



Presenting Sponsor



Week 8 Mar. 23-27

Tennis Serves up Benefits for all your other Sports Activities

BASKETBALL

Tennis and basketball both emphasize short sprints and lateral movement. So how does tennis improve your hoops? It's the stops and starts. Tennis conditions your leg muscles to start, stop, and pivot in unpredictable directions—all in a split-second. And that's what basketball is all about.

SKIING

Balance—we know that's the key to skiing. Did you know it's also one of the keys to playing tennis well? You can't just run and swing at the ball. In between, you must gather yourself and find the perfect balance that will let you power the ball over the net without ending up flat on the court. And that's all you're trying to do when you fly down a hill, right?

BASEBALL

Swinging the bat in baseball has the same weight transfer as swinging the racquet. The swing itself is somewhat different but the movement and the strike zone is about the same. Again, quick starts and stops is essential in both sports. The throwing motion is the same as the service motion. Developing a good tennis serve will help you throwing skill.

SOCCER

Footwork, footwork, footwork! Everything about tennis and soccer involves good footwork. Also the ability to see the field, develop a play and execute the shot. The difference is you can play tennis with just one other player, you don't need a whole team.

Information Provided By:



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