



WHAT TO BRING

Welcome and thank you for choosing Beach City Tennis Academy. When you schedule your first lesson you will want to show up ready to play. We understand that many of you are new to the game and therefore we have outlined the basics things you will need when you show up for your lessons. Remember safety first and have fun!"

1. A Racket: There are many kinds of rackets for many kinds of players. If, for instance, you are a parent who has signed her new-to-the-sport kid up for a first lesson you might not want to invest hundreds of dollars in a new racquet right away. At Beach City Tennis we can help. Let us know ahead of time and we can equip your kid with a racquet that is the proper length and weight. If he/she likes the sport then you can go make the investment and we can give you pointers on what to look for when purchasing a new racquet.

Tennis rackets come in different lengths and grip sizes (not to mention weights and stiffness). A child needs a shorter racquet with a smaller grip. Therefore, don't lend your small child your own racquet for his first class as he won't be able to swing it and grip it correctly. Again, let us know and we can help size your kid for a racquet. If you are an adult looking for a new racket for a first lesson we can help you, too. Again, call or e-mail us before your first lesson and we'll bring some demos for you to try of various weights and stiffness.

2. Shoes: Tennis shoes are an absolute must on the tennis court. It isn't a matter of fashion either. You've seen those signs on courts that tell you to wear non-scuffing shoes. This might lead you to the false conclusion that tennis shoes are simply a fashion statement or a way for clubs to keep courts scuff-mark free. The real reason that there are shoes specifically designed for tennis is the same reason you shouldn't wear running shoes onto a basketball court unless you really want to twist your ankle. Running shoes, you'll notice, are designed to rock back to forward; the soles are not flat, and they are narrow. Tennis shoes are very low profile, flat shoes providing more contact with the ground. They are designed for stop and go movements side to side. If you've ever tried running in a straight line for a mile wearing tennis shoes you will see how uncomfortable they are in that capacity. But, the same goes for wearing running shoes while playing tennis – very uncomfortable.

3. Clothing: This is where you get to be a fashionista if you so choose. At Beach City Tennis we recommend Dry Fit or Dry Wik clothing. Although some courts enforce white as being the approved color we at Beach City Tennis want you to wear what you are most comfortable in. Beach City Tennis also recommends for men to wear shorts with pockets! Women should wear either shorts with pockets or a tennis skirt with an extra ball holding function. Please try to always wear protective hats, visors, or headbands. Sun protection is extremely important on the tennis court. Please wear sun screen and thing covers your forehead if possible.

4. Water: Bring plenty of water. Tennis is a very physical sport that involves running, stopping and starting, turning, sprinting and twisting. Dehydration can occur so please use safety at-all times.