



Dow Tennis Talk

Volume 2, No. 3

June 2014

Open House Event on June 15

Our second annual "Dow Tennis Club Open House" was another mega, extra cool party for members as well as non members.

The weather could not have been better, the crowd could not have been more colorful and enthusiastic. The program could not have been more well received. The food and support could not have been better organized.

We had 66 people in attendance with a record 35 people running the obstacle course while hitting balls and grooving to Regina's play list and her boom box on court 1. Smiles all around for Cardio Tennis at Dow.



Cardio Tennis in action on Court 1



Healthy snacks and a dip in the pool, while watching the others sweat... Does it get any better?

We even had a juniors group, consisting of **Alejandra Richard** and her friends **Melina** and **Alexandra**, who have obviously been putting in some serious court time, as well as **Sam Hogg** and his friend **Francesco**, and our youngsters **Paloma & Almudena Melgarejo**.

Our fourth and last group was chosen by default to be the example of how easy or in their case, how tough the trainer can make the workout. **Ali Siddiqui**, **Mary-Jane Hogg**, **Mike Cromack**, **Ligaya Petrisko**, **Francesco Zingarello** and **Kevin Gugelmann**, all impressed us with their pushups and sprints.



Juniors in action on Court 1



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Intercompany



Antonia Jenney, Catherine Erbin and Isabel Endres from our Ladies A Team after a successful round vs ZKB

The Ladies A-Team had a late, but good start into the season with a **2:1** victory over **Migros** on **June 16** and another **2:1** victory over **ZKB** on **June 22** at home.

Congratulations to **Carmen Floristan, Karin Hanic, Antonia Jenney, Catherine Erbin and Isabel Endres!** The Ladies B-Team finished the season with a **0:3** loss vs **Migros** on **June 6**. The Men's Team won vs **Zurich Versicherungen 5:1** on **June 14** and they are up **3:1** vs **Wasserversorgung**, with two matches to be finished on **July 2**. Upcoming home matches of the Ladies A-Team: **July 8** vs **SwissRe** and **July 10** vs **Grafstal** (re-scheduled from June 4)

Ball Machine, Anyone?

A must read for anyone using the ball machine:

- 1) Practice with a partner
- 2) Do not hit more than 8-15 in a row, hitting targets or setting up points.
- 3) Pause for 15-20 seconds in between each sequence
- 4) Move into position for every shot (Don't just stand in one spot and flail away)
- 5) Time the machine to the ball you are hitting, Move into and out of the strike zone to maximize footwork.
- 6) Set up realistic targets

Please book ball machine through Tony

Event Schedule for 2014

01.05. Season Opening Event

22.05. After Work Event

15.06. Open House

03.07. After Work Event with Serving Contest

01.08. Swiss Round Robin

31.08. Generations Tournament

20.09. Season Ending Party & President's Cup Finals

Save the dates and stay tuned for more details...

Court of Appeals

The correct answer to our last question was: **(1) Yes, the serve is in.** Unfortunately, nobody had the correct answer!



You are at the net and get a short lob. While you are getting ready to smash it, your opponent starts waving his arms to distract you. Is that allowed?

- (1) Yes, your opponent's behavior does not violate any rules.
- (2) No, your opponent is not allowed to make any movement that is solely meant to distract you.

The first correct answer with explanation of applicable rules (sent to mosterloh@dow.com) will win a can of tennis balls.