

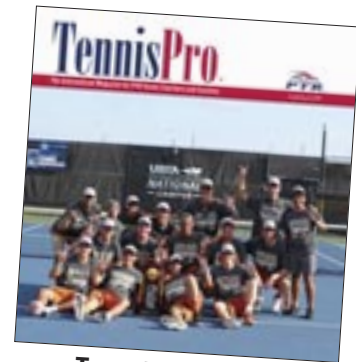
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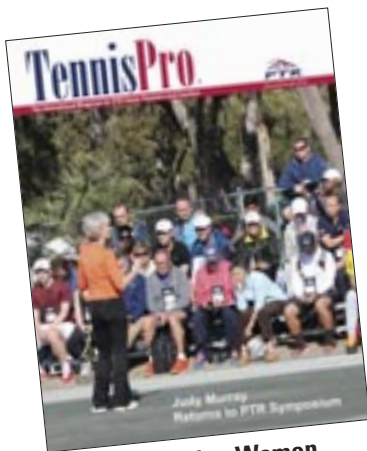
**Continuing Education
Award Levels Established**



**Celebrating PTR Founder
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**Texas Wins NCAA
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**Highlighting Women
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For the Record

2019 was a Banner Year and 2020 is Looking Awesome!

Amazing things happened in 2019 for PTR and PPR - something special every month! It was definitely one of our better years. As is often the case though, there were some disappointments, without a doubt the biggest being the loss of PTR's beloved and iconic Founder, Dennis Van der Meer. Dennis would have been proud of how PTR performed despite trying circumstances, and the innovator in him would have been thrilled at the rise of PPR/pickleball to complement and enhance PTR/tennis.

- January**
- China becomes the second largest PTR member country outside the USA
 - PPR Nicole Hobson hired as its first staff member
- February**
- Karl Hale begins three year term as President taking over from Rodney Harmon
 - Inaugural PPR East Coast Conference
 - Announced offering a FREE 2020 PTR Symposium to new PTR certified members
- March**
- PTR's Continued Education Recognition Program revised to have attainable categories
 - Regional Education Centers established for PTR
 - PTR's Spring TennisFest serves record number of college teams
- April**
- PTR signs partnership agreement with WTA
 - PTR Young GameChangers (coaches age 33 and under) debuts
- May**
- PTR signs partnership agreement with UTR
 - FIT/PTR Coaches Symposium draws more than 3,000 tennis coaches
- June**
- PTR Virtual Classroom launched
- July**
- PTR member Mary Pierce inducted into the International Tennis Hall of Fame
 - PTR Master of Tennis conducted during Wimbledon
- August**
- Inaugural WTA/PTR Coaches Conference at Rogers Cup in Toronto, Canada
 - Bollettieri/PTR 'Tennis in a Can' releases curriculum for High School and Team Coaches
 - PTR National Education Day at Cary Leeds in New York City
- September**
- ITF/PTR Wheelchair tournament had 100+ participants – many Paralympians
 - PPR partnered with USAPA on *Let's Play Youth Pickleball Playbook* written by Jason Jamison
- October**
- PickTEN launched
 - PTR sponsored 20th annual Special Olympics North American Tennis Tournament
- November**
- WTA/PTR Conference during WTA finals in Shenzhen, China
 - New Member Benefit – Access to health, medical, dental and disability insurance
 - PTR DOT Conference held on the USA's west coast for the first time (Indian Wells)
 - Record attendance at PPR (Pickleball) West Coast Conference at Indian Wells Tennis Garden
 - Maria Sharapova, and several other former/current WTA players, became PTR members
- December**
- PTR ended 2019 with a record number of International members and countries (131)
 - PTR/PPR finished 2019 with 16,825 members served – all-time record
 - Achieved an unprecedented 34 years of consecutive membership growth
 - PTR Technology Conference at IMG Academy
 - Conducted a record 100 PPR certification workshops
 - Conducted 180 PTR certification workshops
- So far in 2020**
- Renewed three -year contract with TPA (Tennis Canada)
 - PTR partnered with iTPA, led by CEO, Dr. Mark Kovacs
 - New Level 1 education and certification debut
 - NCACE Accreditation renewed



Dan Santorum
CEO/Executive Director



Karl Hale
President

We boldly move forward in 2020, knowing that the PTR Family of Coaches that Dennis created is stronger and more diverse than ever. Dennis would want nothing better than for our tennis Family to come together to grow the game. We are hopeful as the new USTA CEO, Mike Dowse, has stated that partnerships will be one of his main goals. In 2020 and beyond, we will continue to work hard to improve and carry on Dennis' legacy to . . . Make a World of Difference.

As we go to press, we want to share good news - PTR received Provisional Accreditation from the USTA.



PTR Partners with iTPA

PTR is proud to partner with the International Tennis Performance Association (iTPA) to provide PTR members around the world access to the most comprehensive tennis specific fitness, education and certification.

With the advancement of PTR's coach education offerings and requirements, partnering with iTPA adds another layer to PTR's Certification. iTPA's Tennis Fitness Certification of Tennis Performance Trainer (TPT) is included as an integral element of PTR's new Level 1. Starting January 1, 2020, Level 1 is required to earn PTR Certification.

"For years, iTPA has been a leader in providing quality and cutting-edge coach education for tennis-specific fitness," said Dan Santorum, PTR CEO.

"It is exciting times in education for tennis teaching professionals," said Dr. Mark Kovacs, iTPA Executive Director. "We are delighted to be working closely with PTR to help educate coaches in the areas of tennis-specific fitness and sport science. The goal of this partnership is to continue to help teachers and coaches better train tennis athletes on all levels of the game."

iTPA is the worldwide education and tennis fitness certification organization for trainers, coaches, strength and conditioning coaches, athletic trainers, personal trainers, physical therapists and other specialists who are passionate about tennis-specific performance enhancement and injury prevention. The company offers a professional training and education process that establishes recognition through three tennis certifications. The evidence-based certification materials are overseen by the iTPA Certification Commission consisting of world experts in improving tennis performance and reducing injuries. For more, visit www.itpa-tennis.com

New PTR Partner - A RedClay Innovation

The Official Court of the WTA Porsche Grand Prix for 10 years, RedClay pro® clay courts require NO

compaction, the costly component of traditional red or green clay courts. RCUSA CEO, Brian Osterberg said, "Our technology supersedes all traditional and alternative clay courts, as it's virtually indestructible and maintenance free. Outdoor RedClay pro courts are ultra rigid and porous and cannot become saturated or puddle. They are the least expensive and best revenue producing tennis court to own and operate of any kind. RedClay pro courts will improve American tennis and pickleball, making clay courts affordable for everyone." For a consultation or to see sample courts, call 231-622-1869 or email info@redclayusa.com



WTT Adds Teams and Raises Prize Money

The 45th World TeamTennis season - July 12-August 1 - will see two new teams and an additional \$1 million in post-season prize money. The prize money for the 2020 season is a staggering \$5 million! In addition to the prize money increase, World TeamTennis will be announcing two new franchises in the months ahead, boosting the league to a total of 10 teams. The WTT Playoffs return to Orleans Arena in Las Vegas for the second consecutive year. "Last year was the biggest growth year in the league's history, and we believe the increase in playoff prize money will entice even more of the world's top ATP and WTA players to compete this summer in World TeamTennis," WTT CEO Carlos Silva said. "It's no secret that the players love the team format World TeamTennis and with two new expansion teams, we feel like 2020 is going to be our biggest year yet." For more, visit www.wtt.com



Ready for the Caribbean?

