

INDOOR SESSION III BEGINS ON MARCH 22



Sign up online at www.teamwitsken.com or call the Pickwick Office at 848-2023 to register for the last indoor session of the season. Tons of classes for kids and adults. Don't miss out on this chance to improve your game before we move outdoors!

Team Witsken would like to wish the best of luck to all High School Girls getting ready to compete in their 2010 tennis season!



TOPSPIN

Spin of a ball where the top of the ball rotates toward the direction of travel; the spin goes forward over the top of the ball, causing the ball to dip and bounce at a higher angle to the court.

Demo the new Prince EXO³ Racquets

What is EXO³ technology?

EXO³ technology is a game-changing, patented racquet design concept found only in Prince's 2009 line of performance frames. The heart of EXO³ is an engineering breakthrough called the Energy Bridge™ - an exo skeletal structure made from a blend of multiple strands of carbon fiber that creates tennis' first suspended string bed. This radical new design technology re-writes the laws of physics to actually capture more wasted energy at the crucial moment of impact and channel it back into the ball where players need it most. The result is a never-before-realized blend of power, spin, comfort and feel.

One Interclub Match To Go!!!!

ALL JUNIOR PLAYERS:

March 13 - Muncie (Leave from Team Witsken at 2:15, Play from 3:30-6:30)

Cost is between \$30 and \$40 per person for the three hour match, transportation, pizza and drinks!

Matches are singles/doubles format with on-court coaching.

UPCOMING TOURNAMENTS

Team Witsken Spring Fever Tournament

April 30th, May 1st, and May 2nd

Non-Sanctioned tournament, great for players to get ready for outdoor leagues and matches.

Zionsville Open

June 4th through 6th

USTA sanctioned tournament, great warm-up for the Midwest Qualifier tournament. Some matches will be played at Zionsville Middle School and Zionsville West Middle School. Players may register for this tournament through the USTA Tennislink registration form or by contacting us.

Midwest Junior Team Invitational Tournament

July 15th through 18th

This is a team tournament with teams around the Midwest including Indianapolis, IN; Chicago, IL; St. Louis, MO; Columbus, OH; and many other cities. This team based tournament is for players between the ages of 10 and 18 years old where players will compete in singles, doubles and mixed doubles in order to score points for their city. Team Witsken, which represents Indianapolis, is the current champion and has also been champions the last 3 years! Players will be selected for this trip by Coach Rick and Coach Nelson.

TEAM WITSKEN HOT TENNIS TIP

Spring into April with a hot outdoor tennis tip from USPTR Pro Rick Witsken. When you are hitting into the wind, use more backspin slices, chips and drop shots. Also go more forward with your racquet head movement for a deep lob. When you are hitting



WITH the wind, use more top-spin and try to create higher bouncing shots. Also, open your racquet head more and spring more straight up on the lob and let the wind do the work.

COACH KRIS IS A RUNNING FOOL!

Catch up with him at the 10th annual DINO Trail 15K Run at Eagle Creek Park on Saturday, March 13th. Registration opens at 7:30 a.m. with the race starting at 9:00 a.m. An Entry Fee of \$5 per vehicle will be charged at the park gate. More information about the race can be found online at www.dinoseries.com.

RUN KRIS, RUN!!!



Junior Racquet Sale
Junior Racquets will be for sale at all Summer Program sites for \$35 or less during the first few weeks of classes.

“My father taught me one important lesson: to not be afraid to lose.”

All-time great **Chris Evert** on how she learned to play without the fear of failure

PEE WEE'S TAKE NOTE
QuickStart
Pee Wee Clinic
Sundays 4:30–5:30
Never too late to join!

