

TENNIS TIPS

By USPTA/PTR Master Professional
Fernando Velasco



How To Execute The Backhand Service Return

In previous newsletters, I offered tips on how to hit a forehand groundstroke, a two-handed backhand, one-handed backhand, forehand volley, the two handed backhand volley, the serve, the forehand half-volley, the one-handed backhand volley, the overhead “smash” and the forehand service return.

In this issue, I will offer you instructions on how to execute the second most important shot in the game of tennis: The Service Return, since it is the response to the first most important shot of the game: The Serve. In the illustrations, Julie Comey, player at the Grey Rock Tennis Club, shows the proper technique to execute this stroke. Photos by Charlie Palafox.

Step 1: The Ready Position: When Julie is getting ready to return the serve, her eyes are focused on the tennis ball held by the opponent. Knees are relaxed and the hands are holding the racket with a relaxed grip.

Step 2: The Split Step: When the opponent tosses the ball into the air, Julie will take a hop with both feet off the ground, trying to time the split step with the contact of the ball on the opponent’s racket.

Step 3: The Back Swing: Once Julie realizes that the ball has been directed to her forehand, she will turn her upper body and will take the racket back. Notice that the left hand is up in front to allow her to keep her center of gravity in the center. She has loaded her weight on her left foot and will be ready to step forward to meet the ball.

Step 4: The Point of Contact: Julie now is ready to step into the ball. She has kept her eye on the ball and her center of gravity now is shifted to the point of contact. Notice the right knee being slightly bent and the right foot is pointing to the ball meeting the racket.

Step 5: The Follow Through: Once Julie has finished her stroke, the momentum of the racket continues to move almost to a point behind her neck. Her left hand is next to her body and her left elbow is pointing toward her target. Her body is now ready to take the “split step” with both feet in order to prepare for the opponent’s returned shot.

*Look in the next Newsletter for: The Forehand
High Volley Approach Shot*

THE MONITOR

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A Newsletter for Meridian residents

The Monitor is a monthly newsletter mailed to all Meridian residents. Each newsletter is filled with valuable information about the community, local area activities, school information and more.

If you are involved with a school group, play group, scouts, sports activity, social group, etc. and would like to submit an article for the newsletter you can do so online at www.PEELinc.com or you can email it meridian@peelinc.com. Personal news for the Stork Report, Teenage Job Seekers, special celebrations, birthday announcements and military service are also welcome.

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Viruses Still Present During Summer

Many viruses are still frequent in the summer so good hygiene remains important

Some viruses present in the summer include:

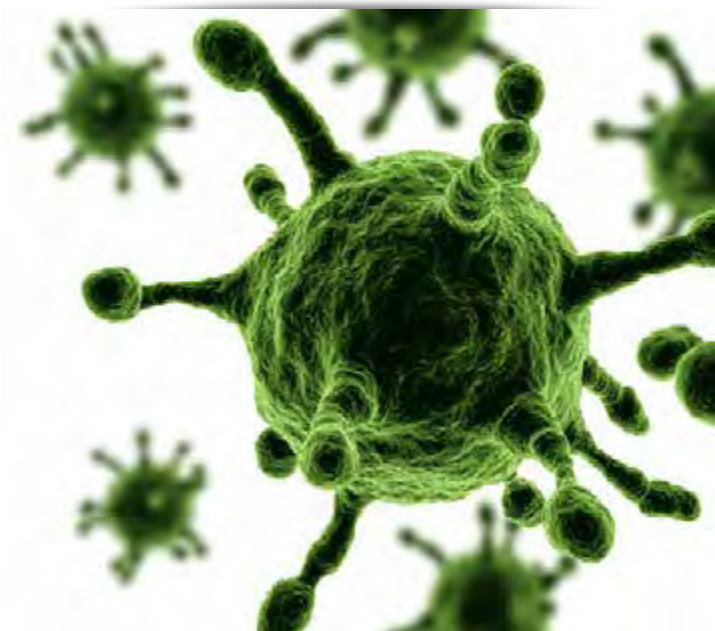
-Enteroviruses can cause symptoms such as sore throat and diarrhea, and can even lead to viral meningitis and inflammation of the heart and liver.

-Hand, foot and mouth disease, is characterized by ulcers in the back of the throat and a rash on hands and feet. This is common in babies and young children.

-Adenovirus, which can cause respiratory problems.

-Parainfluenza can cause croup, a loud cough; bronchiolitis, swelling and mucus in the small air passages in the lungs; and bronchitis, inflammation of the main air passages to the lungs.

These viruses cannot be treated with antibiotics, but it's important to get enough fluid and rest. Seek treatment immediately for high fever for more than three days, vomiting for over 24 hours, diarrhea, severe headaches or chest pain. Those with weak immune systems should consult their physician if they have any symptoms associated with these viruses.



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PROTECT EYES THIS SUMMER

Take precautionary measures to protect your eyes during the summer to prevent long-term damage to eyesight, said a Baylor College of Medicine ophthalmologist.

"Ultraviolet light, or UV exposure, has been linked to the development of macular degeneration, cataracts and other vision-loss problems," said Dr. Elizabeth Baze, assistant professor of ophthalmology at BCM.

