

FROM THE DIRECTOR'S DESK...



Dear Members

A great and exciting start for 2010 and an interesting weather pattern we have been having. It was a quarter of fairy tales and magical displays with Roger taking the Aussie Open in-style, to the Cinderella story of the New Orleans Saints taking the Super Bowl (check out the photo of Steven Browne). The U.S winning more medals at the winter Olympics than the amount of volleys that Francisco has hit in his life (doubles tournament). Roddick's ruling over the court at the Sony. What shall clay court season bring?

A big thank you and congratulations to all our lola Teams, USTA men's Teams and Mixed Teams, and the Senior Men's teams for carrying our Weston Tennis Center Flag with pride and performing admirable. The off season is upon us so this is the time to work on that gimpy second serve, or that non-existing net game, or even fine tune the slice. We are always here to help wherever we can to take your tennis game to new heights.

Keep an eye during the summer for some in-house leagues to help keep your game sharp and ready. We have our best people on that job to look after you guys over the hot and humid period.

Farewell Snow Birds, We will miss you while we melt in the summer sun. Don't stop hitting the courts while you are up there.

Best Regards,

Reza Tompsett,
Director of Tennis

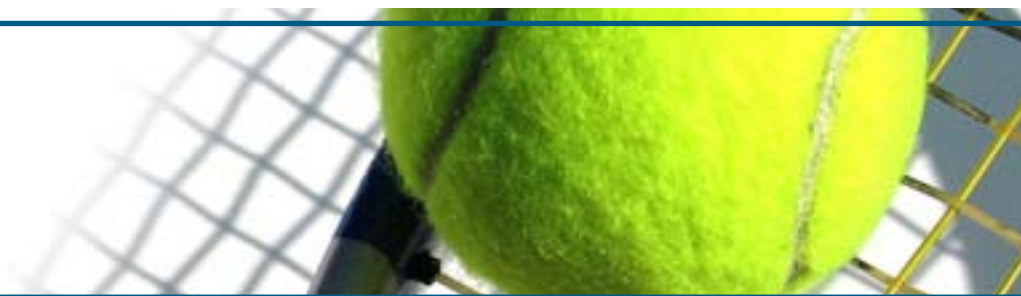
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TENNIS EMAIL UPDATES

For all the latest news and details it is important for us to have your correct email address. If you have not received any information recently then please confirm your email with our ladies at the front desk on your next visit. Or if you are in a rush, just drop me an email at r.tompsett@cliffdrysdale.com



MEMBER SPOTLIGHT:
James and Lorinda Birdsong



James' Favorites:

- Restaurant:** Himmarshee Bar and Grill
- Movie:** Apollo 13
- Color:** French Blue
- Music:** Rock, Outlaw Country
- Sport:** Tennis, Golf, College and Pro Football
- Type of Food:** Spicy authentic Mexican
- City in the U.S:** Phoenix
- City in the World:** Venice, Italy
- Hobbies:** Tennis, tennis, tennis
- Favorite Male Player:** Past Champion: Connors,
Current: Federer
- Favorite Female Player:** Past Champion: Graf,
Current: Clijsters
- Favorite Person at the Club:** Everyone
- Best Quote:** "I'll take luck over skill any day. Skill never won the lottery!"

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TENNIS TIP:
Preventing Tennis Elbow
by Steven Browne

As a tennis player, you can expect that you might be afflicted with tennis elbow. Fortunately, there are some treatments that can cause a lot of relief.

(1) Work on Technique
Technique and bio-mechanics are a big cause of tennis elbow. Early contact point, grip pressure, and the right grip all play a small roll in helping the aching joint. Summer is here and it is a great time to have a look at those small issues, to help you playing longer and cleaner.

(2) Stay in shape.
Do not overwork your elbow if you have not played tennis for a while, take it easy. It may take a few weeks before you can play the kind of game you used to play. Strengthen the muscles of your arm, then they can take away some of the stress that would normally befall your elbow. Be sure to strengthen your shoulder and upper back, too.

(3) Use only equipment that is appropriate for your ability and your strength. Make sure that your technique is down, the better your technique; the less likely you are to injure yourself. The type of racquet also plays a vital role, so make sure the racquet is best suited for your style of play. (continued)



MEMBER SPOTLIGHT: James and Lorinda Birdsong



Lorinda's Favorites:

Restaurant: Nello's Pizza

Movie: Sex in the City

Color: Black because it makes me look thinner, otherwise green

Music: Pink is my favorite artist

Sport: Tennis, bowling, ping pong, basketball. If I was younger; fast pitch softball, water/snow skiing

Type of Food: A good steak

City in the U.S.: To visit-Sedona Arizona. To live – we are still searching.

City in the World: Cabo San Lucas

Hobbies: Tennis, Reality tv, light reading, shopping

Favorite Male Player: I have to say Federer or I may be divorced.

Favorite Female Player: Kim Clijsters, I love a comeback story

Favorite Person at the Club: Too many too choose from!

Best Quote: "Practise Random Kindness and Senseless Acts of Beauty" Or " It's nothing a 1000 balls won't fix"

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TENNIS TIP (continued)

(4) REST, REST, REST

This is probably the hardest to follow but one of the most important. If you feel pain you must either cut down your playing time per week or rest all together for a few weeks. You will feel so much better when returning to the game.



