

FOOTWORK TRAINING

Tennis footwork training is an essential key for tennis players wanting to play better tennis.

Footwork training emphasizes increasing speed and agility while improving movement on the tennis court. Proper tennis footwork training entails performing drills and exercises intended to increase a player's foot speed.

While footwork training is neither fun nor easy, every elite tennis player practices these drills to improve their tennis footwork. In order to be a great tennis player, tennis footwork drills must be incorporated into training on a regular basis.



Drills to do at home:

- Sprints
- Jump rope
- Shuttle runs
- Endurance running
- Weight lifting

Source: <http://www.optimumtennis.net/tennis-footwork-training.htm>

WINTER EDITION



JUNIOR CLUB CHAMPIONSHIPS

November 9-12, 2017
Singles \$25.00. Doubles \$20.00 /PP
Match play begins weekdays after 5:30 pm
and all day on weekends.

Register on our website today!

ENTRY DEADLINE IS WEDNESDAY, NOVEMBER 1.

ARE YOU PREPARED?

Preparing to play a tennis match with positive energy is similar to entering the highway when driving. You don't want to enter the highway at 30 mph; you may get run over! Instead, if the speed limit is 65 mph, accelerate to 55-60 mph as you enter the highway.

As you prepare for a match, use the time to mentally and physically get close to match speed with your shots, movement and mind. This will help you get off to a fast start and compete with your game plan immediately.

- Have your bag/equipment ready – racquets strung and gripped, healthy snacks, lots of water, sports drink if needed, extra clothes, extra pair of shoes, towel, hat, sunscreen, etc.
- Rest: Follow a consistent schedule of at least eight consecutive hours.
- Wake up: Rise a minimum of two hours before the match and eat breakfast (Choose juices, fruits, yogurts with cereals, toast, etc. (no milk, cheeses, butter, pastries).
- Hydration: Drink 1.5 liters of water with electrolytes two hours before the match begins and continue to drink during the match.
- Training before the match: Physical warm up: 15 minutes. Technical warm up "on court" 30-45 minutes, including specific plays/situations in preparation for opponent. For example, being aggressive on second-serve returns, midcourt forehands, etc.

Source: <http://www.playerdevelopment.usta.com/>

TENNIS WORD SCRAMBLE

Can you unscramble these words?

- | | | | |
|---------------|-----------------|---------------|-----------------|
| 1. ruempi | u _ _ _ _ _ | 9. teikbreær | t _ _ _ _ _ _ _ |
| 2. khcaadbn | b _ _ _ _ _ _ | 10. dfrreee | f _ _ _ _ _ |
| 3. ilc es | s _ _ _ _ | 11. lmwialis | w _ _ _ _ _ _ |
| 4. ecued | d _ _ _ _ | 12. dlaan | n _ _ _ _ |
| 5. bdlsoeu | d _ _ _ _ _ _ | 13. jcookdv i | d _ _ _ _ _ _ |
| 6. a mnsdlgar | g _ _ _ _ _ _ _ | 14. arvhoaspa | s _ _ _ _ _ _ _ |
| 7. ten | n _ _ | 15. fgær | g _ _ _ |
| 8. krecta | r _ _ _ _ | | |

Answers: 1)umpire, 2)backhand, 3)slice, 4)deuce, 5)doubles, 6)grandslam, 7)net, 8) racket, 9)tiebreaker, 10)Federer 11)Williams, 12)nadal 13)Djokovic 14) sherapova 15) gra

TENNIS QUOTES

“Losing is not my enemy, fear of losing is my enemy.” - Rafael Nadal

“Tennis is mostly mental. You win or lose the match before you even go out there.” – Venus Williams

“You have to believe in the long term plan you have but you need the short term goals to motivate and inspire you.” – Roger Federer

My motto is: I’m alive, so that means I can do anything. –Venus Williams

SUMMER AWRADS

Player of the Session

Luca Mevawalla

Sorry we missed you.

Please submit a photo to
market-
ing@centralparktennisclub.com.

QUESTIONS ABOUT JUNIOR TEAM?

Bronze

If you have any questions regarding your child, their current level, how they can improve, what they are exceeding at, etc. please contact the Bronze Go-To-Pro: Dea Sumantri at Deas@centralparktennisclub.com.