Sports Travel Experts invites you to the luxurious Half Moon Bay Resort in Montego Bay, Jamaica, for the ultimate tennis vacation, April 21-26. You'll enjoy a tennis camp with renowned coaches, tournament, and pro exhibition in the warm tropical climate. Bring six guests and your trip is free, bring more and you could earn money! For more, email info@sportstravelexperts.com



Tennis Industry Magazine Changes Name

What's old is new again. *Tennis Industry Magazine* has changed its title to a previous moniker *Racquet Sports Industry*. As its readers embrace more paddle sports - from badminton to POP Tennis to the ever growing pickleball - it's the right time to revert to *Racquet Sports Industry*. According to the editor, Peter Francesconi, "We are going to find success not as one sport *over* another sport, but by working together - and growing together." PTR members can still access current and past issues of the publication at TennisIndustryMag.com

Dear PTR,

Safe Sport is well worth it. Very educational. With two daughters, I was always very aware of physical contact with students, and never put myself in isolated situations with a student. However, this series really raised my awareness of the mindset of the abuser and their methods to gain trust of the gatekeepers and techniques to gain the trust of the victim.

**Larry Hutnick
Rocky Hill, CT, USA**

Dear PTR,

I am so grateful for the opportunity to participate on behalf of the WTA in the PTR Special Olympics National Championships. You went out of your way to provide the best possible experience and exposure to the event and the greater mission involved.

**Ashley Keber
WTA Vice President Member Relations**

Dear PTR,

I want to thank you very much for an amazing DOT (PTR Directors of Tennis Conference). This was one of the best tennis workshops I've been to for some time. The schedule was intense, compact, highly engaging, and very well put together. Thank you for the opportunity to present, share, engage and most importantly to learn and better myself and my company.

**Mike Woody, Genesis Health Clubs
Leawood, KS, USA**

Dear PTR,

My team is pumped!!! Thank you for providing a great opportunity for them to grow as professional instructors! They are excited and ready to share the workshop information with their clients. Donzell Bailey said it was one of the most inspiring and motivating experiences, and Bryce Richards said he learned so much! Thank you!!!

**Toni Young
Head Professional, Maybank Tennis Center
Charleston, SC USA**

Dear PTR,

One of the big workshop takeaways was that we can try to tweak any given drill/exercise/game and think of ways to improve it. Also introducing more student feeding, and making sure to incorporate sending/receiving exercises from even a young age. I enjoyed the overall experience of the workshop in terms of the information/knowledge. There were references to individuals like Dr. Mark Kovacs for serving, and the concept of differential learning across sports. Not only was the workshop itself a phenomenal learning tool, but the clinician provided us with areas we could expand our learning on our own. That made it an invaluable experience

I learned a ton. The clinician was outstanding. I left humbled that I have so much more to learn, but also inspired, because it was enjoyable, fun and challenging, just like we hope our own tennis lessons to be.

**Lieven Meert
Charlottesville, VA, USA**

(continued on Page 17)

Injuries and Playing Surfaces in Professional and Recreational Tennis



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by Patrick Aubone, M.S.

Patrick is currently the Director of Men's Tennis at Dunwoody Country Club. He has a Masters Degree in Psychology specializing in children and adolescent crisis. He has certifications from EXOS, The Human Performance Institute and iTPA. He still competes at the national and local level while continuing his growth and development as a coach and director.

In the last few years, some Grand Slams have lacked star power on the men's side. At the 2017 US Open, for example, the list of casualties from the Top 10 was pretty big: Andy Murray (hip), Novak Djokovic (elbow), Milos Raonic (wrist), Kei Nishikori (wrist), Stan Wawrinka (knee). Five of the Top 11 players in the world missed the US Open that year. Roger Federer took the final six months of 2016 to recover from an off court knee injury, while Rafael Nadal has been battling injuries for years.

Are all these retirements due to the schedule? Too much travel? Off court stress? According to the ATP Tour website just after that US Open, Alexander Zverev and Roberto Bautista Agut led the Top 10 players in matches played with 76 and 71 that year. Nadal was a close third with 67 matches played, Federer was at 41, and Del Potro was at 46. Outside of the Top 10, Goffin and Them were the only players above 75 matches.

Common perception is that in tennis, surface matters. As we get older, clay courts are the surface of choice. "It's easier on the body," is the most repeated phrase. "Hard courts hurt my knees and my back," is often heard. But what if the injuries were not a result of the playing surface? Most players over time get some type of overuse injury. Whether it's the playing arm, the back, or the knees and ankles, everyone gets 'niggles'.

A 2016 study in the Netherlands evaluated four different surfaces and their injury rates over a six month period. Hard courts, clay courts, sand filled artificial grass and red sand filled artificial grass were used. The average age of the participants was 49 years old. 20,000 adults were invited to participate, 18% (3,656) participated. There were 4,047 injuries (53%) reported by 1,957 participants. 80% of the injuries were overuse injuries and 20% were acute injuries. Participants who played on multiple surfaces suffered from overuse injuries compared to those who played on one surface. The researchers concluded that there was no significant prevalence of injury with the different surfaces.

This study shows that unless a player suffers a freak injury, such as Bethanie Mattek Sands at Wimbledon or David Goffin at the French Open, the great majority of injuries are due to overuse and not surface type. Essential to maintaining a healthy body is rehabbing minor injuries and strength training to prevent injuries. Rest is vital for the body. More is not always better.

Another study evaluated the influence of tennis court surfaces on player perception and biomechanical response. The researchers noted that there was a difference in the way players stood on a hard court compared to a clay court. Players on a clay court were in a more upright position. This allowed the athletes to be more on their toes in anticipation of sliding. They did note that players with previous clay court experience may experience a reduction of injury as a result of reduced loading on the knees and lower limbs.

Research is clearly showing that playing surface has no correlation with injuries in tennis. The injuries reported were preexisting injuries. Past injuries from other sports or accidents can be exacerbated because of the start/stop nature of the sport. The forces generated can place extra stress on the body and cause flare ups in injuries that were not properly rehabbed. So how much is too much in professional and recreational tennis?

Professional players travel 25 to 35 weeks a year between tournaments, preseason camps, and home visits. Recreational players play between 2 and 3 times a week. While some individuals can argue that Courier, McEnroe and Lendl all played 85+ matches in the past, there are many variables that have changed. For recreational players, you have to worry about outside stress from home and work. The professional athletes are stronger, faster and fitter than ever. Matches are going 5+ hours in Grand Slams with the winner having 36 hours to recover before playing again. The physical toll on the athlete's body after these matches is tremendous.

In recreational players recovery can take a few days, depending on how much outside weight lifting and endurance training is done. Technology has played a part in developing more powerful racquets allowing players to hit harder and add more spin to the ball. It has also played a big part in the recovery process with such innovations as compression garments by 2XU, Normatec boots for targeted massage, and muscle stimulation machines like the Marc Pro Plus. We aren't even taking into account Central Nervous System (CNS) fatigue that the players experience year round. All of the above factors are leading to an increase in injuries at both the professional and recreational level of the game.

Take Away Points

1. Injury prevention begins before and after you step on the court.
Stretching, foam rolling, dynamic warm up all help in preventing injuries.
2. Stress Management - outside stressors, such as work and family, can have a negative impact on the body. Meditation, reading a book or any activity that activates the parasympathetic nervous system will greatly reduce stress levels.
3. Technology - USE IT!
With the advances in technology today there are a lot of tools that can speed recovery, not just from an injury standpoint, but also after a practice or match.

