

Between the Lines

Cedar Bluff Racquet Club



Fall Programs

Monday October 12th-Sunday December 20th (10 Weeks)

Attached is a complete schedule of our adult playing programs (leagues) and teaching programs (clinics)...the programs begin the first part of October...and run until we take our Christmas holiday break. There is something for everyone...day-time or night-time...all levels...so call the Club and have some fun!

Invitational Doubles...

Our popular doubles program is just around the corner.... **Play begins Saturday, November 21st.** This unique format competition (players play 8 games with each of the 3 participants) allows players to work on their doubles skills in a competitive yet fun atmosphere. The program is designed for all levels of play Sign-ups have begun...call the front desk to be part of this great league!

Seasonal Court Time

There are several "good" time slots still available, so get up a group and organize a weekly game. We went inside Monday, September 28th. If you purchase a full 28 week block time there is a 10% discount on the court price, as well as spreading the cost over three monthly payments.

Welcome Jorge Lopez....

Cedar Bluff Racquet Club is excited to announce the hiring of Jorge Lopez from the world famous Colony Tennis Resort in Florida. Jorge comes to us with a wealth of tennis knowledge and experience. Check out his bio on our website. Jorge is available for private lessons at \$44.00 per hour.

Website & Email

You can stay updated with what's going on around the Club through our website. To be even more in touch, call the Front Desk (690-5700) and leave your email address. We like to send blasts to our members regarding new programs and events!

Volume #182

October, 2009

Pro Tip of the Month

The Perfect Ball Toss

Is there such a thing as a perfect ball toss???

Yes, there is. The key to throwing a perfect ball toss is to throw the ball using three of your fingers—thumb, index and middle finger. You don't want to have the ball spinning or moving when you toss it up. Using your fingertips when throwing it will cause it to spin and you don't want that to happen. The rule of thumb is to throw it at the 2:00 o'clock position...for more topspin try to throw it at 12:00 o'clock.

Happy Tossing !

George Lopez



Special Points of Interest::

<i>Tip of the Month</i>	1
<i>Invitational Doubles</i>	1
<i>Fall Programs</i>	2
<i>Junior Information</i>	3
<i>Team Tennis</i>	3
<i>Racquets & Jackets</i>	4

LATE FALL 2009 ADULT TEACHING PROGRAMS
FEE: \$195 PER 10 WEEK SESSION (10/12-12/20)

WOMEN'S CLINICSMonday

- (1) 4.0 Clinic 9:00-10:30 a.m.
 (2) 3.5 Clinic 9:00-10:30 a.m.
 (3) 4.0 Clinic 10:30-12:00 p.m.
 (4) 2.5 Clinic 10:30-12:00 p.m.
 (5) 3.5 Clinic 6:00-7:30 p.m.

Tuesday

- (6) 2.5 Clinic 9:00-10:30 a.m.
 (7) 3.5 Clinic 10:30-12:00 p.m.
 (8) Cardio 10:30-11:30 a.m. \$13/Hr.
 (9) 4.0 Singles Clinic 6:00-7:30 p.m.
 (10) Cardio Tennis 7:30-8:30 p.m. \$13/Hr.

Wednesday

- (11) 3.5 Clinic 9:00-10:30 a.m.
 (12) 2.5 Clinic 9:00-10:30 p.m.
 (13) 3.0 Clinic 10:30-12:00 p.m.
 (14) 3.0-4.0 Clinic 6:00- 7:30 p.m.

Thursday (No Clinic November 26th)

- (15) 3.0 Clinic 9:00-10:30 a.m.
 (16) 3.5/4.0 Clinic 10:30-12:00 p.m.
 (17) 2.5/3.0 Clinic 6:00-7:30 p.m.

Friday (No Clinic November 27th)

- (18) 2.5/3.0 Clinic 8:30-10:00 a.m.
 (19) 3.5/4.0 Clinic 9:00-10:30 a.m.
 (20) 2.5 Clinic 10:30-12:00 p.m.
 (21) 3.5/4.0 Clinic 1:00-2:30 p.m.

Saturday (No Clinic November 14th & 28th)

- (22) 3.0-4.5 Clinic 9:00-10:30 a.m.
 (23) 4.0 Clinic 10:30-12:00 p.m.

MEN'S CLINICSMonday

- (24) 3.5 Clinic 6:00-7:30 p.m.

Tuesday

- (25) 3.5 Clinic 6:00-7:30 p.m.
 (26) Cardio Tennis 7:30-8:30 p.m. \$13/Hr.

Wednesday

- (27) 3.0/4.5 Clinic 6:00-7:30 p.m.

Thursday (No Clinic November 26th)

- (28) 3.0/3.5 Clinic 6:00-7:30 p.m.

Saturday (No Clinic November 14th & 28th)

- (29) 2.5-4.5 Clinic 9:00-10:30 a.m.

