

from courtside
David Stewart

Get into your depth

How many times have you heard someone say that the secret of winning tennis is depth?
 And how many times have you tried to hit the ball harder to obtain greater depth and watched your ball sail beyond the baseline and into the backstop?
 After losing a few points, you get depressed, timid and scared. Your shots start once again landing short of the service line, and your opponent moves in and pounds an easy drop for a winner.
 Chances are no one has ever taken the time to explain what is involved with hitting deep. The theory, as theories go, is pretty easy to learn, but the secret, as with everything else in tennis, is practice. You have got to hit, hit, hit until you feel as comfortable with a long game as you do now with your short shots.
 The first part of learning depth is the proper height to hit the ball over the net. Most people aim low because they think the best players aim low.
 That thinking only increases errors. When hitting from the baseline, your shots should clear the net by at least four feet, or better, six feet.

A HIGH PERCENTAGE of balls that are hit low drop into the net. And most of the balls that do get over, drop short. The next time you start hitting, draw an imaginary line above the net and aim for it.
 You will be happily surprised at how many balls land closer to the line and stay in. You won't have to hit the ball any harder — in fact, in most cases you'll hit it easier.
 You must develop a feel for depth. You must be able to feel the ball when it is on the strings. After hitting enough balls, you will start to feel the depth. You have to reach a point where psychologically you are comfortable with deeper shots.

Forget the power until you develop the proper feel and control. Power is only as good as the amount of control you have. Most players hit with three speeds — hard, harder and hardest. They never learn that control — not power — is the secret to winning.
 The most important factor when learning depth is learning to be steady. Do not try to hit hard. At first make it your objective to hit all your shots between the service line and the baseline. After you become consistent and comfortable with that, place a row of balls across the court halfway between the service line and baseline and practice until almost all your shots are dropping into this smaller area.

ONCE YOU ACHIEVE consistency and depth, try for placement. Work on your crosscourt shots. Remember, no power — only control. Hit every forehand to your opponent's forehand, and then do the same thing with your backhand.

Set a goal of 10 crosscourt forehands without a miss. Increase your goal in increments of 10 until you reach 50, then 100 without a miss.

Next, make the same goals for hitting down the line with both forehands and backhands.

Many players find it easier to hit down the line than crosscourt. They never learn to execute the shot. They are taught to change the shoulders, the feet, or the entire body. They never learn the simplest and soundest means to make the change.

To hit the ball crosscourt, meet it a little earlier, a little more in front of you. The position of the wrist, shoulders and feet do not change — only where you make contact. The same applies to the backhand.

Don't forget — hit the ball high over the net. When practicing, it is far better to see the ball land beyond the baseline than short of the service line. During a match, if you find your baseline rallies are losing points, it is easier to adjust by hitting short than it is by hitting long.
 After you feel comfortable with depth, add the power if you feel it is important to your winning. But it's possible you might learn what most players find out when they get control of hitting deep — power is not needed to win when you hit with depth.
 And the game becomes a lot more fun.

Oakland County recreational news

INTERPRETIVE PROGRAMS

The "Secret World of Insects" interpretive program will be held July 27 at Independence Oaks County Park.

Bases of backpacking will be taught in a public interpretive program scheduled for Aug. 1, and "Night Sky in August" will be conducted Aug. 9.

Independence Oaks is at 9501 Sashaw Road in Clarkston. Call 625-0877 for more information.

TENNIS TOURNAMENT
 The Michigan Recreation and Park Association Tennis Tournament will be

held Aug. 1 through Aug. 3 at the Waterford Oaks Tennis Complex.

Admission is free. The tennis complex is on Scott Lake Road in Pontiac. Call 858-0915 for more information.

4-H FAIR
 The annual Oakland County 4-H Fair will be held Aug. 3 through Aug. 9 at the Springfield Oaks Youth Activities Center.

Springfield Oaks is at Andersonville and Hill Roads in Davisburg. Call 625-8133 for more information.

SENIOR CITIZEN PICNIC

A public picnic, open to senior citizens from any Oakland County senior citizen center, will be held Aug. 6 at Waterford Oaks County Park.

