OPEN COURT

Message from the Parks Director

Tennis in the Fall

Have you ever heard that Fall is the Best Time for Tennis?

Well one wise person told me that it absolutely is. I always wondered why and came up with a few good reasons that could be true.

1. The courts are picturesque with orange and golden leaves; however, the Office of Parks maintenance teams realize that although beautiful, the leaves can create an unsafe incident for players and must be blown frequently to ensure safe play.

2. Who doesn't appreciate the break away from the sweltering heat in Atlanta? Well, the Park Maintenance team is also anticipating the cooler temps to perform their fall tasks to make our tennis facilities "Fall-lab-u-lous".

3. NO WAIT! Take advantage of the non-peak demand for scheduling court time. The competition just got lighter.

These are just a couple of reasons why tennis is better in the Fall.

Explore with us over this Fall Maintenance season to discover other reasons why it is no better time to enjoy our courts throughout the City of Atlanta.

We will continue striving to make them the Best in Class with each fallen leaf.

Have an Amazing Fall of Tennis! We will see you on the courts!

Quentin Moore
Parks Director

Tweaking Your Toss

THE TOSS

The ball toss is one the most important, not the most important aspects of the serve. Think about it, if the ball toss is not consistent, how can have a consistent serve? If the ball toss different each time, actually have to execute a different serve each time. When working on the ball toss, you should try to concentrate on three things.

Relax: When starting the serve, ensure you are relaxed and focused on the serve. A relaxed ball toss arm will help you replicate the toss time and time again.

Weight transfer: Ideally, we want to transfer the weight onto our front foot when releasing the ball. By starting on the back foot and transferring the weight to the front foot, it helps to ensure that the ball toss is in front. Often, we see players consistently tossing the ball behind themselves, and most often the problem is that they are transferring their weight backward when releasing the ball.

Ball toss and release position: You want to reach up when you release the ball. Too often players will "throw" the ball causing an inconsistent toss position. By reaching up and placing the ball into position, you will find that you will be much more consistent in getting the ball into the optimal contact position. The contact point should be in line with the right shoulder and approximately one foot in front of the baseline.

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 5 – 9 p.m.
Joseph McGhee
Washington Park

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

SUNDAY 10 a.m. – 5 p.m.
All Tennis Centers

November closures include Veterans Day on Friday, November 10 (observed), Saturday, November 11 and the Thanksgiving holiday on Thursday, November 23 and Friday, November 24.

GOT NEWS SEND US YOUR STORY!

If you have a tennis story, accomplishment, celebration, or pictures that you would like to be featured in our monthly newsletter, we want to hear from you! E-mail us at COATennis@atlantaga.gov.

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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