Walter Seidel

The Ultimate Forehand by Walter Seidel

There are countless different styles of how players hit their forehands, but with the speed at which the ball is hit in today's tennis world you have to have super quick preparation and efficient technique to hit a successful forehand. These fundamentals are critical whether you are a USTA 2.5 or 3.0 rated player or a world class tennis player like Ashleigh Barty or Kevin Andersen. The ultimate key is to reduce the radius of the swing. Because time is limited you need to reduce the range of motion to the ball while still increasing racket head speed so that you can still have a more powerful and consistent swing. Below are four golden tips to make your forehand better.

Preparation. Keep your non-hitting hand on the racket while making your unit turn with your shoulders. Make sure that your left elbow is up a little bit and that your hitting arm elbow is *facing the back fence or curtain* while keeping your racket *head tip up* facing the sky or ceiling. By doing this you will keep your shoulders together and your racket on the outside of your body.

Elbow Up Elbow Extension. Once you get in this position begin to get the *elbow up then get elbow extension*. After the elbow extension, move to tap the dog on the head. This is a great visual and makes sure that your palm is somewhat facing the ground. This motion keeps your racket on your outside keeping the stroke efficient. This action engages the shoulder more and allows the racket to stay on the path of the ball better in a more linear motion while the elbow passes through the trunk.

The Magical Flip. After you have *tapped the dog on the head* with the arm extended what happens next is critical. Because the racket is to the outside and the racket head is above the hand when you begin to pull the hand while driving the leg and the hip the racket will now go *down and back very quickly* on it's own a lot more faster and almost automatically, which allows for more of a powerful efficient swing through the ball. You will notice how the butt cap of the racket will be facing toward the incoming ball. This is confirmation that you are in the correct position before striking the ball.

Forward Swing & Follow Through. After this *flip* occurs and the elbow moves through the trunk on a linear path toward the ball the rolling action of the forearm will now need to be incorporated so that maximum topspin can be achieved. The low to high natural swing path together with the idea of *turning a door knob* will create that rotation on the ball. To be sure you have completed your swing, have your butt cap (we tell the kids' flashlight) face the net. A good visual for the forehand is having the butt cap facing the incoming ball before contact and then facing the net after contact.

Key points:

1. Preparation
2. Elbow Up Elbow Extension
3. The Magical Flip
4. Forward Swing & Follow Through

Weekly challenge:

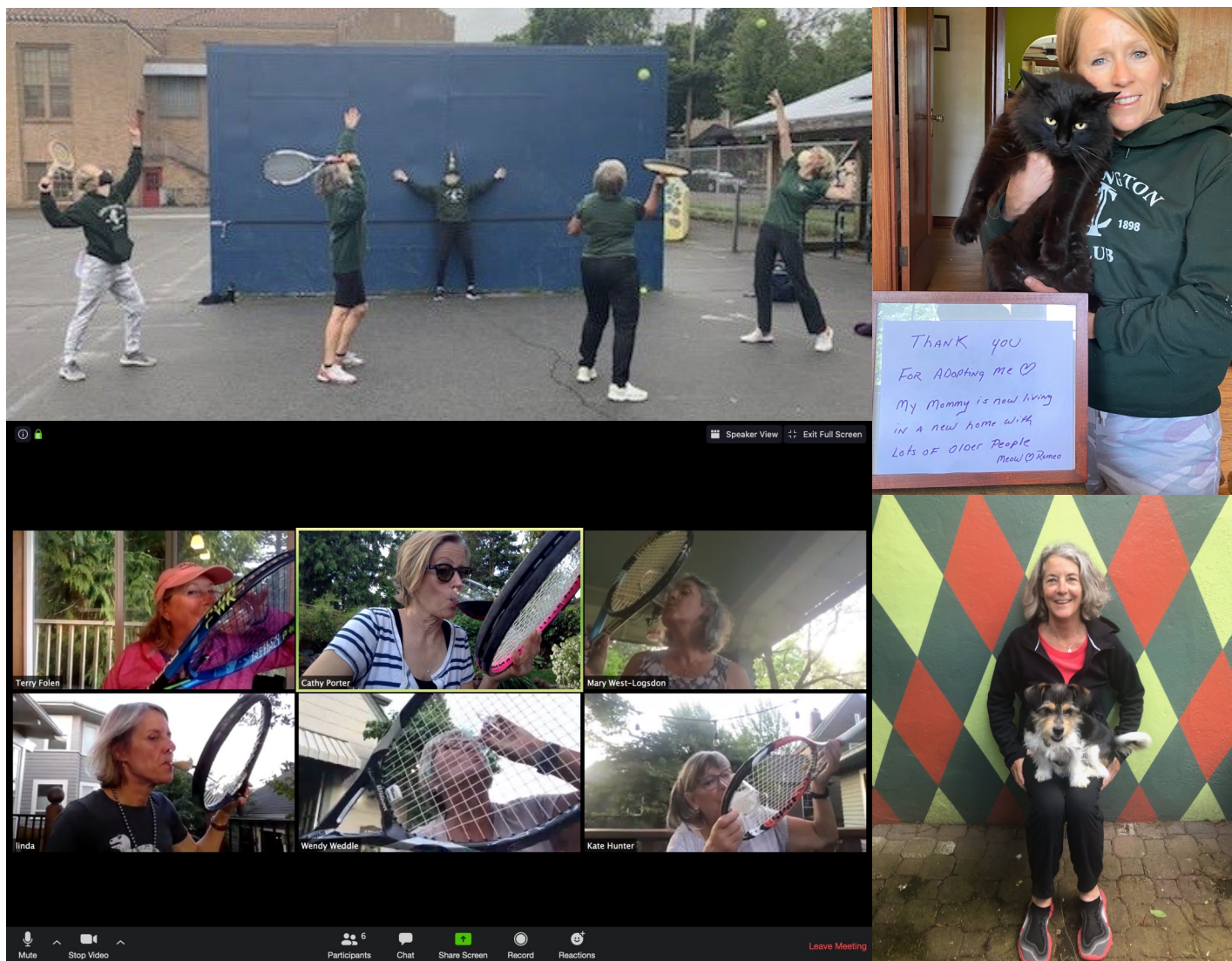
The racket flip trick. How many times can you flip your racket around your hand in a row? Every tennis player should have at least one trick up their sleeve :)

