

BRISAS

VOLUME II

OUR STORY

Welcome to Brisas.

At its core are the first three padel courts in East Hampton and two friends with an idea.

Just as padel originated as a creative spin on tennis, or unconventional tennis - Brisas is our take on an unconventional sports club and the associated lifestyle.

We hope you join us, as we aim for Brisas to be a sanctuary where exclusivity meets authenticity, and where members and guests can truly be themselves in an environment that celebrates sport, community and wellness.



PADEL 101

In this volume of the guidebook we hope to impart the little wisdom we share of Padel... acknowledging we still have a lot to learn.

Coming from backgrounds in sports, we appreciate how padel is extremely social, easy to pick-up, and overall a fun, phenomenal work-out.

Why we came to love padel, however, is the challenge we face in trying to master the game.

As we set forth, together, on this journey to become better players, we hope this guide serves as a memorable start.

P.S. - Please don't break our glass.

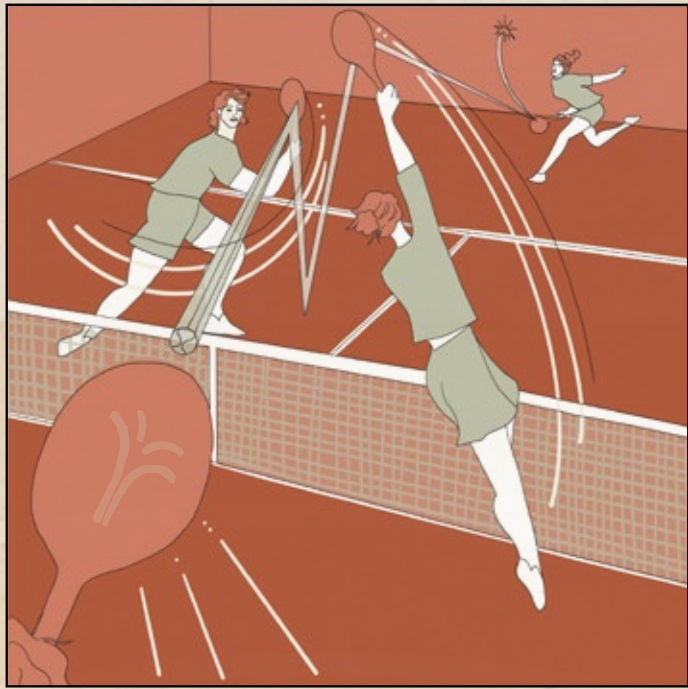


BRISAS 3 PADEL TIPS

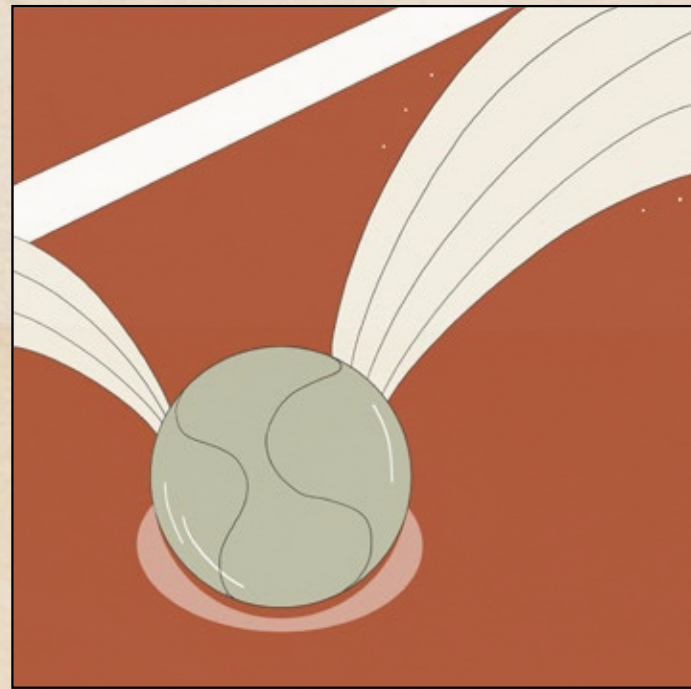
- I The wall is your best friend.
- II Lob, lob, lob.
- III Patience is the name of the game.