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Navigating the Transition from Player to Coach



by Saif Ali

Saif was born in India to a family of world class tennis players and coaches. Saif was a Top 5 ranked junior in India and was coached by his father Anwar and uncle Akhtar Ali, India's former Davis Cup Coach for 25 years. After completing high school, Saif trained at the LGE tennis center in Orlando, Florida under the guidance of Dr. Jim Loehr, Dr. Jack Groppe and Pat Etcheberry. During this time, Saif competed in ITF junior tournaments and on the ITF Satellite Circuit. Following this, he played No.2 singles and doubles for the University of New Orleans. After college, Saif continued on the pro circuit for a couple years before turning to coaching. A few years ago, he moved to Dubai, where he trained some of the top juniors in the Middle East. Saif was also the Director of Tennis at the Anantara Resort and Spa, one of the top resorts in Asia. Saif is a PTR Professional and is certified by the ITPA as a TPT trainer.

Having grown up in a tennis family, I have been involved with the sport my entire life. I started playing at a very early age; moving from competing as a junior, to the ITF junior circuit, and on to playing college tennis. I even competed on the pro circuit briefly, before I turned to coaching.

Like every young tennis player, I had dreams and ambitions. I thought my love for tennis and my desire to become a great player was enough to take me there. Obviously I could not have been more wrong. I learned that although you may have the three D's - Desire, Discipline and Dedication - there are a myriad of other factors that will determine the course of your career.

For the pro tour, a player must have a quality training program and infrastructure in place. Without readily available funds, this is an enormous challenge, especially if you come from a third world country. This is one of the reasons I found college tennis to be such an invaluable experience. Not only do you get to compete against really good players, which can help prepare you for the pro circuit, but you also get a higher education, which sets you up for success later in life, whether in tennis or an alternate career path. Let's face it, you can't play pro tennis forever.

I had my dream. Of course, it wasn't going to be easy. The pursuit would require long hours of training, commitment and determination. I made up my mind to give my all to the sport, doing everything I could to make myself into the best tennis player I could possibly be. Even if I were to not be able to reach the highest echelons of the sport for myself, I was acquiring a wealth of knowledge and experience to be able to guide and nurture other young, aspiring athletes and tennis players.

Along the way, I also realized the real value of playing tennis was more than becoming a great athlete. Tennis teaches life lessons, including learning to deal with adversity. Unlike in other sports where you have an entire team to fall back on, tennis is an individual sport. You are out there on your own, facing challenges alone and solving problems by yourself.

Much of modern tennis literature addresses the relationship between player and coach, but I've seen very little written about navigating the journey of transitioning from player to coach.

Tennis is evolving rapidly. The advent of on court technology, training methods and sports science is accelerating the evolution of the sport. Today athletes need to equip themselves with the most up-to-date data to gain traction and have an edge over their competitors. All the more reason why they need people like us (players turned coaches) in the mix, to guide them through the complexities of the game.

When you are taking on the role of a coach, you are not only taking on the responsibility of helping an athlete excel, you are also their guide, mentor and often, role model. The passion, dedication and commitment it takes to have experienced playing and competing first hand, can be advantageous for a coach to be able to guide a young athlete. Although I feel it is vitally important for a coach to have gone through the process themselves, not every coach has. Fortunately, PTR's network of coaches can serve as your guides and mentors.

The Transition from Player to Coach

As someone who was unable to maximize my potential as a player, I like to ensure that my up-and-coming players have what I didn't, so I can help them succeed.

While some may think that it's easy to transition from player to coach, it is not. Without the right guidance and training it can be at the very least, a challenging task. You may have a wealth of competition under your belt, but there is a lot more to coaching than the experiences you acquired on the court. Even some of the best players in the world are not good coaches.

The most challenging and rewarding aspects of coaching happen when you find an athlete with potential. You must strategize and plan their entire career, which implies that you are responsible for the player's development and success. This is a huge responsibility. As a player, you know your own strengths and weaknesses, so you know the key areas that you need to work on to improve. But as a coach, you have to study your player to learn their strengths and weaknesses and then formulate a plan to address these aspects of their games. Moreover, you have to step outside to study the strengths and weaknesses of your player's potential rivals to ensure that their skills don't match your player's skills. This is where a coach's pro circuit playing experience would come in handy.

Super Coaches

We have seen the advent of the super coach, pro players who have turned to coaching, and who have achieved unparalleled success with their players. Names like Boris Becker, Stefan Edberg, Ivan Lendl and Andre Agassi are back in the game, but now as coaches. They are associated with some of the world's top ranked players, imparting their experience and knowledge from their competitive days on their players. But even they did not jump straight from playing to coaching.

How PTR Can Help

Players who want a career in coaching need to seek information and training to learn how to properly develop their athletes. As the innovative leader, PTR offers the most extensive education, current coaching methodologies, and latest technologies. In addition, PTR has a mentor program in which a young coach is paired with an experienced leader who can guide them through their tennis career. From coaching to club management, mentoring programs can be invaluable. Many people who had a mentor go on to be mentors themselves.

In addition to the mentor program, PTR has the tools and resources that are key to navigating and supporting your career in tennis. PTR has created a unique and unparalleled tennis coaching community. Players like me, who have transitioned to coaching, can tap into the vast network and benefit from PTR's international reach. Opportunities can come in the form of a new workshop, which will help you hone your coaching skills, or conferences and symposia that can help you connect with other coaches and perhaps even promising players.

PTR has an abundant supply of education. PTR member coaches can take advantage of the hundreds of free online presentation videos by some of the most recognized and renowned experts in tennis. These cover everything from high performance coaching, to working with children, to biomechanics, to tennis management. The more you learn, the better coach you will be.

I really believe that aspiring coaches will have a quicker learning curve under the PTR umbrella. You just have to take advantage of what they have available to you - education, workshops, mentoring, peer-to-peer networking, career assistance, global recognition and respect.

Conclusion

At the end of the day, an athlete's chances to succeed boils down to the wealth of information available to the coach, and how the coach uses this information constructively for the player's benefit. It is the coaches who have historically given to the sport. Coaches who didn't necessarily reach the top of the game as players still have a lot to offer to the future tennis. Super coaches may have come to the forefront recently, but it's the rest of us, who will always be the driving force pushing our wonderful sport of tennis to greater heights. Without tennis coaches at the grassroots level, the Federers, Djokovics, Nadals of the world likely would not exist.

Mission Possible



weedesign/Shutterstock

by Marcin Bieniek

*A PTR Professional, Marcin is also a licensed instructor with the Polish Tennis Federation. He has worked on the court with Top 50 juniors in the world (ITF), ATP and WTA professionals, Poland's Top 3 players, and with top players in Northern California. Marcin was a speaker at the PTR Symposium, as well as at the Congress of Sport Psychology. Marcin is the author of the book *Tenisowy Olimp*, and the founder of tennis blog - enjoytennisblog.wordpress.com. You may contact Marcin via www.marcinbieniek.info*

It's the beginning of 2020. The start of another year - actually another decade! Everyone looks forward to what the future can bring. They're excited, full of energy and ready for action. It doesn't matter where you live and what the weather is outside your window, people step into the new year with a positive mindset. They want to get better. They want to improve. They set goals that they want to achieve. They make New Year's Resolutions!

New Year's Resolutions. Old story, right? January is pretty much the same every year. With some downtime over the holidays, most people reflect on their lives and decide to make some significant changes to make the year ahead better. They did the same thing 365 days ago!

Coaches are no different. We want to do something special, something we'll be really proud of by December's end. Perhaps we want to lose weight, publish our own instructional book, be asked to present at the PTR International Tennis Symposium, or help our players get qualified for junior or professional Grand Slam events. All great intentions! It's a pity that only a small percentage of us are committed enough to stay with our resolutions longer than two or three months. The excitement of working toward our resolutions wanes. By February, we no longer get up every day with the mindset to get closer to achieving those goals we made January first. By the time the calendar hits April, we've not only given up on our resolutions, we've probably forgotten them all together!

