



## Play and Practice Sessions

*Build Skills • Build Teams • Have Fun*

**Play and Practice Sessions** are the heart of player development and team building at the Venture Out Tennis Club. These sessions are designed to help players improve skills, gain confidence, and prepare for League play—all in a fun, supportive environment.

### Who They're For

Play and Practice sessions are organized by player level, ranging from 1.5 (beginner) through 4.0 (advanced). Sessions are grouped by teams and ability level, with separate opportunities for men and women, ensuring players train and practice with others at a similar stage of development.

To participate, players must have completed some form of evaluation so they are placed in the appropriate level. (details can be found under the “Member Evaluation” CLUB FAQ section on this website.)

### What to Expect

Each session typically blends:

- Active instruction focused on doubles tactics and shot selection
- Group drills that reinforce skills in realistic game situations
- Guided play and practice, where players integrate what they've learned into live points

Depending on your level, volunteer coaches are often available to provide guidance, answer questions, and help players sharpen their doubles game. Players may also work independently or with teammates, focusing on specific skills needed for League play. (Check the [Court Reserve](#) for dates and times).

### Professional Coaching Opportunities

From early November through mid-March, a PTR/USPTA Certified Tennis Professional offers structured group lessons (\$30 for 4 lessons) every other week.

These sessions emphasize smart doubles strategy, positioning, shot selection, and teamwork, reinforcing the idea that winning doubles is about out-thinking—not outmuscling—your opponents. (Check the [Court Reserve](#) for dates and times).

### Why Players Love Play and Practice

1. Improve consistency, confidence, and court awareness
2. Learn doubles strategies that actually work in League matches
3. Practice with your teammates in a low-pressure setting
4. Stay active, engaged, and connected throughout the season

Whether you're new to League tennis or looking to sharpen your competitive edge, Play and Practice Sessions offer a welcoming, energetic way to grow your game—and have more fun doing it.

For more information about Play and Practice, please text (do not call) **Paula Sundet Wolf** at 218-370-8261