Activity & Creativity in the Time of Covid

During Covid-19 Quarantine, many of our members have found inventive ways to stay active, social, and creative. Club members Linda Paulk, Wendy Weddle, Mary West-Logsdon, Cathy Porter, Kate Hunter, and Terry Folen have been participating in the USTA's Pacific Northwest Spring QuaranTennis League:

<https://www.usta.com/en/home/stay-current/pacificnw/USTAPNWSpringQuaranTennis.html>

Here are some highlights:



And here's a clip of the ladies rockin' one of their challenges:

<https://youtu.be/5rnyp197> As

Enjoy!

Summer Junior Tennis Lessons

SUMMER JUNIOR LESSONS, JUNE 8TH – AUGUST 20TH

- Session 1: June 8th – June 11th (cancelled)

Futures: 10:45am – 12:30pm

- Session 2: June 22nd - June 25th

Power/High School: 12:30pm – 2:30pm

- Session 3: June 29th - July 2nd

- Session 4: July 6th - July 9th

- Session 5: July 13th - July 16th

- Session 6: July 20th - July 23rd

- Session 7: July 27th - July 30th

- Session 8: August 3rd - August 6th

- Session 9: August 10th - August 12th*

*No class 8/13 due to tournament

- Session 10: August 17th - August 20th



USTA Matches

All USTA league matches are canceled for 2020 per the USTA due to the coronavirus pandemic. With no national or section championships scheduled, all advancing USTA local leagues scheduled for the spring and summer have been cancelled. In lieu of hosting these advancing leagues, **USTA PNW will be hosting a “Welcome Back to Tennis” local league free of charge, which will tentatively begin play in mid-June** and be played to the end of August. (The league and start date are contingent on clearance from local health officials; The USTA will provide more details of this free league when plans have solidified.). Additionally, the USTA currently plans to host a traditional **USTA advancing leagues (early start) beginning in September.** Your area’s new summer and fall local league schedule will be posted on the USTA website (usta.com) in the coming weeks. For those of you who registered for a spring or summer advancing USTA league that has been cancelled, it is the intention of the USTA to transfer your league registration to an upcoming USTA advancing fall league. In the event that you do not play a fall league, after the fall league registration period ends, the USTA will reimburse your spring/summer advancing league fee less processing fees.

For more info, visit:

www.usta.com/pnwccovid19

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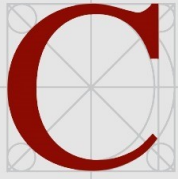


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