

TENNIS

DAN MCARTHUR

tennis pro

BACKGROUND

HRCA is pleased to welcome Dan McArthur to its professional teaching staff. Dan has been teaching tennis since the 1970's. Dan instructs all tennis players from the beginning level all the way to advanced players. Dan has vast experience conducting private lessons, and group lessons, as well as instructing other teaching professionals how to conduct classes and lessons.

TENNIS TEACHING PHILOSOPHY

Dan concentrates on keeping his players healthy and on injury prevention. He coaches his students on how to stay healthy as athletes and designs a personal activity routine for everyone. Dan also concentrates on stroke mechanics, or "the movement of your body and racquet while hitting the ball."

FAVORITE TENNIS TIP

Making a better tennis day!

"Identify your tennis every day and try to raise your game at least one level. Say you're having a so-so day because you're a little tired. Then focus on moving between points and really trying to get into position on every shot. Before you know it, you'll be having a great tennis day! "

