

May/June 2025

LOCUST VALLEY LIBRARY

RACQUET REPORT



learning. local. love.



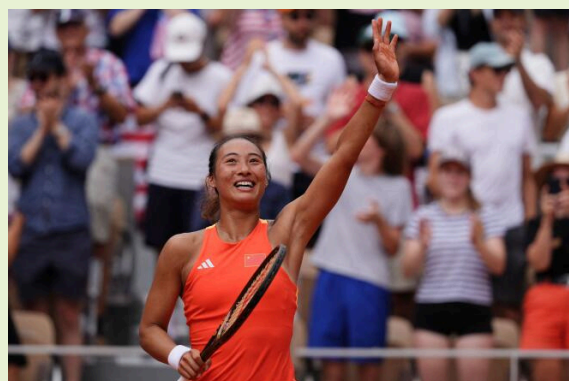
WELCOME THE 2025 SEASON - A FRESH SERVE

Welcome to a new season of tennis at the Locust Valley Library! We're excited to hit the courts with returning players and new faces alike.

As a proud USTA facility and as an extension of the Library's mission, our tennis program promotes wellness, learning, and community. Good sportsmanship is modeled and learned. Players looking for skill building are encouraged to take lessons with our pro. Team participation plays a vital role in supporting the program—thank you and good luck! A few quick reminders:

- Please do not park on our grass. Consider carpooling or parking further away to leave closer spots for library patrons who need accessibility.
- Stay hydrated! Our new bottle-filling water fountain is courtside. Stop by the Director's office for a free reusable bottle (while supplies last).

Here's to a safe, fun, and active season! See you on the court!



START STRONG STEVE'S PRO-TIP

May is National Tennis Month and the beginning of our outdoor season. It is a great time to evaluate your equipment, game, goals and yourself. Consider this:

Equipment

- Try out a new racquet, restring and re-grip your current racquet.
 - If you use over grips -They are not like diamonds, they do not last forever.

Physical and mental condition

- A-little conditioning can go a long way to help you stay injury free.

Game

- Now is a great time to supplement your game play with a few practice sessions with a partner.
- Take a lesson.
- Get excited about the sport- Watch professional tennis on TV or in person.

Goals

- Set new goals for YOU and your game
 - Join a team, league, or club event.
- Challenge yourself.

See you on the court,

STEVE ABBONONDELO



COURTSIDE READS

Unstoppable: My Life So Far by Maria Sharapova

In the middle of the night, a father and his daughter step off a Greyhound bus in Florida and head straight to the Nick Bollettieri Tennis Academy. They ring the bell, though no one is expecting them and they don't speak English. The two have arrived from Russia with only seven hundred dollars and the conviction that this six-year-old will be the next tennis star. Amazingly, they are right.



CLAY COURT SMARTS

If you're new this season, you might notice that we have Har-Tru clay courts here at our library. Clay courts play differently—and adapting is key. The slower pace and higher bounce require patience, strategy, and good footwork.

Here are a few tips to help you step up your clay court game:

- **Slide Into Position:** Controlled sliding is key on clay. Practice staying low and gliding into shots instead of planting your feet.
- **Be Patient:** Rallies tend to be longer on clay. Don't rush the point—wait for your opening.
- **Topspin Is Your Friend:** Heavy topspin shots bounce higher and push opponents back, giving you more control.
- **Stay Light on Your Feet:** Quick, small steps will help you adjust.
- **Target:** Aim deep and consistent rather than going for winners too soon.

Clay forces you to think, move, and hit differently—and being smart will give you a real edge!



Exciting News!

This season we are launching two tennis clinics with our pro- funded by a grant by the USTA. More details to come.

TENNIS TRIVIA-WIMBLEDON

What's the name of the famous hill where fans watch matches on the big screen?