The Rules



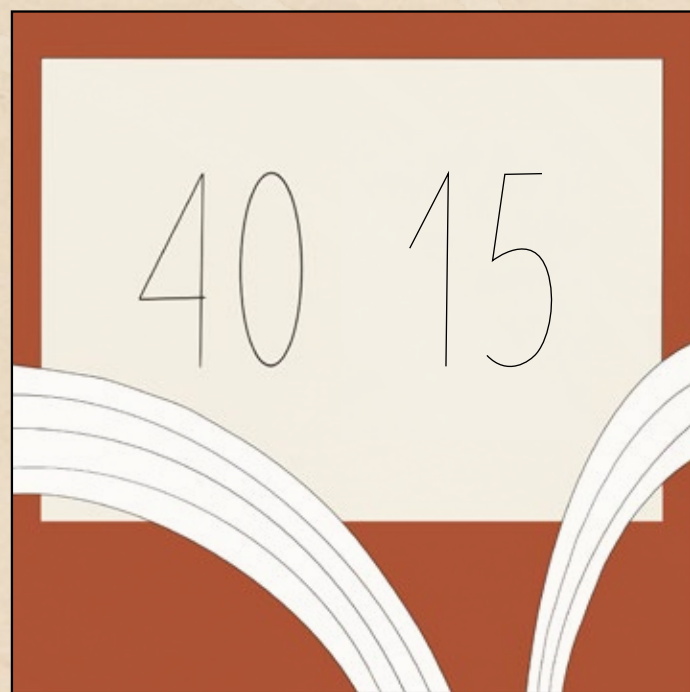
Game of Doubles
(4 people on court)