WOMEN'S LEAGUES

October 12th-December 20th

Tuesday

- (1) 4.0/3.5 (2x2) 9:00-10:30 a.m. \$60.00

Wednesday

- (2) 3.0/2.5 Ladder 9:00-10:30 a.m. \$60.00
 (3) 3.0 2 x 2 10:30-12:00 p.m. \$60.00
 (4) 3.5/4.0 2 x 2 10:30-12:00 p.m. \$60.00

Thursday (No Play November 26th)

- (4) 4.0/4.5 (2x2) 9:00-10:30 a.m. \$54.00
 (5) 4.0/4.5 (2x2) 10:30-12:00 p.m. \$54.00

Men's League—Monday

- (6) Persons of Leisure 12:00-1:30 \$60.00



Junior's Advantage

JUNIOR CLINICS 8/24 thru 12/20 \$19.50 per 1 1/2 hr.

Monday

- | | | |
|--------------------------------------|----------------|---------------|
| 30. Junior Mighty Mites (Age 4-6) | 3:30—4:30 p.m. | \$13.00/hr. |
| 31. Junior Future Stars (Age 7 & Up) | 4:30—6:00 p.m. | |
| 32. Junior Tournament Training | 4:00—6:00 | Special Price |

Tuesday

- | | | |
|--------------------------------|----------------|---------------|
| 33. Junior Middle/High School | 4:30—6:00 p.m. | |
| 34. Junior Tournament Training | 4:00—6:00 | Special Price |

Wednesday

- | | | |
|--------------------------------------|----------------|---------------|
| 35. Junior Pee Wee (Age 4-6) | 3:30—4:30 p.m. | \$13.00/hr. |
| 36. Junior Future Stars (Age 7 & Up) | 4:30—6:00 p.m. | |
| 37. Junior Tournament Training | 4:00—6:00 | Special Price |

Thursday (No Clinic November 26th, Thanksgiving)

- | | | |
|--------------------------------|----------------|---------------|
| 38. Junior Pee Wee (Age 4-6) | 3:45—4:30 p.m. | \$78.00 |
| 39. Junior Middle/High School | 4:30—6:00 p.m. | 40 |
| 40. Junior Tournament Training | 4:00—6:00 | Special Price |

Saturday (No Clinic November 14th & 28th)

- | | | |
|--------------------------------|------------------|--|
| 41. Junior Clinic | 10:30—12:00 p.m. | |
| 42. Junior Tournament Training | 10:30—12:30 p.m. | |

Please note if you sign up for 2 full clinics the second one is half price!!!



Team Tennis

Vody once again has a great fall planned with his ever popular Team Tennis. Teams are almost set but there is still room to play or sub. Play will still be Sundays from 1:30-4:30. Format consists of singles, doubles and mixed doubles. Anyone interested in playing can call **VODY** at **539-6433**. Play begins in early October.

Junior Tournaments at CBRC...

We have a great schedule of tournaments for juniors. For the experienced tournament player, we offer ranked USTA sanctioned events. Look for the entry blanks on our junior info board, and we will be passing them out at the clinics. Here is a date to remember...

SANCTIONED :

December 4th—6th



No Saturday Clinics

In addition to the normal Thanksgiving holiday break, the Saturday clinics will take the day off on Saturday, November 14th. We will be hosting the Make-A-Wish Foundation Charity Tournament.

Thanks for understanding and allowing us to support a great community project.

Cedar Bluff Racquet Club
701 Racquet Club Way
Knoxville, TN 37923

Phone: 865-690-5700
Fax: 865-691-8831
Email: info@cbrc tennis.com

Racquets & Jackets

! Come check out our new Holiday Fashions!!!

! Men, you have been asking for Adidas....."IT'S HERE!!!!!"

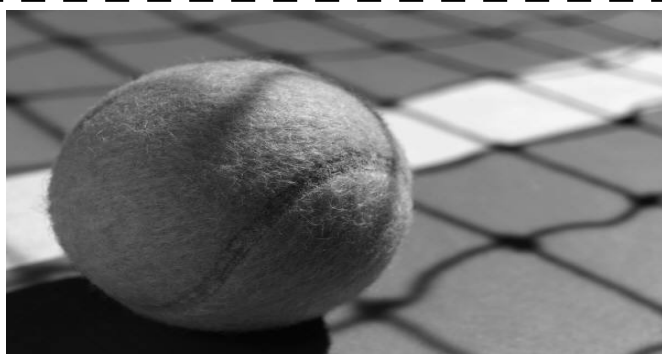
! We now carry Boy's and Girl's Nike shoes.

Remember...Store Hours Monday-Friday 10:00 a.m.—7:00 p.m.

Saturday 10:00 a.m.—6:00 p.m.

Sunday Closed

Please save the first 4 parking places for our customers. Thanks Telephone 584-6981



Tennessee State Closed Championships...

CBRC recently hosted the 2009 Tennessee State Closed. We had another great year of participation and competition. Over 115 people played including many of our own members. Congratulations to all of those who played and won!

Tennessee vs. Alabama

Tailgate Tennis Party.....

Wear your favorite team colors! Hors d'oeuvres.

FREE to members! \$5.00 for guests.

All tailgating supplies included!!!!

Call the Front Desk to sign up!