Baze offered tips you can practice to help protect your eyes from sun damage this summer.

- The more the sunglasses wrap around and shield your eyes and the skin around the eyes, the more protection you have.
- Sunglasses need to provide 99 to 100 percent UV protection.
- Sunblock is a must, including the skin around the eyes.
- A broad-brimmed hat can add extra protection.

If you have an existing eye condition like macular degeneration or cataracts, protecting your eyes from the sun should be a top priority during the summer, she said.



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Physical Symptoms Could Be Sign Of Depression

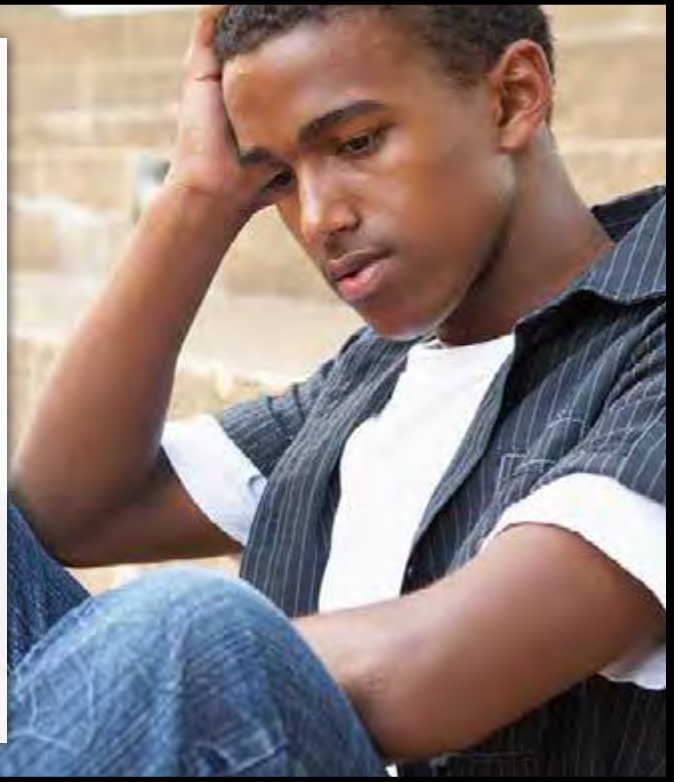
Depression and chronic mood disorders can manifest themselves through physical symptoms, said an expert at Baylor College of Medicine.

"Physical symptoms often drive a patient to see a primary care physician, and then the diagnosis of depression may emerge," said Dr. Sanjay Mathew, associate professor in the Menninger Department of Psychiatry and Behavioral Sciences at BCM.

Symptoms include gastrointestinal syndromes or chronic pain conditions. Many patients will have diagnoses of both a physical illness as well as depression.

The first step is to get a complete medical history and physical exam to rule out any medical conditions before making a psychiatric diagnosis.

Certain types of antidepressants and medications that help treat seizures also help with the physical symptoms of depression at low doses. This can help avoid the use of multiple medications.



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	TOTAL	AVERAGE					TOTAL	
	Homes Sold	Square Feet	Price / Sq. Foot	Sold Price \$K	Year Built	Days On Market	Available	Pending Sale
Belterra	75	2,963	\$ 115	\$ 340	2008	69	36	25
Circle C Ranch	167	2,858	\$ 132	\$ 378	2001	29	28	61
Heights at Loma Vista	2	4,332	\$ 118	\$ 509	2006	56	0	4
Highpointe	22	3,057	\$ 109	\$ 334	2010	120	8	15
Legend Oaks	25	2,330	\$ 130	\$ 302	1994	18	2	6
Lewis Mountain	5	4,083	\$ 131	\$ 535	1994	111	2	0
Loma Vista	1	4,170	\$ 134	\$ 560	2003	11	0	0
Maple Run	48	1,680	\$ 126	\$ 211	1987	20	4	16
Meridian	32	3,251	\$ 130	\$ 424	2009	56	4	7
Oak Creek Parke	7	2,577	\$ 113	\$ 292	1992	12	1	3
Overlook at Lewis Mtn	2	5,008	\$ 164	\$ 819	2004	97	0	0
Reunion Ranch (New)	n/a	n/a	n/a	n/a	n/a	n/a	3	2
Sendera	30	1,999	\$ 125	\$ 251	1999	14	1	6
Shady Hollow	37	2,533	\$ 121	\$ 307	1988	28	4	8
Villages at Western Oaks	78	2,101	\$ 136	\$ 285	1994	26	7	18
Western Oaks	7	2,275	\$ 145	\$ 329	1984	10	0	3
Grand Total	538	2,611	\$ 127	\$ 332	1999	38	100	174
% Change Mo/Mo	-6%	0%	2%	2%	0%	-10%	14%	-3%

Market Report data was obtained from the Austin-Multiple Listing Service (MLS) on 6/06/2013. Texas License # 515586.

In some cases new construction and FSBO homes are not included in the MLS data and therefore are not represented. Data is deemed accurate but not guaranteed.