

Dear Glen,

How do you hit slice or backspin backhands and what are the best times to hit this shot?

Dear Player,

This is the second installment from last week's column. I spoke last week on how to execute the slice shot and this week I will address the application of the shot. This shot has made a comeback lately on the pro tour because it keeps the ball low and doesn't have a lot of pace. If the take-back of the racquet is consistent, the deception of the dropshot or lob can be very effective.

One of the most interesting elements of the stroke is, depending on the pitch of the racquet; the shot can either create a stopped ball or a slider. This creates numerous problems for the opponent through lack of being able to anticipate the shot. It can be used for offense or defensive tactics. From a fuel efficiency point of view, this shot has the ability to conserve especially in the heat of the summer or a long match.

Dear Glen,

I have been looking around for a competitive tennis league for my son. He has not had a good experience in tennis tournaments, but would like to give it another try. Is Junior Team Tennis going to continue in the Tallahassee area?

Dear Junior Parent,

You are in luck! Junior tennis is looking to make a comeback. There are applications at Forestmeadows. Depending on the number of signups, JTT will commence either this summer or in the fall.

Dear Glen,

Now that we are into the heat of the summer, do you have any suggestions for beating the heat?

Dear Sun Worshiper,

There are a number of things that you can do to keep your cool. First, you need to hydrate before you go out to the court. Second, putting ice in a handkerchief and wrapping around your neck will lower the body temperature. Taking your shoes off on a changeover can also cool the body down.

The most important thing to remember is to let "commonsense prevail". If you can play at a cooler time, please do so.

Dear Glen,

I am a police officer in the Tidewater area of Virginia and have considered being a tennis instructor. I am a 4.0 player and would like to give back to the community with inner-city kids. How do I go about becoming a tennis instructor?

Dear Officer,

It is interesting that you bring this subject up. In my humble opinion, police officers are perfect candidates for teaching tennis. In this past weekend, I tested a sheriff from Treasure Island. He has already been working with kids through the Police Athletic League. His passion for the game and kids was amazing, but not unique for the people who protect our cities.

This individual was dressed impeccably, great communication skills, and had the ability to handle numerous agendas of the tennis lessons. What he lacked in tennis teaching skills was made up by organization and enthusiasm.

My recommendation to you is to attend a Recreational Coaches Workshop (RCW) than get a mentor to help you establish your professional tennis teaching credentials. Then, give me a call, I'll hire you!

Dear Glen,

I attended your Memorial Day Tennis Round Robin this past weekend and had a great time with the activity. My wife and I especially enjoyed having different partners to play. Is there any possibility of a competitive round robin in the future?

Dear Player,

It was my pleasure that you enjoyed our round robin / cookout. We usually host numerous tennis socials especially during our holiday weekends. We will continue these events as an opportunity for the potential of meeting new tennis players.

We may try a competitive round robin, but have found that there are numerous activities of this nature. Between the leagues and the tennis tournaments, this has filled, for most players, the competitive need. Thank you for the suggestion.

Dear Glen,

Where is the best place to get started if you want to learn to play tennis and you live in Tallahassee? I love to watch the game and have only played a bit many years ago in High School. I am looking for some basic facts on what equipment to buy to get started, what are the local options for lessons and places to play that sort of information. Thank you.
Joe

Dear Joe,

You have come to the right place for tennis. The City of Tallahassee provides a complete array of programs from ball machine rental to private and clinic lessons. Our tennis proshop carries demo racquets at a small fee. The fourth of July is our next social round robin and is a good place to meet some of the pro staff as well as other players that are looking for a game.

Dear Glen,

What is the drug testing policy on the pro tour? Are there any legal enhancements that are not to the detriment of the body?

Diaz

Dear Dr. Diaz,

There are a number of agencies that oversee tournaments sanctioned by the ITF, ATP, and the WTA tour. The World Anti-Doping Agency and the United States Anti-Doping Agency were created to make sure a level playing field is maintained and no player would gain an unfair advantage.

The random testing of tennis playing professionals is very stringent. Some players are tested over 15 times per year. If they are found to have a banned substance in their system, they are suspended. The player then has an arbitration that can lead up to a two-year suspension.

There are many supplements on the market that have been found to have banned substances - as much as 18% on the free market. It is the responsibility of the player to make sure anything that he takes is not in this category. Great question.

Dear Glen,

In playing a tennis match, when should the toss be made?

Dear tennis enthusiast,

According to USTA comment 9.1, the toss should be made before the warm-up so that the players can warm-up on the same side from which they play their first game.