



Bill Dahm

Lead Tennis Professional

Credentials

- USPTA certified Level 1
- USPTA certified Sports Science
- USPTA certified Competitive Player Development
Past President Northern Illinois Tennis Association
- Past Tournament Director K-Swiss National Invitational
- First Aid Certified

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My Tennis Philosophy

Tennis serves a different purpose for each player. Some enjoy the competition, some value the cardio workout, and others just like the opportunity to meet new friends and socialize. My goal is to tailor your tennis experience to what is important to you.

Why work with me?

I started more than 40 years ago as a part-time instructor at a high school. I will help you assess your game, give you a plan to attack your weaknesses and improve your strengths, and help you find opportunities to practice. We may use the skills you already have. You may learn new ones as well.

How much tennis should I play?

During the indoor season, I suggest that a tennis player still looking to improve should play at least three times per week. In the summer, we would try to increase that if possible. Your tennis schedule should include:

- lessons to work on technique
- drills to gain experience with different situations and strategies
- use of the ball machine to get extra repetitions
- some type of competitive match play

What else can you do to improve your tennis?

As you improve your tennis skills, your level of fitness becomes more important. You should be doing some off court cardio work to help stay in longer points, weight training to increase strength, and some type of core work such as yoga or pilates. Off court conditioning will be a big factor in improving your tennis game.

