

A theory of tennis class sponsored by Tredyffrin Library

A 2 hour tennis session that covers the theory of tennis at the **Tredyffrin Library tennis courts** on Upper Gulph Rd. To go over a structured understanding of tennis theory resulting in a reasonably good tennis player in a few months. It will happen if they practice with a co-learner against the boards at least 2 times a week. One hits for 5 minutes while the other shags balls and yells what the hitter is not doing correctly. Then switch.

Target audience: Men, women and kids who would like to play tennis but never have or who gave up trying to play tennis from 10 to 80 years of age. Again the theory of tennis.

Session structure: The theory of tennis by itself. What tennis has in common to other sports that use a ball, e.g. baseball, football and then boxing, resulting body positioning.

Takeaways: 10 basic steps that each of two persons would do at their twice weekly practice sessions against the boards at the library tennis courts thereby making it a habit.

1. Everybody loves you so stop hugging yourself
2. What good is a left arm to a right handed tennis player
3. Did you ever fly a plane with only 1 wing ?
4. What plane are you on ?
5. Are you eye level? Why do baseball catchers squat?
6. Player or Spectator tennis, don't wait for the applause
7. Mohamed Ali's technique
8. Face the music and your enemy
9. Dead man's land, i.e. death valley
10. Point your toes....at what and why? resulting in automatic cross court returns

Requirements: tennis shoes, wear shorts and tee shirt or tennis outfit. Bring a tennis racquet & 2 old tennis balls

Cost: \$50 dollars a person unless you show any library card and then it is free, this being one of the many programs sponsored by Tredyffrin Library. Future promise to obtain a library card accepted. More info: Tredyffrin Library, 610.688.7092

Schedule Date: Saturday morning, August 18th, 9 AM to 11 AM