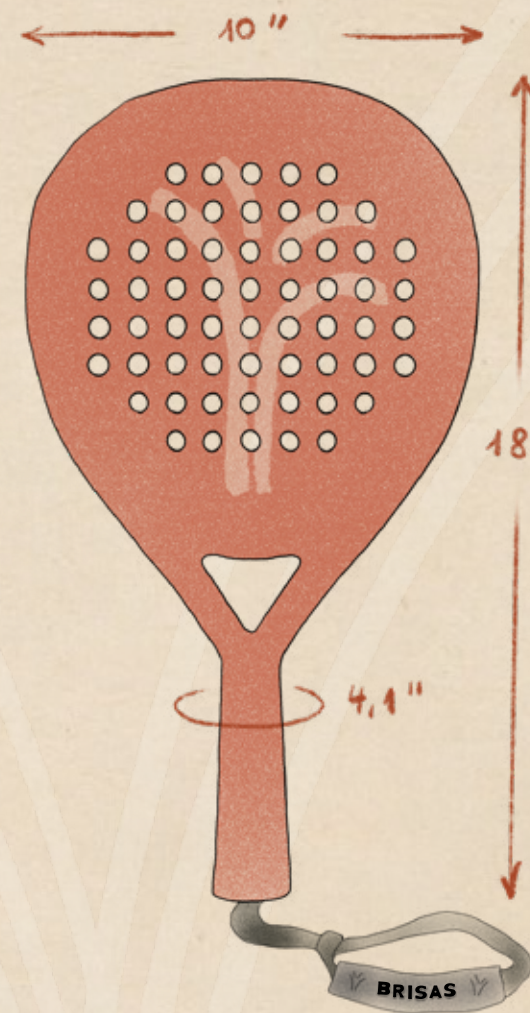
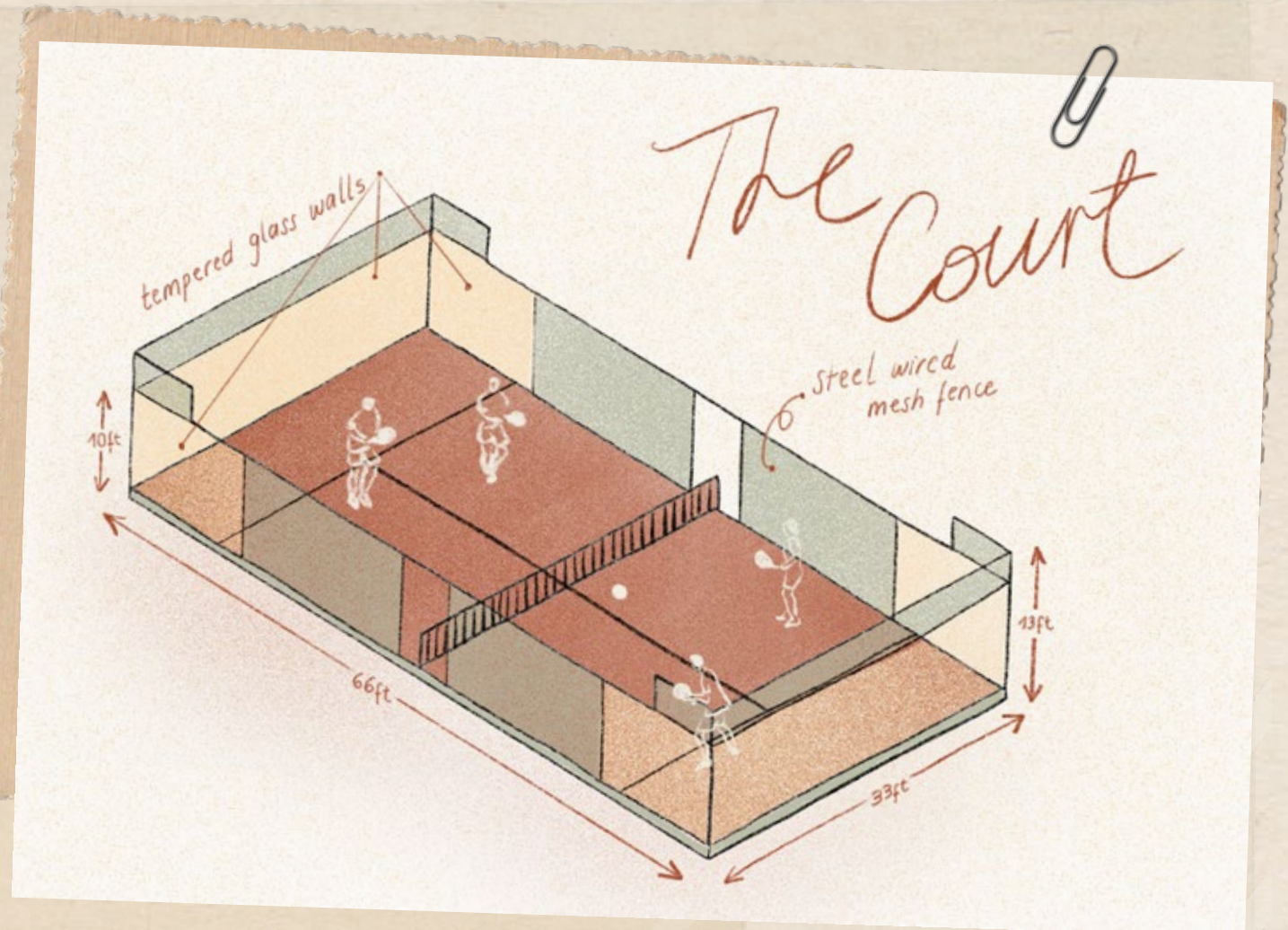
Ball MUST hit the
ground before the wall



GLASS WALLS can be used
to keep point in play



SCORING is the
same as tennis



Pressure: 11 psi



How to start a point...



- serve cross-court/diagonally.
- ball bounces behind line & must be hit below hip height.
- ball must be hit into the diagonal box.
- if the ball hits the fence, it's out.
- don't worry... you have a second serve.