ITL Contact Information

Marla Rao

- ITL Administrator
- 317-797-5190
- marla@teamwitsken.com

Rick Witsken

- League Commissioner
- Men's, Women's, & Juniors League Coordinator
- 317-372-1656
- rick@teamwitsken.com

Kris Looney

- Women's League Coordinator
- 317-366-7040
- kris@teamwitsken.com

SUMMER WITH TEAM WITSKEN

MICHIGAN SUMMER CAMP

Sun. June 6th—Sat. June 12th

This annual summer camp is a great lead in to our summer programs! Players will participate in tennis everyday of the camp. Tennis is between 2 to 3 hours of clinic and drilling each morning, along with match play.



Campers will also participate in other activities as well such as Sand Dune Hikes, Kayaking, Bon Fires, Beach Fun, Drive-In Movies, Football on the Dunes, Soccer Games, Capture the Flag, Cookouts and much more!

SUMMER CAMP cont...

Cost: \$575.00
Includes room, board, transportation, supervision, activity fees and instruction for the week. Campers will need to provide their own money for souvenirs, snacks and other miscellaneous activities.

A minimum of 15 players is required for this trip to take place. Contact Rick at 317-372-1656 for more info. Sign up today!

TENNIS INSTRUCTORS NEEDED

If you'd like to help teach at one of our summer sites, pick up an application today from Rick or Nelson.

TENNIS IN YOUR BACKYARD...

Team Witsken will be teaching clinics at several sites over the summer. Check out the one nearest to you for quality instruction and all-out fun! Register online or pick up a registration form at the Pickwick facility.

Zionsville Area

Zionsville Middle School
University High School
Thornhill

Carmel Area

Waterstone

Fishers Area

Gray Eagle
The Legends
River Glen



WHAT ARE QUICKSTART AND CARDIO TENNIS?

QUICKSTART TENNIS

QuickStart Tennis is a USTA recommended teaching format for kids between the ages of 3-10. QuickStart focuses on the use of decompressed balls, smaller nets and easier scoring methods to enhance the on-court experience.

The QuickStart Tennis format works by getting kids into the game immediately. Within the first hour of stepping onto the court, they are actually playing the game, rallying with one

another, moving around and having fun. Scaling the game down to their size helps make the learning process easier and a lot more fun.

CARDIO TENNIS

Cardio Tennis is a new, fun group activity featuring drills to give players of all abilities an ultimate, high energy workout. Cardio Tennis includes a warm-up, cardio workout, and cool down phases. If you are looking for a great new way to get in

shape and to burn calories, Cardio Tennis is for you!

Team Witsken offers a Cardio Tennis clinic at the Pickwick facility and will be bringing it to several sites this summer.

Lace up your tennis shoes, and get your groove on at the tennis court!



Read more about QuickStart Tennis and Cardio Tennis at www.teamwitsken.com.

INDY TENNIS LEAGUE ... ITL www.indytennisleague.com

JUNIOR LEAGUES

New this Spring! The ITL is starting a Junior League and Middle School League. FREE 30-minute ratings clinics will be held at the Pickwick facility on March 14 and 21 from 6-8 p.m. Both leagues will begin on April 12th and run for 6 weeks. The cost is \$35 for singles or doubles. Matches will be played on Monday, Wednesday, Saturday or Sunday of each week. More details online!

MEN'S WINTER LEAGUE

The Men's Winter League will wrap up its season on March 21st. Playoffs are in April.

MEN'S SUMMER LEAGUE

The Men's Summer League draft is Sunday May 9th at 6:00 p.m. at Pickwick. The league runs for 10 weeks starting May 16th with playoffs beginning August 4th. Times are Sundays from 1:00-3:00. Cost \$70—\$85.

WOMEN'S SPRING LEAGUE

Play will be on Mondays beginning on April 12th. Sign up deadline is April 5th. League runs 7 weeks with 1 week of playoffs. Cost \$70—\$85.

WOMEN'S SUMMER LEAGUE

Play will be on Mondays and Wednesdays beginning June 7th. Sign up deadline is May 31st. League runs 8 weeks with 1 week of playoffs. Cost \$70—\$85.