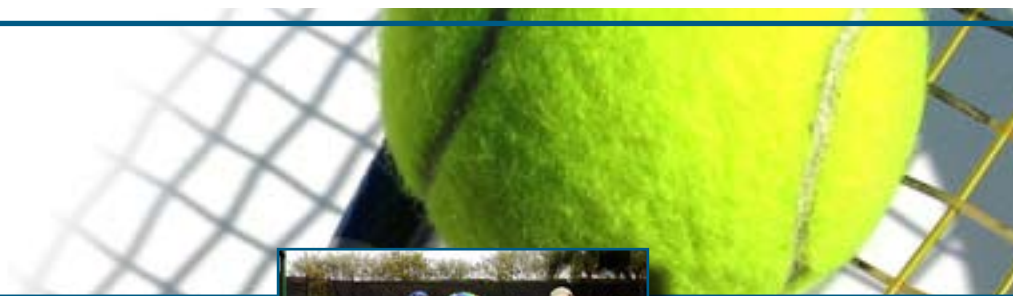
ROLAND GARROS FUN FACTS

How Do You Pronounce that in French?

The Roland-Garros is also home to the world's first - and only - Tenniseum, which opened in time for the 2003 tournament. The museum, open year-round, invites tennis fans to take an interactive journey through the history of French tennis ... and particularly the Open. It features permanent and rotating exhibitions, a multimedia area, a library, and a kids' section.

And "Speaking" of France

"Love" is the word when the score is zero - or goose egg - because it sounds like the French word for "egg": l'ouef.



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CLIFF DRYSDALE TENNIS

Tournament Training News

I want to begin by thanking each and every one of the parents for trusting in our ability to coach your kids into becoming the very best tennis players that they can be individually. As you may know, we are still making slight changes to our program and we sincerely appreciate your patience and welcome any suggestions and/or feedback regarding your player's progress.

We have had the opportunity to watch some of our students participate in their first tennis tournament: **Emma, Isaac, Kristy, and Michelle. Pablo, Andres, Nina, and Chris**, some of our more experienced players, have shown great improvement and success in their continued tournament play. Keep it up because your progress is noticeable and we are very proud of each one of you!

Lastly, we ask that you please prepare for our 8 week summer camp for 2010. This summer session will include strategy, high intensity drills, regular match play, and help individual players improve their mental toughness and personal fitness. Let's get ready to rumble!!!

See you on the court!
Coaches Steven Browne & Reza Tompsett

PRO SPOTLIGHT: STEPHEN JON DANIEL

Restaurant: Little Japan

Movie: Last Boy Scout

Color: Yellow

Music: UB40

Sports: Rugby, Motocross, Golf, Tennis

Type of Food: Sushi

City in the U.S.: Delray, Fl

City in the World: Cape Town

Hobbies: Scunba Diving, Golf, Playing PS3, Movies, Billiards

Favourite Male Player: Pete Sampras

Favourite Female Player: Serena Williams

Favourite Person at the Club: Hal

Best Quote: "Sir, you're drunk!" "Yes, Madam, I am. But in the morning, I will be sober and you will still be ugly." (Winston Churchill to Lady Astor)





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SUMMER CAMP 2010! Serious Fun this Summer!

Weston Tennis Center Summer Camp is a day program covering the entire spectrum of tennis development, from basic instruction to the experienced tournament player wanting to sharpen their skills. Sound strokes, proper movement, and play strategies are covered in a logical progression of instruction and drill. Our program is designed for players ages 5 -17.

A Typical Tennis Summer Camp Day:

9:00am-10:30am	On court tennis instruction (drilling)
10:30am-11:00am	Cool down/ Water break
11:00am-12:00pm	On court tennis instruction (drilling)
12:00pm-1:00pm	POOL
1:00-1:30pm	Lunch on the patio
1:30pm-3pm	Games and supervised match play

The Weston Tennis Center is also offering after hours care (3pm-5pm) and early drop off care (8:00am-9:00am). For more details please call (954) 389-8666.

How are the campers grouped for tennis instruction?

We evaluate the students on the first day of each week of camp. Campers are placed with students of similar age and abilities for all on court instruction.

What should I bring to camp?

Please wear sport appropriate clothing with tennis shoes (no sandals). Camp essentials include a hat, swim suit, towel, and plenty of water proof sun screen. Bring your own water bottle. Put all belongings into a sports bag or back pack. Don't have a racquet? No problem, loaners are available during your participation in the camp.

How do campers survive the Florida summer heat?

To ensure that your child trains hard while still having fun we make sure that all drilling sessions are scheduled in the cool early morning hours. After the morning tennis instruction we take the campers for a quick cool down at the pool (1 hour). Following the pool, lunch is a full one hour of "cool-down" and relaxation after morning before we head back on court for points and match play. We also schedule Gatorade breaks, insist on hats and sun screen, and keep a watchful eye for potential problems.

What happens if its raining?

Our camp runs rain or shine. We offer trivia games, hand tennis, video analysis of pro players and movies. Information and sign up sheets are available with our friendly front desk staff. Look forward to seeing you there for the ultimate tennis experience this summer!