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Salt Lake Swimming & Tennis Club Serves Up Free Friday Tennis Clinic Series

Club welcomes players to improve their game and get fit with "Stroke of the Month" clinic series

SALT LAKE CITY (January 5, 2010) – Ready to make 2010 the fittest year of your life? If you've made a New Year's Resolution to get motivated and improve your game—whether it's been a few weeks, months, or even years—take advantage of Salt Lake Swimming & Tennis Club's free Friday "Stroke of the Month" clinic series to get you back on the court. The January 8, 2010 clinic will be held from 10:30-11:30 a.m. on Salt Lake Swimming & Tennis Club's Court 1. The Club welcomes the public to attend. The Salt Lake Swimming & Tennis Club is located at 2471 South 1700 East in Salt Lake City. For more information or to sign up for "Stroke of the Month" clinics as well as tennis workouts and lessons, visit www.thetennisclub.org or contact **801-487-3206**.

The first 2010 clinic will focus on volleys, including grip, proper technique, and footwork. Learning volleys will improve a player's doubles game and will also help players finish points more quickly in singles. Volleys are a vital component of court versatility. In the modern game of tennis, an all-around court presence is essential.

The Salt Lake Swimming & Tennis Club is offering additional free Friday clinics as a part of the clinic series, with a focus on overheads (**February 5, 2010**); spins, topspin/slice (**March 5, 2010**); offense / defense (**April 2, 2010**); and touch shots, drop shots, drop volleys, lobs, and angle volleys (**May 1, 2010**). Additional clinics will focus on forehands, backhands, and serves.

Mike Trabert, Director of Tennis, and **Byron Boyd**, Head Tennis Professional, teach the clinics. **Trabert** is former Director of Tennis for Pebble Beach Company and former Director of Tennis at Carmel Valley Ranch. He is a USA High Performance coach and has over 30 years teaching experience. **Boyd** moved from the Evert Academy in Boca Raton, Florida to take on his position at the Club. At the Evert Academy, Byron worked with juniors ranked in sectionals, nationals, and the International Tennis Federation (ITF). “We’re inviting our community to get out on the court with us. Whether you play for fun, for fitness, or to compete, tennis helps you develop acceleration and speed, maintain agility and balance, and increase your endurance,” says Trabert. “As a lifelong sport, tennis also offers a great way for families and friends to stay connected through the years.”

About the Salt Lake Swimming & Tennis Club

A rich tradition of service to the sport of tennis and to the tennis community began with David L. Freed. The Salt Lake Swimming & Tennis Club was founded by Mr. Freed when he came up with a unique and revolutionary idea of being able to “play tennis twelve months a year”—and the rest is history. The Club opened on Memorial Day of 1963 as the first indoor tennis facility to be built west of the Mississippi River.

The Club was the first recipient of the USTA’s (United States Tennis Association) Organization of the Year Award in 1981. The award is based on service to the tennis community, service to its members through junior and adult programs, and historical perspective.

Today, the Salt Lake Swimming & Tennis Club provides members, their families and friends, and all who come to play, with an environment for improving the quality of their lives through fitness, recreation, instruction, competition, fun, and sportsmanship at all levels. The Club serves a vital role in the Salt Lake Valley for its inclusive and enduring community partnerships, innovative programming, dedicated professional staff, and lifelong activities.

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