Why does this happen year after year? What's wrong with us? Is it something we are born with or is our character lacking? Are we so lazy that we can't follow through to achieve any significant goals? In life, as in tennis, it's better to focus on things that are under our control. That's why we're not going to discuss genetics or character flaws. Rather, let's focus on actions we can do every day!

Goals. Is it really important to set them every January? Why do we put added pressure on ourselves? Other people seem to be able to live simply without such challenges, but we're not 'other people', we are tennis coaches! As coaches, we know how important goals are for our players. We set daily, weekly, monthly and annual goals for them. We develop structured periodization schedules for them. Why then do we only set goals for ourselves once a year? And why can't we seem to stay on track?

We teach our players to get better every day, work on their weaknesses, push their limits, and get them out of their comfort zones. We try to walk the talk by showing that our words are supported by actions - or even better - our actions are supported by words. The real question we have to ask ourselves is, what benefits are included in the process of goal setting (and the achievement of these goals)? The following are just some of them. . . .

- We are better at time management
- We have the motivation to use our time effectively
- We are more organized and planned
- We get to know our strengths and weaknesses
- We fight against difficulties outside our personal comfort zone
- We get to know ourselves much more profoundly
- We get valuable experience for future action
- We have a reason to wake up every day
- We feel control over our lives
- We are role models for others

As you can see, the benefits from the simple process of setting goals are numerous and can have a positive impact on many aspects of our lives. That's why everyone should try to set goals in January and do whatever they can to achieve them before the end of December. We won't always accomplish all of our intended tasks, but that's not what's most important - *the process is!* All the benefits are achievable through day-to-day actions with no relation to the final score. It's just like tennis - we can have great improvement in our game even while losing the match.

I know it is easier said than done, so I'm going to show you the successful way I set resolutions that makes them achievable. I have to say, none of my goals are easy (sometimes I even wonder why I set myself up for such difficult tasks), but the formula I use has allowed me to achieve most of my challenging resolutions.

That's why I want to share my approach to New Year's Resolutions, so you too can have prolific 2020, and finish the year a much better person than you were at the beginning of it. My goal setting formula is based on four steps (with one extra if you need it).

4 Step Formula to Goal Setting

1. Goal and reason
2. Deadline
3. Steps to achieve the goal
4. Difficulties and responses

Extra

5. Reward

Let's analyze each one.

1. Goal and Reason

Choosing what we want to achieve should be conscious and be specific. It won't work out if we set a goal that is too general. Losing weight is too general - cutting your weight by 10 pounds is not. Improving the technique of the serve is too general - getting the elbow in the correct position and placing the toss in the right spot for a kick serve is not. Helping a player achieve better results is too general - helping him win two tournaments is not.

Choosing the right goal is crucial, but to stay committed to the process for the next 12 months, we need one more factor - the reason. If we know the reason why we want to lose weight/improve serve/help players win the tournament, we will fight for the goal every day, no matter how we actually feel. That's the power of inner motivation, and that internal fire is burning only when the reason is really important to us.

2. Deadline

Setting a time for completing a task works for everyone. How do you feel when you have to get to the airport by a certain time to get on a plane to leave for fabulous vacation? You know you have to do it, because the plane and other people flying won't wait for you. Additionally when we know the deadline, we don't procrastinate until the end, because it puts more risk on us. A looming deadline gets us closer to potential failure and no one likes to fail. When we set a time to achieve a resolution, we tend to think about our actions from a different perspective - the perspective that you can't stop or move back the clock, so it is better to roll up your sleeves and get to work right now.

3. Steps to Achieve the Goal

If you have an ambitious goal, you'll need to allow a substantial amount of time to achieve it. It's crucial to plan small achievable steps (short term goals) that will gradually lead you to reach the summit by the end of the year. It simply means that you should work on small areas within the designated goal to get closer to success every day. If you want to write an instructional book, set how many pages you need to write each month to finish the book, how many publishers you'll need to contact, and how much time it will take to complete the entire process. By taking this approach, your big goal doesn't look so big anymore, it consists of small achievable steps that won't scare you away from the beginning.

(continued on Page 10)

4. Difficulties and Responses

Let's be honest - ambitious goals are demanding and the process of achieving them won't be easy. It's the same as with top tennis players. Getting to the top is a continual roller coaster of ups and downs, wins and losses, moments of celebration and of wanting to give up. If you want to reach the pinnacle of your capabilities, you will have to face and conquer many difficulties. They will appear at the beginning as well as near the end of the process - you won't avoid them, but you can definitely prepare for them. That's why it is a priority in the goal setting process to think about obstacles that you may encounter along the way, and possible responses that will help you deal with them successfully. It's much easier to respond to something when you know the answer than when you have to react. Proper preparation can be the determining factor whether you will continue your journey of getting better or be beaten by external factors.

Extra

5. Reward

When you don't have a history of effective goal setting processes or you need extra motivation for big challenges, setting a reward is a great way to incentivize yourself to achieve your goal. Plan to give yourself a Christmas bonus for 12 months of hard and conscientious work toward being better, but only if you succeed. You decide up front how valuable the goal is to you; is it worthy of your favorite cake or new iPhone? The more ambitious the goal, the bigger reward you can set. It is all about motivation and being better every day. All rules apply.

There you have it. The formula for a successful goal setting process to help you make 2020 really effective. Remember that people commit more deeply to an action when they sign it, in comparison to when they just say it. So, take a piece of paper and pen and start the preparation for your goal driven year. Sign it and make sure to do whatever you can to accomplish it. You are employer and employee at the same time, so show your boss that you can do more than is expected of you, while simultaneously making the boss motivate you when there are days of less productivity.

Happy New Year!



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Symposium



Each PD Course





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HILTON HEAD ISLAND ♦ FEB 10-13, 2020



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Schedule

Sat • Feb 8	Mon • Feb 10	Tues • Feb 11	Wed • Feb 12	Thurs • Feb 13	Fri • Feb 14	Sat • Feb 15
8AM-4:30PM STMS Conference	8AM-6PM Registration	8AM-6PM Registration	8AM-6PM Registration	8AM-6PM Registration	8AM-6PM Registration	9AM-1PM TPT Trainer Course iTPA Continues
8:30AM-5:30PM Instructing Adaptive Tennis	8AM General Membership Meeting & Awards	9AM-6PM SYMPOSIUM Presentations	9AM-6PM SYMPOSIUM Presentations	9AM-1PM SYMPOSIUM Presentations	PPR Pickleball Conference Continues	9AM-5PM TPT Trainer Course iTPA
1:30-4:30PM Professional Development Course STMS	9AM-5:30PM SYMPOSIUM Presentations	9:15AM-2:45PM Trade Show	4:30-7:30PM Professional Development Course Sarah McQuade	2-5PM Professional Development Course Jorge Capestany		PPR Pickleball Tournament
Sun • Feb 9	1:15PM Parade of Nations for all attendees	3:45-5:30PM Demo Courts	6:30-10PM HEAD Penn Dinner Dance	2-5PM Professional Development Course Josh Warren		Sun • Feb 16
8AM-12:30PM STMS Conference Continues	6:45PM Awards Banquet	4-7PM Professional Development Course Gigi Fernandez		3-6PM Professional Development Course Linda LeClaire		9AM-6PM Pickleball Certification Workshop
9AM-12PM Professional Development Course Leo Alonso		6:30-9:30PM Professional Development Course Craig O'Shannessy		6:30-9:30PM Professional Development Course Dean Hollingworth		PPR Pickleball Tournament Continues
12noon-6PM Registration & Check-in		6:30-9:30PM Professional Development Course		9AM-5PM PPR Pickleball Conference		
1-4PM Miss-Hits Carole Waite						
1-4PM Professional Development Course Frank Giampaolo						
Dennis Van der Meer Celebration of Life 5:30-7PM						

