

Junior Tennis assessment

As required by the Tennis Association, for joining the autumn Junior League which starts this September, two assessments of Club's junior players in Divisions C & D (ages below 14) were conducted on 26 June and 3 July, organised by the Section's Junior Coordinator Mr Clement Lee with the assistance of SW Poon. This was to decide their rankings to participate in the league match. Clement's hard work is much appreciated.

26 June



3 July



CONVENOR'S COLUMN

Works in the Tennis Area Courts resurfacing

Most works were completed on 6 August as scheduled and all three courts were opened for members' use on 7 August. Pending arrival of material, the new windscreen sponsored by Wilson and Babolat would be installed in September/October this year.

Refurbishment works outside Tennis kiosk

The replacement of broken roof tiles and upgrading works to the Tennis

kiosk were also completed mid-August. With the provision of new furniture, we expect the area would be popular among members. A celebration party for the completion of the above works would be held on 27 August.

Winter League 2011/12

Entry forms for 7 league teams from Divisions E to A+ to join the Winter League starting mid-September have been submitted to HKTA. A Convenor's Forum to discuss changes of rules of the league organised by HKTA would be held in early September. All captains would be informed on any changes of rules for compliance in the league games.

Interport Tournament with Penang Sports Club (PSC)

PSC would visit KCC on Saturday, 15 October for the interport tournament. Details of the tournament would be discussed in Tennis Section meeting and members informed.

Results of Summer League 2011

Both men's and ladies' A+ teams were 1st runners-up in A+ divisions. Thanks to captains both teams, Joseph and Jenny for their hard work.

One-handed vs. Two-handed Backhand Which is better?

Before the 1970s, no one even spoke of the two-handed backhand, and did not even appear in tennis textbooks. Nowadays, in professional tennis, especially in women's tennis, it is becoming more and more popular for many reasons, especially for power.

Below is a brief summary of the characteristics of both:

	One-handed Backhand	Two-handed Backhand
Reach	More reach as only one hand on the racket during contact	Less reach due to two hands, feet must work harder
Contact point	Contact must be out in front Cannot be jammed into the body	Better disguise as contact point is closer to the body and can hold the shot a little longer before striking
Power	Better timing is needed for stronger shots	More power as more body rotation can be used
Effort	Good timing can make shot more smooth and effortless	More effort is used as movement involves more body parts
High balls	Shots played above the shoulder can cause difficulty	Can hit with good power on high balls
Net play	Comfortable as volleys are hit easier with one hand	Less versatility with two hands with volleying
Slice backhand (baseline)	Better quality as more practice with one hand on the racket	Less feel as there is a need to have two hands on the racket

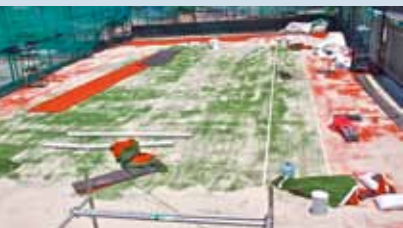
I am often asked by members which style of backhand they or their children should be using. I suggest that children should start with two-handed backhands as they will have more initial success and have more fun. But for adults, there is no definite answer and should experiment. In my opinion, ultimately, players with one-handed backhand will be more comfortable when playing at the net as all advanced level volleyers use one hand. From the baseline, players who use one-handed backhands will have better quality slice as they use just one hand on the racket.

Henry So

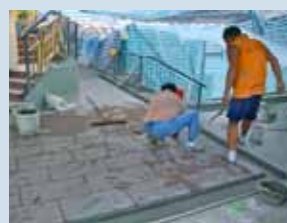
KCC Head Coach

Former Hong Kong Davis Cup Team

Tennis courts works 16 July - 5 August



Tennis viewing area works 16 July - 5 August



COACH'S COLUMN

Tennis coaching – Private lessons and Junior classes

After the resurfacing of the three tennis courts, we are happy to announce that all coaching have resumed as of 14 August.

Private lessons and Junior classes are offered at different times of the week. For more details and enrollment, please feel free to contact Henry So by email at atplimited@hotmail.com or on 61357606.

Saturday Men's League Training – Men's D & E or similar standard – Saturdays 8-10am

We look to continue the Saturday Men's Training group in August and welcome any new members to join.

The focus will be on doubles strategy, as well as touching on many different aspects of the game while allowing members to enjoy the game in a social atmosphere.

For more details and enrollment, please feel free to contact Henry So by email at atplimited@hotmail.com or on 61357606.