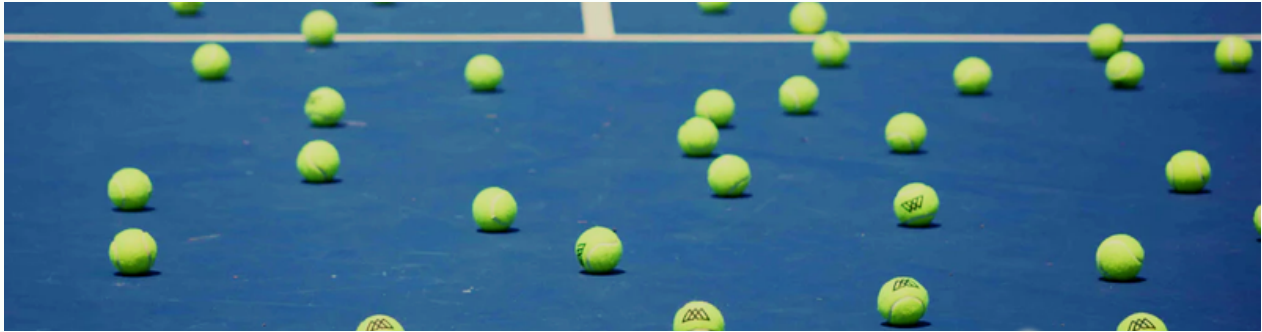


# NEWSLETTER



FEB  
2023

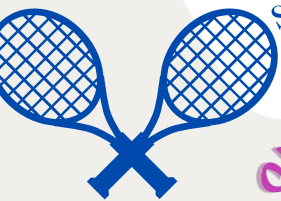


## Special Events

**25% OFF**

**Babolat and Bag BLOWOUT**

All Babolat rackets and all tennis bags will be 25% off! Purchased rackets come with a **FREE** synthetic gut stringing!



**USTA** Men's and Women's Summer travel teams **NOW FORMING!**

Contact [Paul@lakegenevatennis.com](mailto:Paul@lakegenevatennis.com) if interested!

**SWEETHEARTS DOUBLES**

Sign up with a friend for this fun social doubles event!

6:00-8:30pm

Limit to the first 16 teams

Watch some pro picklers compete in a tournament!

Bring a snack to pass

**PICKLEBALL SOCIAL**

Come cheer on **coach Neil** as he competes in a tournament against some of the **best players** in the Midwest!

## STAFF SPOTLIGHT



**MIKE DIERBERGER**

**Years of Coaching:** 20

**College:** UW-Madison

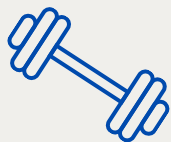
**Favorite Tennis Memory:** Sweet 16 of the NCAA 2010

**Hobbies:** "Hiking with my wife and dogs and traveling to different beer gardens"

**Fun Fact:** "I'm a scuba diver"



## FITNESS FACT:

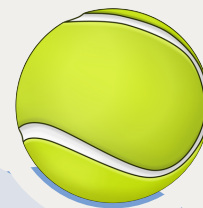


"Do you breathe while you play tennis? Of course you do! Fitness and tennis share what we call eccentric and concentric breathing. For example, if I do a pushup, as I lower my body to the ground, I inhale through my nose (eccentric-muscle lengthening). As I "push up," I exhale through my mouth (concentric-muscle shortening). In tennis, I inhale through my nose (eccentric) as the ball approaches, then I exhale (concentric) through my mouth when I strike the ball. This simple tip will not only help with your timing, but you will also feel more energized and powerful. Give it a try!

Keep ballin'!"

~Coach Jeff

## TENNIS TIP



"Hit the ball out in front of you. During your next lesson, ask your coach where that is as it can vary from person to person and stroke to stroke.

This will help reduce unforced errors."

~Coach John

## Reminders

### PICKLEBALL MEMBERS:

Remember to **NEATLY** print your **first and last** name in the sign-in sheet **before** taking the court!

It is not too late to **sign up** for any current session classes!

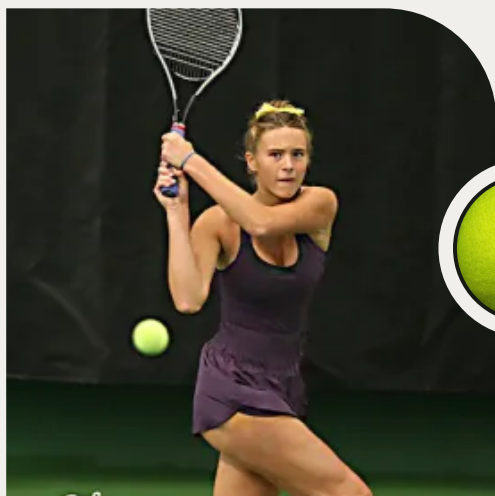
Check out the **Pickleball brochure** for new classes and events



"Try to stop on the balls of your feet as your opponent is about to hit. This will help you react quicker and keep the ball in front of you."

~Coach Neil

[www.lakegenevatennis.com/pickleball](http://www.lakegenevatennis.com/pickleball)



## MONTHLY MEMBER

Parker Christensen

Junior Tennis Member

**Member since:** 2021

**Hobbies:** Drawing and Snapchatting

**Favorite thing about LGT:** "John Reed. Tennis Queen"

**Fun Fact:** "I'm a sharpshooter on the basketball court"