STMS Conference
Hilton Head Island | February 8-9
PTR member price is \$99
Space is limited, pre-registration is required
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Dennis Van der Meer
Celebration of Life
Sunday, February 9
5:30-7PM

Accommodations



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Registration

Symposium

Price

- Symposium Registration** by December 1 = \$447 • by February 1 = \$497 • after February 1 = \$537 (Non-members - add \$50) \$ _____
 Price includes: More than 40 Symposium Presentations, Continuing Education Hours, Awards Banquet, Head Penn Dinner Party, Flag Ceremony, Trade Show admission, and General Membership Meeting. Price does NOT include Professional Development Courses or Guest Programs.
- Guest Package \$177** _____
 Guests are NOT permitted to attend ANY Symposium lectures or presentations. Activities include: Awards Banquet, Head Dinner Party, Yoga/Pilates, Shopping Trip, Trade Show, Round Robin and Bike Rental & Tour.
- Additional Tickets** _____
 Awards Banquet Tuesday evening, semi-formal dinner party Head Penn Casino Night Dinner Party
 Number of tickets: _____ at \$85 each = _____ Number of guest tickets: _____ at \$49 each = _____

Professional Development Courses

- STMS Conference** Saturday, February 8, 8am-4:30pm & Sunday, February 9, 8am-12:30pm • \$99 (Includes STMS Professional Development Course) \$ _____
- STMS Professional Development Course** Saturday, February 8, 1:30-4:30pm • \$25 _____
- Instructing Adaptive Tennis** Saturday, February 8 • \$100 _____
- PPR Pickleball Certification Workshop** Saturday, February 8, 9am-6pm (includes testing) • \$147 (Must be a PPR member) _____
- Error Detection & Correction with Leo Alonso** Sunday, February 9, 9am-12pm • \$55 _____
- Miss-Hits with Carole Waite** Sunday, February 9, 1-4pm • \$250 (Includes equipment kit) _____
- The Benefits of Educating Tennis Parents with Frank Giampolo** Sunday, February 9, 1-4pm • \$55 _____
- The Gigi Method with Gigi Fernandez** Tuesday, February 11, 4-7pm • \$74 _____
- BrainGame Analytics with Craig O'Shannessy** Tuesday, February 11, 6:30-9:30pm • \$55 _____
- Developing your Coaching Skills with Sarah McQuade** Wednesday, February 12, 4:30-7:30pm • \$55 _____
- Competitive Games & Drills to Keep Your Clinics Fun, Fresh, & Productive with Jorge Capostany** Thursday, February 13, 2-5pm • \$55 _____
- Neuromuscular Balancing - Performance, Pain Relief, Wellness with Josh Warren** Thursday, February 13, 2-5pm • \$55 _____
- PickTEN Essential Exercises and Drills with Dean Hollingworth** Thursday, February 13, 6:30-9:30pm • \$55 _____
- Energy Techniques with Linda LeClaire** Thursday, February 13, 3-6pm • \$55 _____
- PPR Pickleball Conference** Thursday, February 13 & Friday, February 14 • \$99 with PTR Symposium _____
- TPT Trainer Course with ITPA** Friday, February 14, 9am-5pm and Saturday, February 15, 9am-1pm • \$199 _____
- PPR Pickleball Certification Workshop** Sunday, February 16, 9am-6pm (includes testing) • \$147 (Must be a PPR member) _____

Symposium cancellations prior to Feb 1, 2020, incur a \$50 administration fee.
 Cancellations after Feb 1, 2020, will be refunded by 50%.

Return to: PTR, PO Box 4739,
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Name of Attendee _____ PTR # _____

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International members - Flag you wish to represent in Parade of Nations Flag Ceremony _____

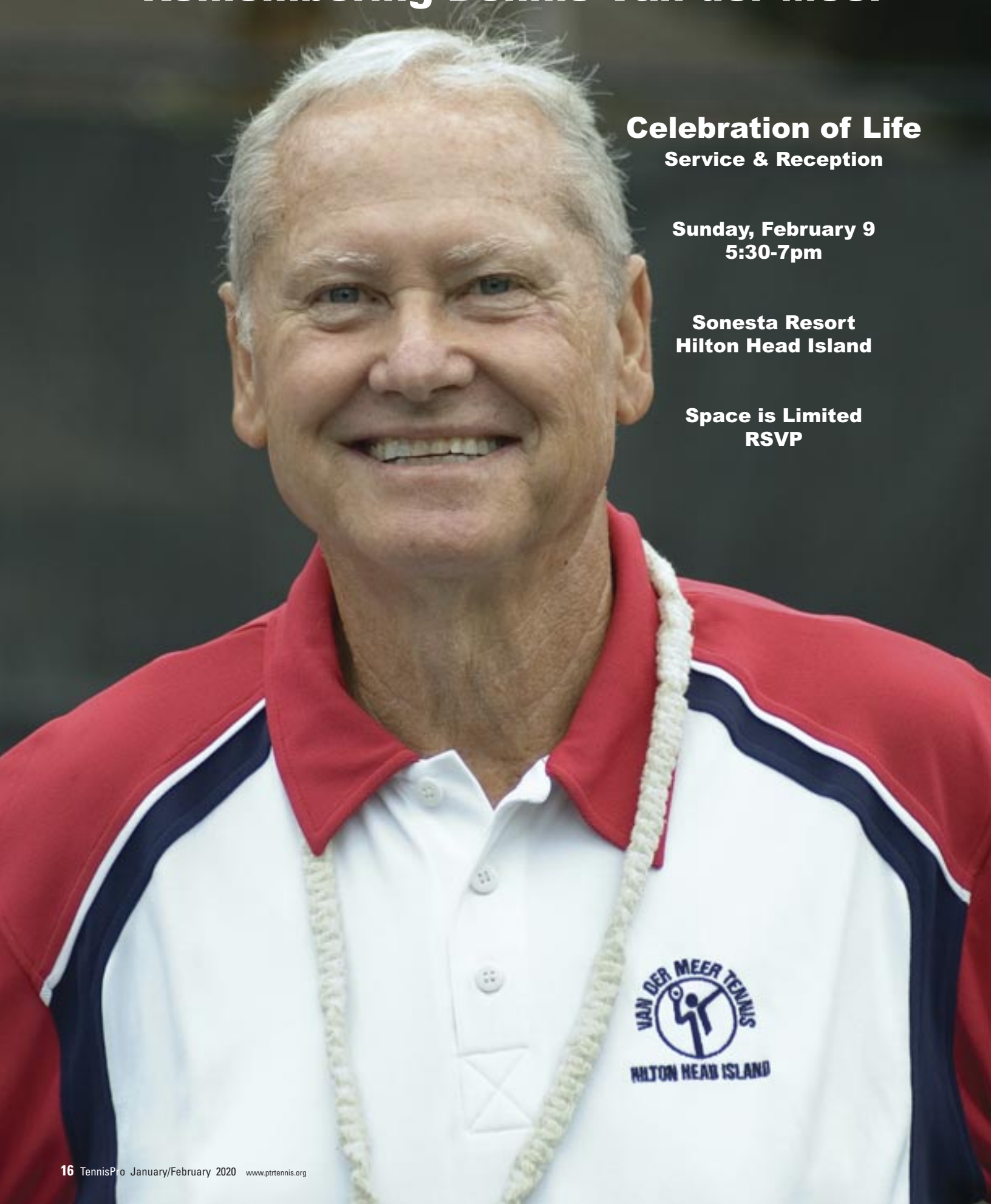
Remembering Dennis Van der Meer

**Celebration of Life
Service & Reception**

**Sunday, February 9
5:30-7pm**

**Sonesta Resort
Hilton Head Island**

**Space is Limited
RSVP**



Your Serve

Dear PTR,

My tennis life began with Dennis Van der Meer in 1974. I completed the ten-day tennis teachers course at Tennis America. I have always been in awe of his amazing ability, not only to remember everyone's name, but to instill the mechanics and confidence to do the job. Consequently, my dreams and passion for tennis have been fulfilled. I am proud to be a charter member of this great organization and I owe it all to Dennis. I learned from the best and will always be grateful.

