

Bruin Tennis 10,000 Serve Club

Tennis TEAMS are made from March to May...Tennis PLAYERS are made from May to March. As a tennis player, THIS IS YOUR TIME!



Introducing the Bruin Tennis 10,000 Serve Club!

We challenge **all** of our players to take at least 10,000 game-like serves this off-season. We want our players to keep track of the serves they take during the off-season.

You do not need to worry about how many you make. **Only worry about your form.**

THE TIME IS NOW! It's time to get ready for next season by working on your game. This off season is going to be another great opportunity for you to continue to build on your many successes as well as turning weaknesses into strengths. The preparation for the next tennis season starts TODAY! Each of you is challenged to hit 10,000 serves. Use the attached sheet to record all your serve sessions. The goal of the 10,000 Serve Club is to develop the confidence you need to succeed by putting the time in to improve. It's a good idea to establish a practice routine. There are 181 days from September 1st to March 1st. To qualify for the 10,000 Serve Club, a player will need to hit an average of 55 serves a day.

Qualifications and Rules:

- Players must hit 10,000 serves between the end-of-season banquet and the first day of practice.
- Players must keep a log of their shooting workouts and have them signed by a witness.
- Serving done at open gyms, lessons, clinics, camps, matches, or tournaments can be counted towards your goal. The 10,000 Serve Club is about dedication to the sport as well as improvement.

What type of serves should I work on?

It is important to develop your overall game. All players should develop the ability to shoot three types of serves (Flat, Slice, and Topspin/Kick) in three directions (forehand, backhand, and body). Our best advice is to include all types of serves into your workouts, working on both 1st and 2nd serves!

Can I just guess how many serves I hit?

No! Once you have your routine it should be easy to count your serves. If you have 15 balls, and you serve them back and forth 10 times, that would be 150 serves. You can decide if you just want to count serves hit, or if you want to keep track of your shots made, too. It's great to watch your progress!

THIS IS ON THE HONOR SYSTEM, SO WE TRUST THAT YOU WILL UPHOLD THE INTEGRITY OF THE 10,000 SERVE CLUB BY RECORDING YOUR PROGRESS AS ACCURATELY AS POSSIBLE.

Does my parent have to watch me hit every serve?

Absolutely not! Your parent needs to only verify that to the best of their knowledge you had the time/opportunity to hit your serves. If they want to help that is great but not required.

Can I hit more than 10,000 serves?

Yes! Your goal should be to hit as many match-like serves as possible. Someone will hold the school record for most serves in a summer or career.....why can't it be you?

What do I do once I have hit 10,000 serves?

Total up your shots and make sure that all shots have been verified (signed) by a parent/guardian. **Turn your tracking sheet in at the first day of practice of the next season!**

Successful members of the 10,000 Serve Club will be recognized at the banquet, on the website, and will receive a T-Shirt!