

# OPEN COURT



A City of Atlanta Department of Parks and Recreation Publication

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## A Message from the Recreation Director

The fun returns this summer at Camp Best Friends (CBF)! This year's theme, "Around The World," will focus on exploring the wonders of all seven continents! Plus campers get a chance to play the incredible game of tennis! Each week, campers will experience the social, cultural, and educational aspects that each continent offers. With traditions, music, cuisine and entertainment, we are taking campers around the world!! The Department of Parks and Recreation understands the importance of blending education with play to provide an enriching environment and works to maintain that connection throughout the summer break. Now in its 41st year, CBF has touched the lives of a quarter of a million Atlanta youth, teens and seniors. We are excited about the return of Prime-Time Senior programming which runs concurrently at four CBF locations. Seniors 55+ attend FREE! The camp also offers two Tennis Summer Camp locations: Grant Park and Washington Park.

**Camp Best Friends:** June 6 – July 22  
Monday – Friday 7:30 a.m. – 6:00 p.m.

**Register via iParcs:**

[https://apm.activecommunities.com/atlantadprca/Activity\\_Search](https://apm.activecommunities.com/atlantadprca/Activity_Search)

For more information, email [campbestfriends@atlantaga.gov](mailto:campbestfriends@atlantaga.gov)

Join Us!

RAMONDO DAVIDSON



## Tweaking Your Ball Toss and Follow-Through

One of the most common statements we hear during our team practices is "My serve is weak. How can I serve faster?" Usually there are two areas we can look at right away that limit the pace and the consistency of the serve. These are the ball toss and follow-through.

### THE TOSS

- > Relax: When starting your serve, ensure you are relaxed and focused. A relaxed ball toss arm will help you replicate the ball toss time and time again.
- > Weight transfer: Ideally, you want to transfer your weight onto the front foot when releasing the ball by starting on the back foot and transferring the weight

## Tweaking Your Ball Toss and Follow-Through continued...

to the front. Most often, players toss the ball behind them transferring their weight backward.

- > Ball toss release and position: We speak to our players about reaching up to release the ball. Too often they “throw” the ball causing an inconsistent toss position. By reaching up and “placing” the ball into position you get the ball into the correct hitting position. The contact position should be in line with the right shoulder approximately one foot in front on the baseline.



### **THE FOLLOW-THROUGH** (*ACCELERATING THROUGH CONTACT*)

The follow-through after contact shows us a lot about what is actually happening at contact. Many players stop their swing just after contact because they think this will give them more control, when in fact, it results in a weaker serve. If your swing is stopping just after contact, it means that your racquet is decelerating on contact. To help increase pace on your serve, focus on accelerating your racquet head through contact toward the target. By accelerating through to the target, you will become more consistent and accurate with your serve.

*Our thanks to DPR Project Manager I, Luke Burden, for contributing this article.*

## REPAIR UPDATE

Players at Bitsy can now enjoy the repaired hitting wall and court resurfacing.



## TENNIS COURTS OPEN DAILY

**DAILY** 6 a.m. – 11 p.m.  
All COA tennis courts at our parks across the city

**MONDAY - FRIDAY** 9 a.m. – 9 p.m.  
Bitsy Grant, Chastain Memorial and Sharon Lester @ Piedmont Park

**MONDAY - FRIDAY** 1 – 9 p.m.  
Washington Park and Joseph McGhee

**SATURDAY** 9 a.m. – 5 p.m.  
All Tennis Centers

**SUNDAY** 12 p.m. – 5 p.m.  
All Tennis Centers

*\*Elections are May 24. Courts at Joseph McGhee and soft courts at Bitsy Grant will be unavailable.*

## SEND US YOUR STORY!



If you have a tennis story, accomplishment, celebration or picture you'd like featured in *Open Court*, we want to hear from you! Email Phillip Smith at [pesmith@atlantaga.gov](mailto:pesmith@atlantaga.gov).

## HOLIDAY CLOSINGS

In observance of the Memorial Day and Juneteenth holidays, the City of Atlanta Department of Parks and Recreation will be closed May 30 and June 19 & 20.



# FALL LEAGUE SIGN UP SOON!

Random Selection will be announced Thursday, June 23 at 7 p.m. and confirmation emails will go out by Tuesday June 28.

**ALTA / USTA team captains please submit requests for participation via email only to:**

Chiquita Curney: [ccurney@atlantaga.gov](mailto:ccurney@atlantaga.gov)

Adrienne Wright: [awright@atlantaga.gov](mailto:awright@atlantaga.gov)

Charles Brown II: [cbbrownii@atlantaga.gov](mailto:cbbrownii@atlantaga.gov)

## GET ON THE FAST TRACK

Thanks to our partnership with USTA, opportunities are expanding. USTA Atlanta has also partnered up with TennisRungs and Tennis Warehouse to offer this unique playing opportunity in metro Atlanta. The USTA Atlanta Singles Ladder, presented by Tennis Warehouse, is intended to give singles players more options to compete in a more social and laid-back atmosphere. Scheduling is as simple as creating a challenge on a specific date/time at a City of Atlanta tennis center of your choice and waiting for someone to accept. You can also go in and accept open challenges yourself! Playing in this ladder does not impact your NTRP (USTA) rating. However, you will be required to list your most recent level by self-rating or providing your computer rating when joining the ladder. There are men's and women's divisions and participants will be divided by skill level into flights. All levels welcomed!

Points are awarded for playing matches, winning sets, and winning matches. The ladder will rank the players by the points they earn. This 8-week season includes playoffs for the top 4 finishers from each ladder. The summer season is underway and goes through June 26. Players can join in at any time Tennis Warehouse provides raffle prizes each week as well as gift cards for ladder champions and finalists. Come join the fun and use a City of Atlanta tennis facility as your location of choice! To sign up visit: [ustaatlanta.com/ladder](http://ustaatlanta.com/ladder) and click REGISTER!



*DPR and USTA are teaming up to make improvements on Atlanta tennis facilities. Find out how next issue.*

### Visit

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### Contact Us

We're here for you and happy to answer your questions! Email our friendly staff or call 404.546.6788.

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John Dargle Jr., Commissioner

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