Billie O'Neil

Locust Grove, VA, USA

Dear PTR,

The Dennis Van der Meer issue of *TennisPro* is excellent. I can hear his voice in some of the reprinted articles from past issues. I had the opportunity to teach with Dennis at Arthur Ashe Kids Day at the US Open every year. It was always inspiring to see how passionately he connected with his students. That experience is something I take on court with me to this day.

Jack Curry

Troy, NY, USA

Dear PTR,

You did an AMAZING job on the Dennis Tribute. So good.

Mike Carter

Austin, TX, USA

Dear PTR,

Great special edition. Good job to entire staff that put this together. Wonderful man to honor.

Chuck Limpert

Powder Springs, GA, USA

Dear PTR,

Looking at the magazine really hit me how much Dennis influenced my teaching for so long.

Conrad McIntire

Ellington, CT, USA

Dear PTR,

Nice job on the Special Issue! An outstanding tribute.

Tom Sweitzer

Hilton Head Island, SC, USA

Dear PTR,

What a great issue! I learned so much about Dennis. Such a magnificent/ significant life he led. So inspiring.

Sam Elijah

Bayside, NY, USA

Dear PTR,

I read the magazine cover to cover and found myself going back to my days with Dennis -- the traveling clinics, the many 'Dennis clinics' at Van der Meer Tennis Center, and of course, TennisUniversity. Thanks for putting together a very worthy and meaningful publication in remembrance of Dennis.

John Robinson

Hilton Head Island, SC, USA



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By donating the proceeds from just a one hour lesson, you can make a real difference, through your support of deserving at-risk youth and afterschool tennis programs, wheelchair tennis, Special Olympics, and other much needed tennis initiatives. To find out more about how you can help, please call 843-785-7244.

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Background checks must be updated every 2 years,
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The Benefits of Positive Coaching



courtesy Faith Seiders of Faithography

by Brian Perry

Brian is the Director of Tennis at the Money Hill Golf & Country Club in Abita Springs, Louisiana. He is certified with both PTR and USPTA. In 2018, Brian was named USPTA Mississippi Director of the Year, and, in 2015, he was named Head Professional of the Year by the Georgia Professional Tennis Association.

Over the course of my career, I have found that a positive, upbeat attitude is a contributing factor to creating an enjoyable and effective learning environment for all students. I have applied this teaching strategy to the many different levels of players I coach, including beginners, league players, high performance juniors, nationally ranked college players and Cardio Tennis participants. When surveyed about the coach's disposition on the courts, I'm proud that the feedback I've received from all of these player levels has been overwhelmingly favorable. I am a firm believer that a pleasant, cheerful demeanor not only helps individual students, but is also instrumental in growing the sport itself by creating an amazing experience for all involved - learners, parents and coaches. Many studies have been conducted that prove this to be true and my personal experience verifies the findings, however the results miss a crucial point - how utilizing positivity as a teaching tool impacts the *teacher*. The following are some specific benefits I get from approaching coaching with positivity.

1. Repeat Business

During my professional career, I've had many students return week after week simply because they enjoy being on the court with a helpful and smiling coach. Students, both adults and juniors, have told me they appreciate my validating and constructive feedback and how I am able to turn a negative situation on the court into a positive one. This motivating approach gives the students confidence and hopefully allows them to maximize their skills and achieve any goals they have set for themselves. Let's face it, without repeat customers any business is doomed, and coaching tennis is no different. If a simple gesture like displaying a positive attitude toward your students can persuade them to come back, why *wouldn't* you incorporate it?

2. Personal Satisfaction

'You get more flies with honey' isn't just an old adage, it's a truism and one that's certainly applicable. Exuding positive vibes facilitates building trust between you and your students, and trust is essential to an open line of communication in any environment, especially teaching. It's so rewarding when students believe in you and feel comfortable asking you questions. I can promise you, adults and juniors will listen more and want to perform better when you take a genuine interest in their game. It will make you proud of everything you've put into your coaching both on and off the court. What can be more gratifying for a coach than developing a student into a *player*?

3. Competitive Advantage

Once word spreads that you approach coaching in an affable, caring way, you will have an advantage over other tennis teachers in your area. Don't forget that parents (the ones who pay) want their kids treated with respect. Of course, they want their child's game to improve, but they also want their kid in good hands emotionally. If your positivity is evident to mom or dad, then they will value the service *you* are providing even more. In this case, they won't mind spending their hard earned money on tennis lessons with *you*. This applies to adult players as well. The attitude you bring to the court will be reflected in the attitude toward you. You reap what you sow, and demonstrable positivity will give you a competitive edge to grow your student roster. Seize the opportunity!

4. Respected Leader

People will gravitate to you when you bring passion and good energy to the court every day. A positive attitude projects confidence and will naturally draw people to you. Being a great leader is about treating everyone with dignity and respect, pushing students to be the best they can be while making them feel safe, and at the same time creating an amazing learning experience for all students. If you approach this with consistency, you will be well on your way to being sought after on the court, at the club and in the community.

Let's be clear, positivity in no way precludes the need for good coaching skills! In closing, I would like to say I understand this style of coaching is not for everyone. I also agree that there are many other methods to getting your message across to your students. Personally, the benefits of being a positive coach have equipped me with the added tools I need to provide an enjoyable experience to many different levels of play. Now get out there and smile and encourage your students in a positive way! They will thank you for it!



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- Working with Parents
- Evaluation, Monitoring and Goal Setting
- Personal Reflection

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For more information, visit
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We celebrated the 20th Anniversary of the Special Olympics North American Tennis Championships at Van der Meer Shipyard Racquet Club on Hilton Head Island, South Carolina. Eleven state delegations and Costa Rica brought together 125 athletes, 35 coaches, scores of Unified Partners® and countless volunteers for a great weekend of tennis and camaraderie.





**PTR is proud
to be the
Official Tennis Training Partner
for Special Olympics**

photos courtesy of Dayle Thomas, Faith Seiders of Faithography and Nancy Jo Brown





HONORS



Lamar Scott (left) has been appointed to the Board of Directors for the Atlanta Youth Tennis and Education Foundation as Executive Vice President. He is also the recipient of the Georgia Professional Tennis Association (GPTA) Community Outreach Award.

Lloyd Dillon received USA Southern's Randy Gregorson Diversity & Inclusion Award, and he is the first recipient of Louisiana Tennis Association's Nehemiah Atkinson Award for Diversity & Inclusion.

USTA Kentucky named **Jody Bingham** Tennis Professional of the Year and presented **Mary Bryant** the **Bruce Stone** Educational Merit Award.

Jenny Schnitzer received the Vitas Gerulaitis Community Service Award from the City Parks Foundation for her contributions to growing the organization.

Christine Davis received the ITA Meritorious Service Award.



