

Kingston Tennis Club

February 2015



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Preparing for a new season - *Isabelle Pollock*

While the club has been closed for the winter, the Executive members have been hard at work preparing for a new season. I have recently joined the Executive as the Newsletter Editor. If during the season you have any comments or suggestions you may contact me at: isabelle_pollock@kingstontennisclub.com

Indoor Tennis Information Session

Ongwanada Resource Centre Auditorium

191 Portsmouth Avenue, Kingston

Thursday 5 February 2015

7-9 pm

Chloe Wilson will be hosting an informal gathering to discuss her indoor tennis proposal.

Please come out if you're interested in learning more and sharing ideas about how we can get indoor tennis going in Kingston.

Light refreshments will be provided.
Hope to see you there!

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Choosing the right strings to optimize your game

*An interview with Larry Howes of Racquet Science
Isabelle Pollock*

Our beloved sport of tennis requires very little equipment: a court, a racquet and tennis balls. Yet with the racquet alone there are many factors to consider, one of which being the strings. Larry Howes of Racquet Science will guide us through the process of choosing the type of string, the gauge and the tension in order to optimize our game.

What should the average club player consider when choosing racquet strings?

The main goal is to match the strings to the player's specific game style and body mechanics. In other words, what is the frequency of play, singles vs. doubles, baseline vs. net, frequent use of spin, any injuries to shoulder, arm or hand. Another consideration would be the actual racquet; certain strings perform better with certain racquets.

What are the advantages and disadvantages of the various gauges?

The thinner the gauge, the better the performance. The thinner gauge has more "ball bite", meaning it grabs and pushes the ball. The downside to a thinner gauge is less durability. An average gauge is 16.

If a player is prone to tennis elbow, what is recommended?

Again, it depends on the playing style, frequency and racquet. The preferred strings would be natural gut or a softer multifilament. A lower tension (5%) is helpful to increase the power and allow for an easier swing. If the player is using polyester strings then the tension should be lowered by 10%.

What are the recommendations if a player is looking for more control? more power? more spin?

By increasing the tension you will increase the control. Inversely, by decreasing the tension you will increase power. For more spin, the use of a shaped string (hexagonal), a thinner gauge (17g), or a newer polyester string is helpful.

How often should a racquet be restrung?

The general rule for a year-round player is: $\text{\#of times/week of play} = \text{\#times/year of restringing}$



After forty hours of play, the maximum performance of the strings has already been diminished. Is this actually noticeable to the average club player? If you believe that restringing is needed there is the opportunity to have your racquet analyzed. At Racquet Science there is a machine made by Babolat called the Racquet Diagnostic Centre where it will analyze the swing weight, frame stiffness, racquet weight, static balance point, and string bed stiffness. It is this latter measurement that will help in determining if restringing is required.

There are many factors to consider when having a racquet restrung but the main takeaway is the importance of a good relationship between the player and the stringer. If you have any further questions, please feel free to talk to Larry Howes at Racquet Science, 332a Barrie St, Kingston ON (613-766-3231).



EMPLOYMENT OPPORTUNITIES

The KTC is now accepting applications for the following summer positions:

Stewards - Duties include front desk reception, computer/cash register responsibilities, maintenance of tennis courts, grounds, and other daily tasks. We are looking for self-motivated, mature and sociable people who are willing to work hard as part of a team. First Aid certification, and cash register and customer service experience is an asset. Employment is from late-April to September 2015, with reduced hours available until the Thanksgiving weekend.

Application Deadline:
20 February 2015

Camp Director / Assistant Pro -

The main responsibility will be to provide on- and off-court tennis and athletic instruction to children (ages 5-17). Additional responsibilities include the organization, administration and day-to-day operations of the Junior Tennis Camps. Duties include scheduling and supervision of camp instructors, liaison with parents, and promotion of the camps. The camps run from late June to Labour Day. This position includes the opportunity to provide private, semi-private, and group lessons as a source of additional income. Applicants must possess Tennis Canada certification, First Aid certification, teaching experience as a camp instructor, and strong organizational and interpersonal skills. **Application Deadline: 20 February 2015**

Tennis Camp Instructors -

The main responsibility will be to provide on- and off-court tennis and athletic instruction to children (ages 5 to 17). Applicants must be certified tennis instructors (or will obtain Tennis Canada certification this Spring). Up-to-date first aid certification is required. Employment is from July to early-September, 2015.