HOW TO HOLD THE RACKET...
"CONTINENTAL GRIP"

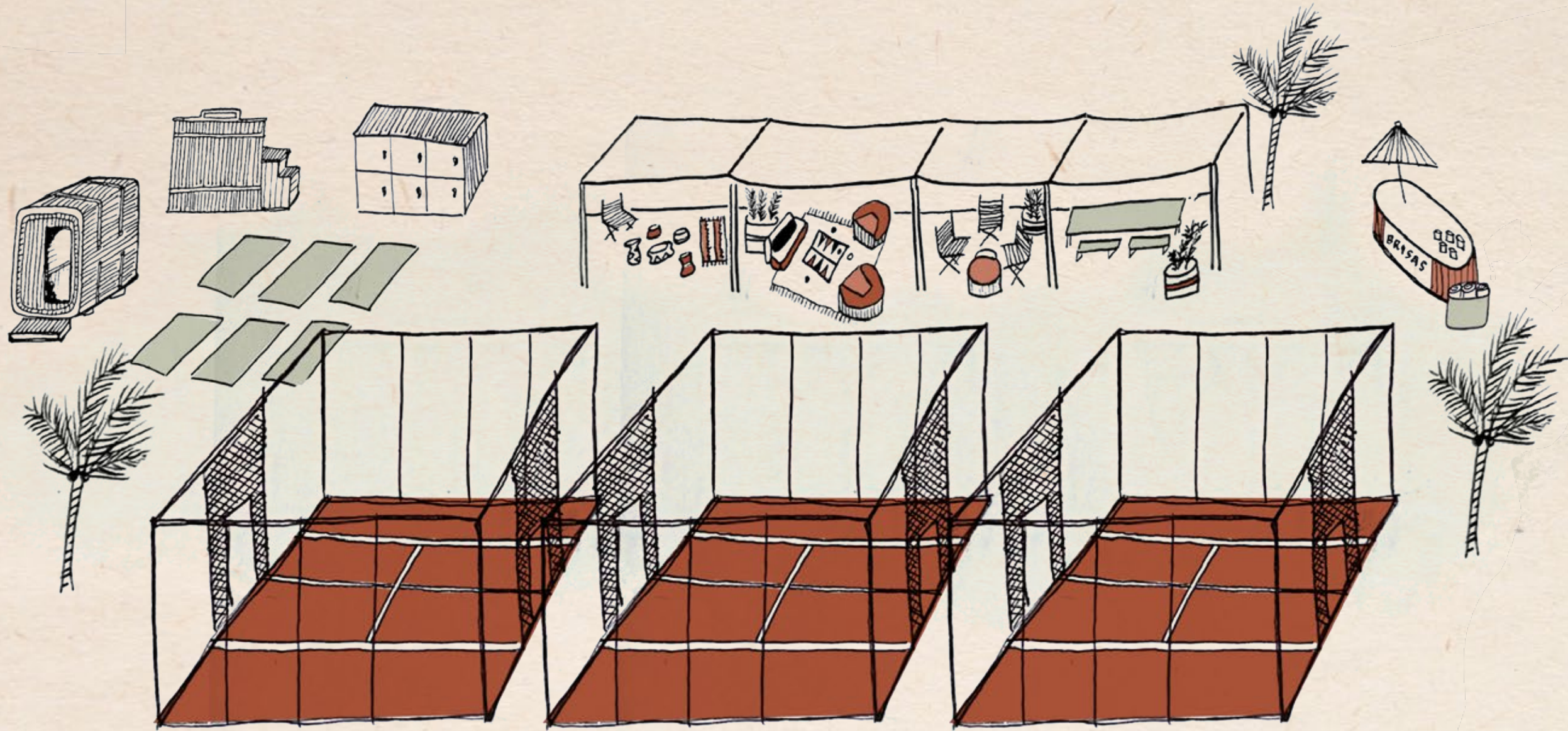
Forehand



Backhand

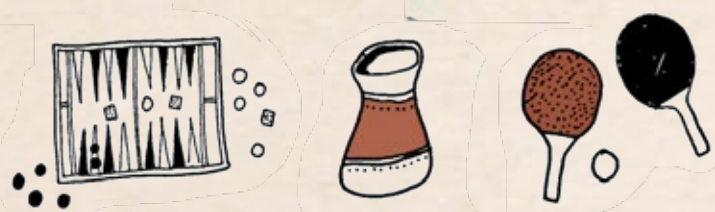


OUR SPACE AND CONCEPT



COMMUNITY

Enjoy a game of backgammon and table-tennis, or engage your creative side and get your hands messy with our pottery classes.



