

2020 Tennis



Members... Please Go to... **www.SevenOaksRaleigh.com**

While at the site... **register to receive our e-mailings** with updates and announcements concerning the tennis program. Also be sure to create an account to 10sPortal.com. You will find this in the tennis section of the website on the left side of the screen. (Tennis decisions and additions to the web site are approved by the tennis staff, and do not rest with our webmasters.)

The Newsletter and 10sPortal will provide the following information:

- Tennis Calendar for Events Happening and Courts They Will Utilize.
- Instruction and Clinics
- Junior Team Play, Instruction, and Clinics
- Tournaments and Charity Tennis Events.
- Court Crunches... Days & times when courts will be taken for club matches or club events.

INSTRUCTION

Juniors

We offer year round clinics for all levels of juniors ages 4-18. We also offer Junior Team Tennis in the Spring, Summer, and Fall.

“10 and Under”

Our tennis instruction for novice juniors will use the new “10-and-under” format that incorporates bigger, slower balls. A smaller court size and lighter racquets go along with this program. *Success is immediate!*

As the children grow in strength and ability the ball gradually reduces in size until they are using the standard ball. The age of the participant determines what ball and racket size is used.

Clinics are ongoing and Junior Team Tennis will start up March 6th.

Camps are offered throughout the summer for all levels ages 5 and up with a half day (M-Th 9am - 12pm) or full day (M-Th 9am - 5pm)

Sign up in the Pro Shop begins in March.

Please come by the Pro Shop or call for more information. (919) 848-9928

Clinics Monday - Thursday. Starting 3/30

Monday & Wednesday: Orange Ball - 4:30 - 5:30pm **Green Ball - 4:30-5:30pm** **Yellow Ball - 4:30-6pm**

Tuesday & Thursday: Tiny Tots - 4:30 - 5pm **Red Ball - 5-6:00pm**

Adult Tennis Clinic's

Adult Tennis Clinics (Beginning March 2020)

All Clinics are drop-in and \$14/hr per person: Cardio \$12/hr. You must contact kaitlin@sevenoaksraleigh.com or paulhenri@sevenoaksraleigh.com at least one day in advance to reserve your spot. There is a two-person minimum for clinic to take place.

Monday @ 6pm - Cardio Tennis 4.0+

Tuesday @ 9am - Cardio Tennis

Tuesday @ 6pm - Cardio Tennis

Thursday @ 9am - Cardio Tennis

Saturday @ 9am - Workout Clinic

Team Warm ups - available upon request

Team Practices - available upon request

Try-Tennis / Try Play - Wednesday @11am & Wednesday @ 6pm. *Starting April -June*

Please stop by the Pro Shop or call for more information on any of these clinics.

WHAT YOU SHOULD KNOW

HOW DO I GET INVOLVED IN TENNIS AT 7 OAKS ? Call us in the pro shop (919) 848-9928 and talk to someone or drop by and ask the shop personnel what is going on for a new member. Sign up for a clinic in the morning or after work with one of our teaching pros, or get a private lesson to tune up your game and get acquainted with one of the staff, who can steer you in the right direction.

SEVEN OAKS TENNIS LADDER Seven Oaks now has an adult tennis ladder for all levels. The ladder runs twice a year, once in the summer and once in the winter. This is a great way to meet other members and play with different people.

HOW DO I GET ON A TEAM ? Teams at 7 Oaks are formed by the captains. The staff knows who the captains are and, many times, if they need another player or not. If you are playing on the ladder, and or coming out to club socials and events, your chances of being on a team are pretty good for the next season.

WHAT IS THE DEAL WITH SOFT COURTS VERSUS HARD COURTS ? Soft courts are basically green clay. Since the surface is easy on the joints, adults tend to favor it over the hard surfaces, and since all high school and colleges play on hard courts, our junior play is primarily on our 8 hard tennis courts. Proper shoes (with minimal or no uneven tread on the soles) are required for play on the clay courts. Members are responsible for the correct shoes of their guests when desiring to play on our soft courts.

WHEN IS A GOOD TIME TO GET A COURT AND NOT HAVE TO WAIT ? There seems to be no sure answer to when courts will be uncrowded, but generally late morning thru mid-afternoon is slow during the week. The week-end is less predictable with many teams playing in the afternoon, but middle of the day on Saturday and early Sunday are good bets. Busy times are after the normal work-day Monday through Thursday, Saturday mornings and Sunday afternoons. Check the 10sportal online (directions at our website) and the tennis e-mailings to keep up with both court conditions and/or event reservations that might limit the number of courts available for play.

GUEST POLICIES CONFUSE ME...HOW DOES 7 OAKS, HANDLE IT ? At 7 Oaks members may bring a guest if they register this guest and pay the appropriate fee **before** taking the court. A guest may not begin play without the sponsoring member present. Our current rule allows a guest to use our club only **one time a week, if they are a Wake county resident.**

TENNIS RULES AND ETIQUETTE

1. Courts at 7 Oaks are procured on a "First come, first served" basis. A member must go to the club with an opponent/partner and sign up in the Pro Shop for a court as well as swiping their membership key. THERE ARE NO RESERVATIONS FOR TENNIS COURTS AT 7 OAKS. You are able to see current court usage and updated court conditions online. To do so please visit the tennis section of the website and click on 10sportal.com on the left side of the screen. *Follow instructions to set up an account.

BUMPING SOMEONE OFF THEIR COURT. If all courts are occupied and properly signed for, our system of rotating courts fairly involves members "bumping" the court that has been used the longest (**if it has been used for the one and one/half hour allowed time or more**). While in the pro shop, we will inform you of which court is to be bumped. Go to the general area of that court and at an appropriate lull in the action (between games or points), inform them that you are bumping them because all other courts are full. Adults have priority at all times on the clay courts. Juniors have equal priority on the hard courts at all times. This means that Juniors can get bumped from a clay court at any time if they are full, but only after their one and one/half hours is up on the hard courts.

2. PROPER ATTIRE. Appropriate tennis wear is required at all times on our courts. Bathing suits or cut off jeans are not allowed. Tennis players must wear appropriate tennis shoes...no sandals or street shoes allowed nor is playing barefoot. Smooth soled shoes only on the clay courts. Shirts must be worn at all times on 7 Oaks tennis courts.

3. NO UNATTENDED CHILDREN ON OR AROUND THE TENNIS COURTS. The deck is not a day care area.. Parents must plan accordingly to maintain a tennis atmosphere at our club.

4. NO PETS ON SEVEN OAKS PROPERTY. Yes you have the cutest and best behaved one in the world, but leave it at home, please.

5. NO WHEELS OF ANY TYPE ON OR AROUND THE TENNIS COURTS. The use of skateboards, scooters, roller skates, in-line skates, bicycles, tricycles, etc. is not allowed.