

Michael Basham

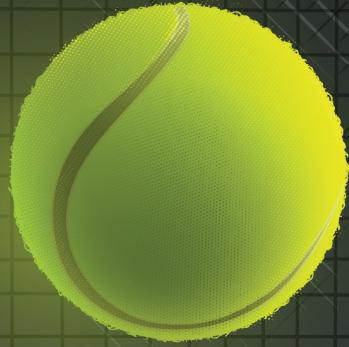
Assistant Tennis Professional



Contact Me

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My Tennis Philosophy

Get on the court, grip it and rip it! Have fun and take your shot, you're never gonna make the shots you don't take. So take them! If you miss them, work on them!

Credentials

- Over 25 years of coaching experience with ages 4-84
- Former Head Tennis Pro at Eagle Brook Country Club
- Former Junior Tennis Coordinator St. Charles Park District (NRC)
- Trained Junior Davis Cup Tournament players for multiple Years
- Trained more than 20 state qualified players
- First Aid certified

Why Work With Me

I enjoy challenging players to improve their game. Having taught tennis my entire life, I've developed a keen eye for recognizing how individuals play and identifying ways to elevate their specific style. I've seen how the game has evolved over the years and have coached using a variety of approaches throughout that time. I love to work with players that WANT to win.

How Much Tennis Should I Play?

The answer depends on what you're trying to achieve. If your goal is to improve, you should be playing once or twice a week—but more importantly, you should be taking a lesson once or twice a week to work on your stroke, spin, placement, and power. Match play is one of the most important parts of improvement, because once you're playing, it's just you and your mind (and possibly your partner in doubles) figuring out where your next shot should go and how to execute it.

What Can I do to Improve My Tennis Game?

Footwork drills are one of the most important things you can do to improve your game. This can include at-home footwork exercises or even participating in a recreational soccer league to build agility and coordination. Poor footwork will always translate to poor tennis. Keeping your body loose is also key, so be sure to hydrate properly and stretch daily.