PADEL

Socialize over a game of padel in our three beautiful courts - either with friends, or with soon-to-be friends.

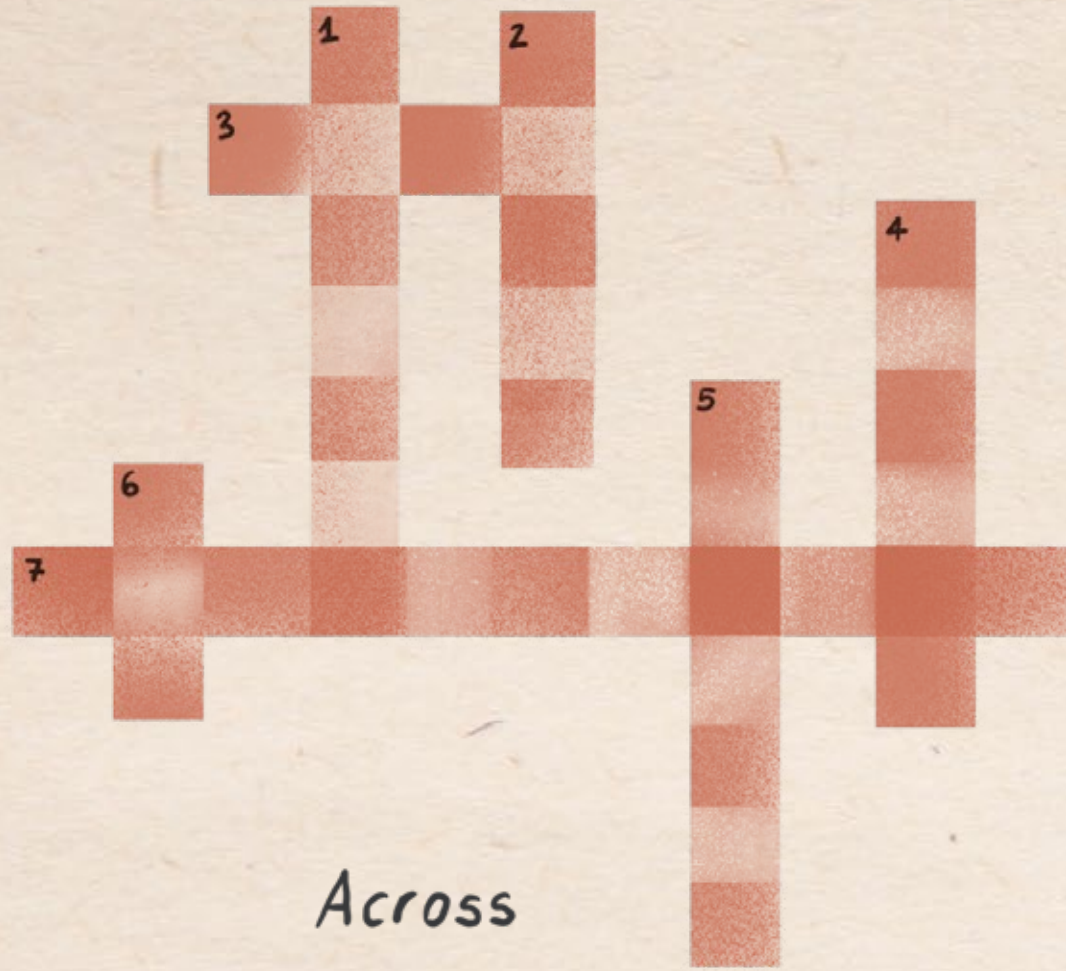


WELLNESS

Tend to your body and mind at Brisas. Keep a balanced spirit by attending our yoga, flow and meditation classes. Recover in our wellness area through our sauna or cold plunge.



Padel 101



Across

- 3. Your best friend
- 7. A.K.a the "Hammer" grip

Down

- 1. Forget power, be ...
- 2. Don't break our ...
- 4. Your happy place
- 5. You're serving pizza, not smashing
- 6. When in doubt



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