

Imperial Courts Newsletter

2505 Cabrillo College Drive, Aptos, Ca. 95003 476-1062 or 688-1050 May 2023

Club Hours: Weekdays 8:30 a.m.—8:00 p.m. Weekends 8:00 a.m.—8:00 p.m.

SCHEDULE OF ACTIVITIES

- 1- WOMEN'S I/C 9:00 WARM-UP, 9:30 START. COURTS 6-10
- 6- WOMEN'S 3.5 USTA. 12:30 WARM-UP, 1:00 START. COURTS 8-10
- 7- MEN'S 3.5 USTA. 12:30 WARM-UP, 1:00 START. COURTS 6-10
- 14- MEN'S 3.5 USTA. 12:30 WARM-UP, 1:00 START. COURTS 6-10
- 15- WOMEN'S I/C FUN DAY (END OF SEASON) 9:00 TO 11:00. COURTS 2-5
- 16- BOY'S CCS. 9:00 WARM-UP, 10:00 START. COURTS 2-9. NOON: COURTS 6-9.
- 17- BOY'S CCS. TIME AND COURTS TO BE DETERMINED
- 18- BOY'S CCS. TIME AND COURTS TO BE DETERMINED
- 19- START OF LAWN RENOVATION. TWO WEEK PROCESS. LAWN AREA WILL BE CLOSED.
- 20- WOMEN'S 3.5 USTA. 12:30 WARM-UP, 1:00 START. COURTS 8-10
- 24- WOMEN'S 3.5 USTA MAKE-UP MATCH. 12:30 WARM-UP, 1:00 START. COURTS 8-10.

YOU ARE ALL INVITED

PLEASE MARK YOUR CALENDAR FOR SUNDAY, JUNE 11TH, FOR A "GRADUATION PARTY CELEBRATION" FOR JACK VAN NESS. JACK, WHO IS THE SON OF DAVID AND MELISSA, GRADUATED FROM HIGH SCHOOL AND WILL BE GOING TO COLLEGE TO FURTHER BOTH HIS ACADEMIC AND TENNIS CAREER. THIS EVENT IS HOSTED BY GERI ZABALLOS. FOOD AND SOFT DRINKS WILL BE FURNISHED. WE WILL HAVE A CONTAINER IF YOU WOULD LIKE TO DONATE TO JACK'S COLLEGE FUND. CASH OR CHECKS GRACIOUSLY ACCEPTED. THE EVENT STARTS AT NOON.

THINGS WE THINK YOU SHOULD KNOW

- 1- BE SURE TO COME OUT AND WATCH SOME OF THE BEST HIGH SCHOOL TENNIS IN THE BAY AREA. STARTING TUESDAY, MAY 16TH, IMPERIAL WILL HOST THIS EVENT. ALL COURTS WILL BE TAKEN TUESDAY MORNING FROM 9:00 AM TO NOON. COURTS WILL BE AVAILABLE FOR MEMBERSHIP PLAY LATER THAT DAY.
- 2- THIS IS A REMINDER FOR THOSE OF YOU WHO ARE INTERESTED IN PLAYING ON A WOMEN'S INTERCLUB TEAM LATER THIS YEAR. SIGN-UP SHEETS FOR EACH OF THE TEAMS WILL BE PLACED IN THE MAIN OFFICE MAY 1ST. BE SURE TO INDICATE WHETHER OR NOT YOU ARE PLAYING AS A "LINE PLAYER" OR SUBSTITUTE.
- 3- WHEN YOU GET A MOMENT, WE URGE YOU TO TAKE A LOOK AT OUR NEW WEB PAGE. YOU CAN ACCESS THIS BY GOING TO IMPERIALCOURTS.COM. SPECIAL THANKS TO JEFF GOODY, WING SOO HOO AND BILL JUE FOR THEIR INPUT AND CONTRIBUTIONS.

News From The Pro

David and Melissa offer private/semi-private, group, and Junior classes/lessons. You may call/text David at 831-600-5875, e-mail David at Capitoladave@gmail.com or call/text Melissa at 831-234-4589 to arrange for any of these sessions.

OUR TENNIS TIP FOR THE MONTH

MAKE SURE YOUR SHOULDERS ARE PERPENDICULAR TO THE NET WHILE WAITING TO HIT YOUR OVERHEAD. MANY PLAYERS WAIT TO HIT THEIR OVERHEADS FACING THE NET WITH THEIR SHOULDERS PARALLEL TO THE NET. THIS WAITING POSITION ALLOWS VERY LITTLE SHOULDER ROTATION TOWARDS THE CONTACT POINT OF THE OVERHEAD. IN THIS MANNER, YOUR OVERHEAD WAITING POSITION, THE SHOULDERS ARE PERPENDICULAR TO THE NET. THIS WILL ALLOW THE SHOULDERS AND UPPER TORSO TO ROTATE A FULL 180 DEGREES THROUGH CONTACT POINT. THIS ADDED BODY POWER WILL GIVE YOU MORE GUSTO TO YOUR OVERHEADS.

BALANCE WORKSHOP AT PARK AVENUE FITNESS

JOIN PARK AVENUE FITNESS FOR OUR BALANCE WORKSHOP SATURDAY, MAY 20TH, 12:00 TO 1:30 P.M. JOIN FOUR OF OUR TRAINERS FOR BALANCE AND STABILITY EXERCISES, LIFE AGILITY DRILLS, ANKLE STRENGTH AND MOBILITY, AND TAI CHI. WE WILL COVER ALL ASPECTS OF BALANCE SO YOU CAN SEE SPECIFICALLY WHAT YOU NEED TO WORK ON. TAKING A LIMITED NUMBER OF PARTICIPANTS FOR THIS PERSON WORKSHOP SO SIGN UP EARLY! 100% OF THE MINIMUM \$15.00 FEE GOES TO SECOND HARVEST FOOD BANK. (OUR LAST ZOOM WORKSHOP HAD OVER 45 PEOPLE AND WE RAISED OVER \$1,000.00!!). TEXT OR EMAIL TO REGISTER AND MAKE A DONATION!

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