There is a fee of 50 cents per person which includes a box lunch, coffee and entertainment. Waterford Oaks is at 2800 Watkins Lake Road. Call 625-5712 for more information.

TENNIS TOURNAY

The Oakland County Tennis Classic runs from Aug. 6 to Aug. 10 at the Waterford Oaks Tennis Complex. The tournament is open to Oakland County residents of all ages.

The tennis complex is on Scott Lake Road in Pontiac. For more information, call 858-0915.

Legion squad lists schedule

Farmington's American Legion sandlot baseball team opens its season June 15 with a 2 p.m. game against Ferndale at Ferndale High School.

Farmington, managed by Wally Christensen, will play a 26-game schedule this summer in the American Legion's 18th District. Farmington is a member of the district's Gray Division along with Lake Orion, Novi, Milford, Auburn Heights and Waterford Chief.

Pontiac. The district's Blue Division includes Troy-Clawson, Berkeley, Ferndale, Southfield, Royal Oak and Pontiac.

acChristian.
 Farmington will play its home games at Drake Park, Drake Road south of Grand River. Farmington's schedule:

FARMINGTON LEGION SCHEDULE — June 15, at Ferndale, 2 p.m.; June 18, at Lake Orion, 4 p.m.; June 21, Waterford Chief Pontiac, 6 p.m.; June 24, Berkeley (H), 8 p.m.; June 27, at Novi, 6 p.m.; June 30, at Milford, 4 p.m.; June 29, Troy-Clawson (H), noon; July 2, at Auburn Heights, 8 p.m.; July 4, Pontiac Christian (H), 2 p.m.; July 6, at Royal Oak (H), 1 p.m.; July 9, at Waterford Chief Pontiac, 8 p.m.; July 11, Lake Orion, 6 p.m.; July 13, Southfield (H), 2 p.m.; July 16, at Lake Orion, 6 p.m.; July 18, Waterford Chief Pontiac, 6 p.m.; July 23, Novi (H), 2 p.m.; July 25, at Auburn Heights, 8 p.m.; July 29, Auburn Heights, 6 p.m.; July 27, Milford (H), 2 p.m.

County hosts net tourney

Tennis professionals, 1,000 players will participate. The tournament is open to men and women of all ages and ability levels.

Players will compete in three divisions: novice, B division and open division.

The complex is on Scott Lake Road between Dixie Highway and Watkins Lake Road in Pontiac.

According to tournament director Kathy Placilla, "Some of the top players from Michigan, Ohio, Indiana and Canada will compete."


Placilla said at least

The deadline for Entry is Sunday, July 27. Spectators will be admitted free.

The tournament is sanctioned by the USTA and the Southeastern Michigan Tennis Association.

Call 858-0915 for more information.

Questions about cancer?
 Don't know where to get answers?
 Now there's someone to turn to.



When you have a question about cancer, no matter how big or how small, call us toll-free. We answer hundreds of questions every day. And we'd like to answer yours.
 Call toll-free 1-800-462-9191

Someone to turn to **CAN** Cancer Action Now
 A community group to fight against cancer

JOIN THE SKI STAFF AT Bavarian Village


Bavarian Village is looking for some sharp people who would like to sell ski equipment and clothing in Michigan's finest ski shops. Immediate openings.

- Part time — 20-30 hours
- Workshop openings — full & part time
- Full time — seasonal
- 4-6 months seasonal
- Weekend only schedule

If you think you'd be a good salesperson, we would like to talk to you. Applications being accepted Thursday evening, 7-9 PM, at these Bavarian Village Ski Shops:

- FRANSPORTE: 115 YORKSHIRE cor. Platte
- JARMINSON: 1075 GRAND RIVER East of Drake
- LAKEVIEW VILLAGE: 2645 SOUTHFIELD at 12 MI.
- WASHINGTON: 2007 ILLINOIS, bet. 8 & 9 MI.
- WATERFORD: 1000 W. GRAND RIVER East of Drake
- ANN ARBOR: 100 W. WATTENAW, W. of US 23
- ROYAL OAK: 875-8340

The less he spoke,
 the more he heard.
 Why can't we all be like that bird?



