

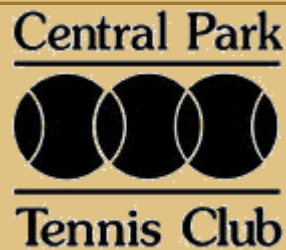
# JUNIOR NEWSLETTER

BRONZE

## TENNIS TIPS TO IMPROVE YOUR GAME

1. **Prepare early.** Once you see where the ball is going, move your feet, turn your hips and your shoulders and get your racket back. Being prepared early will allow you to hit the ball properly.
2. **Follow through.** Don't just hit the ball. When you are playing a match against a tough competitor, it's hard not to tense up and get a little nervous. This is when some people play it safe and just hit the ball. Try to fight that urge and follow through, it will give you the power needed to fight back.
3. **Hit & Recover.** Let's be honest, sometimes when you hit the ball just right, you watch the ball in hopes that you have just hit the perfect winner! We have all done it at one point or another. The problem is... what if it wasn't a winner. Now you have less time to recover and get back in a ready position. Watch the pros when they play. They hit and instantly get back to position.
4. **One bounce rule.** Whenever you warm up, rally, practice or play in a match, never let the ball bounce twice. Always run for it, even if you think there is no way you can hit it. This new mindset will help to strengthen your mental and physical game.

### Winter edition



### Upcoming Match Play

January 6 - 4:00 pm

January 13 - 4:00 pm

**No Match Play January 20**

January 27 - 4:00 pm

February 3 - 4:00 pm

## TIPS FOR PREPARING FOR A MATCH

1. **Stay positive.** Talk yourself up. Get pumped for the match and remember to have fun!
2. **Know where you match will be played and pack your bag accordingly.** Will your match be inside or outside? What does the weather look like? Knowing these two things will help you pack your bag with everything you need. Always pack your racket, plenty of water, healthy snacks, change of clothes, towel. If your match is outside, pack a hat, extra water or sport beverages, sun screen, and extra layers in case its chilly.
3. **Prepare your body.** Rest up, try to get at least 8 hours of sleep. Try to wake up 2-3 hours before your match - this will give you enough time to wake up, eat a healthy breakfast, hydrate and warm up.
4. **Prepare your mind.** After you check in, take the 15-30 minutes before your match starts to sit in a quiet place alone and rest. Don't play on your phone. Simply relax, listen to music and mentally visualize the match you want to play.

# TENNIS WORD SEARCH



Find the following words in the puzzle.  
 Words are hidden → ↓ and ↘ .

ACE  
 ADVANTAGE  
 BACKHAND  
 BASELINE  
 MATCH POINT  
 DEUCE  
 DOUBLE FAULT

DROPSHOT  
 FOREHAND  
 CROSSCOURT  
 GRAND SLAM  
 LET  
 LOB  
 GAME POINT

MIXEDDOUBLES  
 RACKET  
 SERVE  
 SET  
 SIDELINE  
 VOLLEY

# LATE FALL JUNIOR TEAM AWARDS

Most Improved  
 Carly Preston



Player of the Session  
 Ailee Yoshida



# QUESTIONS ABOUT JUNIOR TEAMS

## Bronze

If you have any questions regarding your child, their current level, how they can improve, what they are exceeding at, etc.  
 please call the Bronze Go-To-Pro: Dea Sumantri 425-822-2206 Ext 117.