In its Champions of Tennis issue, *Racquet Sports Industry Magazine* named **Jarrett Chirico** PTR Member of the Year. **Doug Chapman** (left with *Peter Francesconi*) was named High School Coach of the Year. **David Kimani** received the Junior Tennis Champions of the Year honor. PTR adidas footwear and apparel sponsor, Fromuth Tennis was named Pro/Specialty Retailer of the Year.

Robert E. Brown received the USTA Georgia Janet Louer Junior Team Tennis Coordinator of the Year award.

In November, *Tennis Club Business* named **Margot Carter** its Female Pro of the Month. In January, **Armita Omidar** was named Pro of the Month, the first ever from Iran.

USTA Long Island will present **Juan Pablo Perez** its Charles Karp Memorial Award for Overcoming Adversity. See JP on the next page with his student Aaron.

PTR MASTERS OF TENNIS

PERFORMANCE

Yannick Ostyn, Belgium
Suresh Maurya, India

ADULT DEVELOPMENT

David Hsu Hung-Yuan, Taiwan

NEW POSITIONS

Vesa Ponkka has been named President and **Joe Wilkerson** has been named Vice President of JTCC.

Elizabeth Cusack was named interim Director of Tennis at Palmas Del Mar in Puerto Rico, the largest tennis facility in the Caribbean. The club is ranked among the Top 50 by TennisResortsOnline.

McKennah Edwards joined the staff at Green Bay Tennis Center.

Shonne Webb-Bey was named the Head Tennis Pro/Director of Junior Tennis at North Dodge Athletic Club in Iowa City.

Tim Shay has returned to Little Siver Tennis Club in New Jersey teach tennis and pickleball.

Daniele Bevilacqua is an instructor at Boom Camp in Roncade, Italy.

Patrick Aubone joined the staff at Dunwoody Country Club as the Director of Men's Tennis.

Marc Stingley is the new Director of Junior Play for USTA Northern at their new office at the Minnesota Vikings Headquarters campus in Eagan.

COLLEGE

Tony Franklin was named Head Men's Coach at Huntingdon College, a DIII school in Alabama.

Continuing Education Requirements for US Members

To maintain your PTR certification, you must complete 12 hours of continuing education during designated three year cycles. The most recent was the three year period that ended December 31, 2019. The new three year cycle started January 1, 2020, and continues until December 31, 2022.

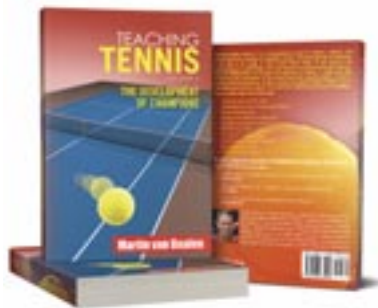
What does that mean to you?

If you did not complete 12 hours of qualified continuing education during the last cycle (2017-2019), you must do that before credits will accrue for the new cycle (2020-2022).

FREE & Easy

PTR offers free online education so you can earn continuing education credits without leaving the house. Visit www.ptrtennis.tv to take advantage of a myriad of interesting and relevant presentations to fulfill the continuing education requirement. PTRtennis.tv automatically records your continuing education hours and adds them to your record. There are additional ways to earn continuing education. For more complete information, click the Education tab on www.ptrtennis.org

NEW BOOK



Martin van Daalen released the third and last book in his *Teaching Tennis* series. In *Teaching Tennis Volume 3 - The Development of Champions*, Martin shares everything you need to know about tennis competition and tournament play.

Volume 1 of the series explained the fundamentals of the game.

Readers are able to build on that information in the second volume that discloses specific details on how to develop advanced technical, tactical, mental and physical skills. In Volume 3, Martin introduces the particulars of individual and team competitions for tournament players of all levels. *The Development of Champions* is an instructional book that shares all the information of competition and tournament play from intermediate to pro player level.

All three volumes of *Teaching Tennis* are available on Amazon.com

NOTEABLE

Dimitar Yazadzhiev is a new certification tester for USRSA stringers. **Davel Hernandez-Padron** earned certification as a Master Racquet Technician (MRT) and **Yonas Woldetsadik** is now a certified stringer.

Hofstra Assistant Coach **Elizabeth Kobak** won three Gold Balls at the USTA National Grasscourt Championships in Newport, RI. Liz won the singles, doubles and mixed doubles titles!

Yonas Gebre Woldetsadik is a USRSA Certified Racquet Stringer.

The USA team at the ITF Young Seniors World Team Championships saw **Neel Grover** captain the Dubler Cup and **Matthew Hane** captain the Italia Cup. **Quinn Borchard** played on Matthew's team.

Patricia Markova won 45 Mixed Doubles Tennis World Championships in Miami. In November, Patricia was ITF ranked #1 Mixed, #2 Doubles and #5 Singles.

Felipe Alarcon ranked #1 in Florida.

Angel Lopez celebrated 40 years at San Diego Tennis & Racquet Club.

SIGHTINGS



Visiting Pro Experience

We wanted to say how much we enjoyed our PTR Visiting Tennis Pro experience at Couples Swept Away in Negril, Jamaica.

The tennis facilities are amazing and superbly maintained by the staff. Syrika, Donovan, Dominique, **Norson Brooks**, **Brenton White** and **Jermaine Meikle** were very welcoming and ran the tennis program with professionalism and enthusiasm. It's understandable why so many couples come back year after year to play tennis and enjoy the beautiful resort. We also enjoyed working with and getting to know the guests.

This culture rich resort has figured out how to bring happiness to adults on vacation by providing active options, delicious foods, engaging entertainment, wonderful staff, beautiful beach and relaxing spa.

Tennis has blessed Chris and me and we so enjoyed working together and sharing our skills (and Halloween costumes) with the guests. We hope to return.

Until next time,
Leslie Mease and **Chris Mease**
Littleton, CO



JP Perez coached Aaron to win a gold medal at the Special Olympics North America Tennis Championships presented by PTR. Aaron also captured gold at USTA Eastern's inaugural Sectional Adaptive Championships.



Pablo Alvarado coached Team NorCal to a second place finish at the Pacific Coast 10's Exchange. Eight of the top 10U players from six sections compete. One of his players received four sportsman-ship pins!



PTR's own **Helma Cap** and **Dr. Louie Cap** with their grandson, Charles. This international PTR Family represents, Holland, England, Slovakia and the USA.



Bethany College dedicated one of the six courts in its new Linsborg, Kansas tennis center to former coach, **Dr. Bryce Young**. The Coach Bryce Young Court is in the Dr. Emory Lindquist Tennis Center. Bryce will be presenting at the upcoming PTR Tennis Symposium.



Marvin Tyler's fourth annual free tennis jamboree in his hometown Emporia, Virginia, with a few of the kids. Marvin's PTR big brother, **Eddie Gilmore**, drove up from North Carolina to help. Marvin told us "Eddie was right there by my side helping me out with the kids. I really love working with them."



Education News



USA



Jorge Andrew conducted an 11 to 17 Certification at the Atlanta Athletic Club in Atlanta, GA.



Michael Lowdermilk conducted an Adult Development Certification at Las Sendas Community Association in Mesa, AZ.



In mid-October, **Carla McKenzie** conducted a 10 & Under (*top photo*) and 11 to 17 Certification (*above*) workshops at Methodist University.



PTR Regional Center Director, **Fernando Salazar**, hosted a 10 & Under workshop, conducted by **Marc Stingley**, at Passion 4 Tennis, the only indoor tennis facility in the Miami area.



Marc Stingley conducted a 10 & Under certification hosted by **Josh Surowsk** at Reunion Resort in FL.



BAHRAIN

PTR International Director, **Iñaki Balzola** conducted 10 & Under Certification at the Bahrain Tennis Club in Manama. The mid-November workshop was organized by the Bahrain Tennis Federation.



