

## TENNIS

### Private Lesson

The best way to learn tennis is a private lesson with a certified pro. The average cost of a 1 hour private with a certified pro in the U.S. is currently \$60. You don't need an hour, but you do need a private. If they serve umbrella drinks where you're taking your private, double that. I do 40 minute privates for \$40. All ages, any ability. Veterans half-price. Wounded Warriors, Catch A Lift, on the house.

### Pro-Hit

Hit 1,000 balls, lose a pound and while we're at it, your mad-about-it. Cheap psychotherapy. Once you've got your strokes down, you need to groove the moves. Some students have their own serving hoppers, some have ball-machines, the rest have me. I open a couple of cans of balls and we bang for 40 minutes. I can put it within 3 feet of wherever you want it, with any speed and spin you like. Split it with a bud, \$20 each.

### 3&Me Doubles

The best way to learn doubles is a "3&Me" where I'm the 4th. We hit for :15, and play for :45. I'm partners with each person for a round of serves. One hour, \$20. Two hits to open (the point doesn't start until the return comes back). Aces, double-faults and two-hit points are boring. The fun doesn't start until balls 3 and 4. I comment on the points as we play them but we don't stop the action. If you've been playing checkers, time for chess.



## GOLF

### Private Lesson

I do 40 minute privates for \$40 (or 3 for \$100). All ages, any ability. Veterans half-price. Wounded Warriors, Catch A Lift, on the house. Most of my students for the past 18 years just want to learn how to hit the ball, make it go up in the air and in the general directions of a target. A space shuttle has two million moving parts. A golf swing and a serve in tennis have about seven. Anybody can learn seven.

### Students

If I get a beginner who wants to learn the whole game, I start them with chipping & putting and move on to pitching. But, if I get a player who wants to lower an index, fix a broken stroke, or learn a new one, I snap a quick video and show them what they're doing. When the lesson is over, I record a 2-min audio summary and shoot it from my phone to theirs. Self-taught players head to the range, pull out their Bertha and begin banging.

### Playing Lessons

As far as club-selection and golf-course management go, there's nothing like a playing lesson. I can see exactly why you're getting the scores you're getting if I'm right beside you. Sometimes I'll get three of my beginner students and we'll go out and walk 9 holes of twilight. If you are working on irons & divots, knockdowns & flops, I have a field designated for golf I use. Tell me what you want and we'll make it happen, Cap'n.



## LACROSSE

### Private Lessons

Lacrosse is not rocket science, but it befuddled me first time I picked up a stick. I didn't know how to catch, cradle, pass, shoot or scoop a ball, but if I figured it out, you can, too. First thing you need is a stick, a ball and a wall. Then, a qualified coach. 40 minute private lessons, \$40. Split it with a bud and cut it in half. Then you have a partner to practice with. Backyards, basements, fields and courts.

### Beginner Skills

First thing beginners need to know is how to catch a ball with soft hands on both sides of their head without getting hit in the nose. And, since they are always dropping the ball, scooping comes next. Assuming they pick up the ball, since honey attracts bees, others will be interested in that ball, hence cradling. I particularly like footwork, stickwork, shots & dodges. All my teenage students learn to do crisscrosses on the jump-rope.

### Group or Team

If you are a mom or pop, teacher or coach, trying to start a lacrosse team, give me call, the number's BALL (410-905-BALL). Happy to stop by and share some thoughts. No charge. If you want private lessons (indoors or out, your place or mine), 40 minute privates are \$40 (or 3 in 3 weeks for \$100). I teach basic stickwork, advanced stickwork, passing, catching, shooting, scooping, feeding and faking.



## **Qualifications:**

- USPTA Tennis Pro 1
- Single-Digit Golf
- All America Lacrosse