

June

2017

Orioles Tennis Academy

twitter: @tennisosseo tennis@brianrusche.com

I get better every day I play!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Get in shape. Tennis camp starts next week!	6	7	8 Make sure you have your stuff for summer tennis!	9	10
11 Tennis Academy starts tomorrow!	12 GROUNDSTROKES SERVES/RETURNS	13 GROUNDSTROKES SERVES/RETURNS	14 VOLLEYS LOBS	15 Music Thursday GROUNDSTROKES SERVES/RETURNS	16	17 Jump rope to improve your footwork!
18	19 GROUNDSTROKES SERVES/RETURNS	20 VOLLEYS OVERHEADS/LOBS	21 GROUNDSTROKES SERVES/RETURNS	22 Music Thursday APPROACH SHOTS ANGLE VOLLEYS	23	24
25	26 VOLLEYS SERVES/RETURNS	27 SINGLES STRATEGY SERVES/RETURNS	28 VOLLEYS/DROP SHOTS GROUNDSTROKES	29 Music Thursday OVERHEADS/LOBS SERVES/RETURNS	30	

You will need: racquet, legit tennis shoes, shorts with pockets or tennis skirts, sunscreen, large filled water bottle, sunglasses, visor or cap, hair ties.

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						1
2 Wimbledon starts tomorrow!	3 No Orioles Tennis Academy this week...	4 Happy Fourth!!	5 Keep in shape. If you're not hitting, then run, swim, or bike!	6	7 Make a toss target at home.	8
9	10 GROUNDSTROKES SERVES/RETURNS	11 DOUBLES STRATEGY SERVES/RETURNS	12 APPROACH SHOTS VOLLEYS	13 Music Thursday	14	15 Wimbledon Women's Final
16 Wimbledon Men's Final	17 GROUNDSTROKES SERVES/RETURNS	18 APPROACH SHOTS VOLLEYS	19 OVERHEADS/LOBS SERVES/RETURNS	20 Music Thursday	21	22 Hit against a practice wall!!
23	24 GROUNDSTROKES SERVES/RETURNS	25 MATCH PLAY	26 MATCH PLAY	27 Music Thursday	28	29 Keep playing at least twice a week...for the rest of your life!!
30	31					