

MCC Tennis Schedule
Week of March 8th-14th 2010

Monday March 8

9:00-1:00 PM Marine League MCC D2 vs JKC Courts 4-5-6
9:00-1:00 PM Marine League MCC D1 vs South End Courts 10-11-12
4:00-5:00 PM Racquet Rookies Clinic Court # 5 Coach Arthur
5:00-7:00 PM Junior Team Workout Court #5 Coach Lis

Tuesday March 9

9:00-1:00 PM MCC C2-2 vs MCC C2-1 Courts 10-11-12
9:00-1:00 PM MCC B1 vs Ernie Howlett Courts 4-5-6
4:00-5:00 PM Racquet Rookies Clinic Court #5 Coach Julia

Wednesday March 10

9:00-1:00 PM Marine League MCC A1-2 vs JKC Courts 10-11-12
9:00-1:00 PM Marine League MCC C1-1 vs Live Oak Courts 4-5-6
4:00-5:00 PM Racquet Rookies Clinic Court #5 Brian & Arthur
5:00-7:00 PM Junior Team Workout Courts 5-6 Paul & Arthur

Thursday March 11

9:00-1:00 PM Marine League MCC A2-1 vs Live Oak Courts 4-6-6
11:00-4:00 PM University of Pennsylvania vs Gonzaga University Men's Tennis
Match play begins at Noon with 3 Doubles followed by 6 Singles Matches on
Courts 10-11-12 then at 1:00 PM courts 15-16-17
4:00-5:00 PM Racquet Rookies Clinic Court #5 Coach Julia
5:00-7:00 PM Novice Workout Courts # 4-5 Coach Kerry

Friday March 12

9:00-1:00 PM Marine League MCC A Open vs South End Courts 10-11-12
Junior Round Robin & Ball Machine drill session 6:00-8:00PM Courts 2-3-5-6 Julia &
Arthur \$10.00 per person Novice & Satellite levels

Saturday March 13

8:00-9:30 AM Men's Workout Court #5 Coach Brian & Julia
9:30-11:00 AM Ladies Workout Courts 4-5
9:00-1:00 PM Challenge Courts 10-11
2:00-4:30 PM USTA 8.0 MCC Schott at MCC Beardsley Courts 10-11-12
2:00-4:30 PM USTA 7.0 Wisialowski vs Honda/Stone Courts 4-5-6
3:00-5:00 PM MCC Junior Team Lis/ Novice vs West End Courts 14-15-16-17-18

Sunday March 14

9:00-1:00 PM Challenge Courts 10-11
1:00-5:00 PM Men's College Tennis LMU vs Marist College Courts 10-11-12-15-16-17
At 2:00PM match play begins with 3 Doubles matches followed by 6 Singles matches

2010 Junior Tennis Workouts

Monday Racquet Rookies 4:00-5:00 PM Ages 5-6-7

Tuesday Racquet Rookies 4:00-5:00 PM Ages 6-7-8

Wednesday Racquet Rookies 4:00-5:00 PM Ages 4-5

Thursday Racquet Rookies 4:00-5:00 PM Ages 4-5-6

Thursday Novice 5:00-7:00 PM Ages 8-9-10-11

Friday Racquet Rookies 9:00-10:00 AM Ages 5-6

Friday Junior Round Robin/Ball machine drill session Novice & Satellite levels
6:00-8:00 PM \$10 Per Person Courts 2-3-5-6

Monday & Wednesday JTT Satellite & Novice Team Workouts 5:00-7:00 PM

All workouts are drop in classes and billed to member account at \$20.00 per hour.

Saturday Morning Adult Tennis Workouts

Men 8:00-9:30 AM Courts 4-5 with Brian & Julia

Ladies 9:30-11:00 AM Courts 4-5 with Brian & Julia

UPCOMING EVENT

St. Patrick's Day Tennis Clinic with Marist College

Wednesday, March 17th from 7:00-9:00pm all levels welcome to attend

Sign up today at the Athletic Service Center

Tennis Tip: "Doubles Team Work"

You can always tell a good doubles team by watching what they do when between the points. Here is what they do.

- 1. Place the racquet in their non dominate hand and relax it.**
- 2. Give partner a touch of the hand**
- 3. Portray the image of a confident fighter even if you lost the point**
- 4. Run a play for the next point**

Go over these helpful hints with your partner and you will be a stronger team together. ~ Mark McGuire, Director of Tennis