Application Deadline: 3 April 2015

Club Pro / Tennis Professional -

The successful applicant will offer instructional programs that are suitable for all levels of play, including private, semi-private, group lessons, and clinics. The Pro will take an active interest in the club, initiating special clinics, events, or programs and serve as the "face" of the club through his/her accessibility to members and presence there most days.

Qualifications include: Tennis Canada certification at the Club Pro 1 level or higher, First Aid certification, previous tennis teaching/pro experience, and strong organizational and interpersonal skills. Availability from late-April to early-September 2015. **Application Deadline: 20 February 2015**

Please email application & résumé to:
jobs@kingstontennisclub.com



OTA Volunteer Education Program

The Ontario Tennis Association has introduced a Volunteer Education Program.

Volunteers at OTA-affiliated clubs, such as the Kingston Tennis Club, who log 30 documented hours, are eligible for 50% off the Instructor Certification course (\$550), and/or free attendance at the Introduction to Officiating Clinic course, both offered by Tennis Canada.

Their goal is to provide those who actively contribute to club activities with the opportunity to raise their skill level and thus be more effective.

Members who volunteer and are interested in being hired as instructors for our summer camps can also benefit from this program, as the Instructor Certification is a requirement for these positions.

For further information, go to <http://www.raisethenet.ca> and click on the "Volunteers" tab for program details.

SINGLES LADDER FAQs - Bud Nelson

Why are the Ladder rankings re-shuffled?

The rankings are randomly shuffled (re-pooled within pre-set limits) three times per season. The purpose is to prevent stagnation of the standings, and occasionally provide that same level of 'work' to all participants as experienced by the newcomers.

Why did my ranking drop so much?

Apart from the normal ladder process, a prevalent reason for ranking-drops is the ongoing insertions of new players into the ladder, which has the effect of pushing everyone below that point, down one position. This happens fairly frequently, especially throughout the months of May and June, when people are still joining the club, or making the leap from lessons to league play.

To be fair, new participants are not automatically placed at the bottom of the ladder – the ladder is simply too large for that to be a fair process, although a significant number of new participants ARE placed at or around the bottom. Each person is slotted in, based on 3 quick evaluation questions. The idea is to slot them at least 25 spots below where they might ideally fit within the ladder, in order to give them a bit of 'work' to do, and get to know a wider group of members, while working their way up.



The three evaluation questions are:

- Do you consider yourself a beginner, intermediate, or advanced player?
- Have you ever been a member of a tennis club before?
- Briefly describe your tennis experience, to date (i.e. public courts vs. club play, only ever played one or small number of people, won the Brazilian Junior title 30 years ago).

The first question is valuable, but the second and third serve to put more perspective to that. It's not a perfect science, but seems to work well for our ladder. If someone has never experienced club-level play in any way, he/she may be surprised at the high level of play that is encountered throughout the ladder. So, Advanced, without any experience of club play, is not likely to find someone starting much higher than 50, as the player may have a hard time initially cracking 25. About 70% of new Ladder participants fall into the public courts/lessons experience and, therefore, are usually inserted throughout the lower half of the ladder. Stated simply, along with lessons, the KTC ladder can help make public-court players better, as it can be like a Futures Tour player graduating to the ATP, but we all know that process can often take time.

A ranking can also sometimes take an unexpected dramatic drop as in the following scenario. Player A, a new player, is inserted just before a re-pool, causing player B, who may be in ranking 49 and fully expecting to benefit from a re-pool, to then be dropped to 50, and possibly find he/she is suddenly 59 after that pool – this is simply a 'perfect storm' of adverse circumstances, but not really the end of the world – if that person is truly a better player than the ten people he/she is temporarily (?) behind. Enjoy the experience of the climb back!