

APPLEBY TENNIS CLUB UPDATE June 22, 2017

ATC TOURNAMENT

- On-line registration is now open for the ATC Tournament. The deadline for registration is July 2. Details are available on the website and have been sent out as a separate email.
- For further information contact Sasha Curgus or Steve Butt at

BBQ FUN

- The BBQ was a big success! Many members played several rounds of tennis and then enjoyed the wonderful food prepared by our Social Director Sarah Locke. The BBQ was manned skillfully by Greg Wial and Kelly brought yummy cookies and helped Sarah with the preparation – special thanks to our many volunteers!!
- The Raffle was a success raising over \$200. The big winners were Ed Margueratt who won the Raffle Basket donated by the Lakeshore Appleby1 team and Steve Butt who won a free lesson from Adrian. Thank you to **Just Tennis** for donating two tennis shirts to the raffle.

FOBS and more FOBS

- Many FOBS have been programmed (and re-programmed) and are ready to be picked up at the Clubhouse. Adrian our pro has the FOBS.
- If you have not been contacted to pick up a FOB, please email info@applebytennisclub.ca and Deb or Shyam will get back to you.
- We will be closing the doors more frequently so FOB access will be required to access the club house.

Around the Club House

- Special congratulations to our Junior Intercounty Team who came first in their division. The team is looking forward to playing at Regional at the Aviva Centre in Toronto in September.
- The Men's and Women's Leagues are in full swing. Spots filled up quickly this year and both leagues reached their cap. Spares however are still welcome and if you are interested in being a spare, email info@applebytennisclub.ca. Registration is otherwise closed. Thanks to Renate and Kelly for organizing the Women's League and Larry and his captains Mihai, Paul Collins, Sasha Curgus, Tom Langton, Tony Lewis, John Chirico and Peter Ringler for organizing the Men's League.
- If you are interested in joining the July tennis ladder, please email info@applebytennisclub.ca. Gary Robles does an amazing job organizing the ladder.
- Connor O'Neill our assistant pro, provides racquet stringing. For further information contact Connor at 905 467 1489

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Tennis Tip of the Day – Adrian Tollstam

Do you find that your toss is always “off” on your serve, then this tip is for you.

First, do not hold the ball in your hand when you toss, hold it in your fingertips. Begin the toss in front of your legs. Toss the ball up and forward toward where you imagine your point of contact. When tossing do not flick the ball with your wrist as you let go of the ball and, remember to release the ball with your hand at as high a spot as is comfortable, at least as high as your head.

Try this when tossing and you will notice a difference!