— E. H. Richards

MAIN'S Pebble Place

- SAND
- STONE
- WOOD CHIPS
- TOP SOIL
- LANDSCAPE STONES and MATERIAL

IN STOCK Overlays 2" Multi-color

LANDSCAPE ROCK

SPECIAL THIS WEEK

COBRA HEAVY DUTY BLACK PLASTIC LAWN EGGING \$10.50 20 ft.

Reg. \$14.75 NOW \$10.50 20 ft.

39940 Grand River-west of Haggerty
 Novi 477-9717 477-9420
 "Sold by the bushel or the yard"

RENT a RABBIT also PICKUP-VANAGON

DAILY-WEEKLY-MONTHLY

RENT BOLER TRAVEL TRAILER

TOW BY ANY CAR

Sleeps 4

ATTRACTIVE RATES

LIVONIA VOLKSWAGEN, INC.
 34501 Plymouth Rd. (Between Wayne & Farmington Rds.) 425-5400

DO IT YOURSELF CONCRETE PROJECTS

MADE EASY WITH **U-Cart**

CONCRETE

- Free Trailers
- Save Time
- Save Money
- We're open 7 days
- Convenient U-CART Concrete 1/2 yd. to 1 yd. at a time

MAIN'S Pebble Place
 39940 Grand River Novi 477-9717 477-9420

Genie

GS 459 D

Drive with Exclusive Sequencer® "Computer-Controlled Brain"

\$149 Plus Tax



CRYPTAR II Digital Controls. Completely Solid-State. Meets all FCC Requirements. 1 yr. Parts Warranty.

Any Suburb

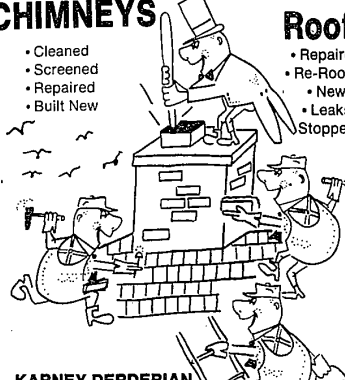
ALLIANCE AUTOMATIC DOOR CO.
 358-3833 SOUTHFIELD

CHIMNEYS

- Cleaned
- Screened
- Repaired
- Built New

Roofs

- Repaired
- Re-Roofed
- New
- Leaks Stopped



KARNEY DERDERIAN CONTRACTORS
 427-3981
 LICENSED • INSURED • GUARANTEED

JEROME HOME IMPROVEMENT

State Licensed and Fully Insured

Best Prices in the Industry

SUMMER SPECIAL

- ALUMINUM SIDING
- ALUMINUM TRIM
- SEAMLESS GUTTERS


FREE ESTIMATES

PHONE 255-3264, 255-7833 or 255-3487

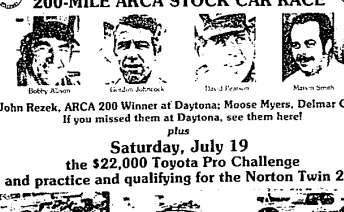
NIGHTS 532-2743

Specialist in Vinyl and Steel Siding

NORTON TWIN 200
 Sunday, July 20, 1980
200 MILE INDY-CAR RACE
 featuring



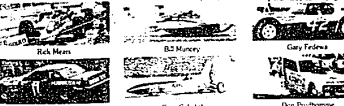
200-MILE ARCA STOCK CAR RACE



John Rezek, ARCA 200 Winner at Daytona; Moose Myers, Delmar Clark
 If you missed them at Daytona, see them here!

plus

Saturday, July 19
 the \$22,000 Toyota Pro Challenge
 and practice and qualifying for the Norton Twin 200



Six of the top names in a variety of motorsports take to the high banks for a 20-mile sprint.

For ticket information call 517-592-6671 or 313-961-1922

Official Spark Plug of MIS