CHINA



Zhang Zhi Bin conducted 10 & Under Certification in Gan Zhou City, Jiang Xi Province.



James Huang conducted 10 & Under Certification in Lozhou.



James Huang conducted Adult Development in Shanghai.



Huang Chang Ming conducted 10 & Under Certification in Ji Nan.

POLAND



PTR International Master Professional, **Dr. Louie Cap** conducted 10 & Under Certification in Warsaw. The November workshop was held at the new and very modern Tenes Club and was organized by **Irek Maciocha**. Special thanks to Irek's children, **Marcin Maciocha** and **Basia Maciocha** who were instrumental, assisting Louie and helping with the translations. Louie also conducted a special workshop Memorable Doubles Drills and Volley Stroke Analysis.

ROMANIA

Stefan Nita conducted a Performance Certification workshop at S & F Tennis Academy in Paulesti. Stefan owns the club with his father **Florin Nita**.



RUSSIA



PTR International Master Professional, **Dr. Louie Cap** (*far right*) conducted Performance Certification workshop in Moscow. The workshop was held at Tennis-Art Club and was organized by **Liudmila Nikoyan**. Louie also conducted 100+ Problems and Solutions Stroke Analysis, a professional development workshop.

SLOVAKIA



PTR Master Pro and Hall of Fame inductee, **Dr. Louie Cap** conducted Performance Certification in Bratislava. The November workshop was held in Tennis School Advantage and was organized by PTR Slovakia Official Provider, **Dr. Peter Cap**. Louie also conducted a Tennis Fitness workshop for the group.

THAILAND

PTR International Director, **Iñaki Balzola** traveled to Phuket to conduct Adult Development and Performance Certification. The workshops were organized by and held at the Coconut Tennis Academy.



UNITED ARAB EMIRATES



In November, PTR International Director, **Iñaki Balzola** conducted 10 & Under (*left photo*) and Adult Development (*right photo*) Certification in Dubai. The workshops were organized by NYSS.

Practicing with Pressure



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by Mitch Case and David Marshall

Mitch and David work together at Farmington Valley Racquet Club, in Simsbury, Connecticut, where they coach Women's 3.0, 3.5 and 4.0 teams. This is one in a series of articles they've written to help improve the performance of their teams. They thought it might serve those of you who are also coaching leagues and we encourage you to share it with your players.

As coaches, we are always trying to find solutions that help our players perform better.

In order to do this, we first needed to identify the strengths and weaknesses of our teams. During this process, we realized that while we had developed successful methods for handling many of the physical/technical and strategic issues, we were still missing something - pressure.

Don't get us wrong; we had plenty of activities in which pressure was a factor. However, we hadn't yet designed practices incorporating pressure as the primary topic and training goal.

After experimenting with a couple of drills, we came up with the following games we'd like to share with you. We hope you will find them helpful.

Level Up

This game can be played in either a singles, doubles, or 2-on-1 format (we typically play for doubles practice), and emphasizes stringing points together (or not allowing your opponent to string points together if you are the defending team).

In order to score a 'Level Up Point', the challenger(s) must complete three different levels (scenarios) within a set time limit. In order to advance through a level, the challenger(s) must win 3 points in a row. If the challengers advance through the third level, they start again at the first level.

For example, the levels could be:

- Level 1 - Players start at the baseline and receive a deep feed
- Level 2 - Players start at the baseline and receive a short feed
- Level 3 - Players start at the service line and receive a low feed (volley or half-volley)

When the time limit is reached, the defender(s) and challenger(s) switch roles.

Modifiers

The game can easily be modified in a number of ways. For example, the number of levels, the number of points to win a level, the time limit, the starting positions/formations of the challenger(s)/defender(s), and the type of feed can all be changed to meet the needs of the players. Another simple way to tweak the game is to feed the first ball to the defender(s) in order to force the challenger(s) to react to a live ball.

An example of a more advanced doubles game, which works on a 1 up-1 back formation, could be:

- Level 1 - Player A starts at the baseline on the deuce side, Player B at the service line on the ad side. Player A receives a high and deep feed.
- Level 2 - Player A starts at the 60' court baseline on the deuce side, Player B at the service line on the ad side. Player A receives a high feed, that must be played as a swing volley.
- Level 3 - Players A and B start at the service line. Player A receives a challenging high feed that could travel over their head, and must be played as an overhead.

In the above example, Players A and B should switch roles halfway through the round, so that Player B can receive the feed.

Other Modifiers

In order to incentivize our defender(s), we added 'The Bucket Rule', which is a way to push the challenger(s) back one level. The defender(s) fill the bucket by hitting three clean winners (though, this can also be modified to encourage specific shots). Once the bucket is filled, the defender(s) empty it by pushing the challenger(s) back. The bucket can be filled at any point [the level of the challenger(s) has no effect].

After adding The Bucket, we decided to add 'Bucket Killers', which are specific shots that the challenger(s) can execute to reset the defender(s)' winner count. Our go-to Bucket Killer is an angled ball that hits the side netting/curtain before the defender(s) can touch it.

Pressure Cooker

After designing Level Up, we thought we needed a similar game that included the serve and return. Hence, Pressure Cooker was born.

Pressure Cooker can be played in either a singles or doubles format. In order to win a game, the serving player/team must win 3 points in a row. Games can only be won by the serving player/team.

The goal of the returning player/team is to steal the serve. This is accomplished by winning 2 points in a row.

After a game is won, or the serve is stolen, the next player in the serve rotation will serve.

Modifiers

While the scoring format is pretty important in order to create constant pressure situations, the opportunity to win a game (by winning 3 in a row) could be switched to the returning player/team. In this situation, the serving team would try to steal the return by winning 2 points in a row.

Another potential modifier is to adjust the number of serve attempts allowed per point. When working on first serves, we often let the server have 'first ball in' for every point. The number of serve attempts could also be reduced to only one, in order to simulate the pressure of a second serve situation.



Ask the Ball Machine Expert

Stan Oley is the Product Marketing Specialist for Playmate Tennis Machines. He is a PTR Professional and USPTA Master Professional. Stan has presented at conferences worldwide, including PTR symposia, and is an expert on maximizing the benefits of utilizing a ball machine.

Q: Often members ask if there are drills for the Ball Machine that would improve their fitness. Could you please help?

A: When most people train on a ball machine, their movement is usually quite limited, leaving them standing there hitting forehands and backhands for sometimes 100-plus balls without stopping. When using the ball machine for fitness, the goal is to have the player constantly moving for a fixed number of shots/ reps. When done properly, the player can usually only perform 15-20 shots/ reps before becoming fatigued. There should be a 20-30 second rest period between each set of shots/ reps. Each set of shots/ reps should be performed at least three times before moving on to the next drill. This will not only improve the player's fitness and body, but their game as well. A great program to use to achieve fitness results with the ball machine is FBT60 (Fit By Tennis In 60 Days). FBT60 is a *FREE* Tennis/Fitness Program that combines a series of ball machine fitness drills with a stretching and nutritional program. Visit www.fbt60.com to learn more.

The ball machine can also be a great addition to any Cardio Tennis Program. Many times a pro can get bogged down with the ritual of feeding the drills and the overall experience of the player can get diminished. With the ball machine feeding the Cardio Drills, the pro can be on the same side as the players, interacting, and encouraging the players with far more enthusiasm. Having the pro on the same side as the players creates a safer environment for the players, as well as the coaches. The pro can better monitor the heart rates and conditions of the players from the same side of the court while remaining safe from players' shots. Ball machines today are even capable of saving entire Cardio Programs via phone apps for quick and easy delivery of the drills.



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