

# TennisPro®



The International Magazine for PTR Tennis Teachers and Coaches

March/April 2020





# NO STRINGS NO GAME

*Taylor Fritz*



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EDITOR Peggy Edwards  
 ADVERTISING Julie W. Jilly

phone 843-785-7244  
 fax 843-686-2033

ptr@ptrtennis.org  
 www.ptrtennis.org

**PTR INTERNATIONAL HEADQUARTERS STAFF**

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 COO Brian Parkkonen  
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TennisPro Editorial Offices  
 PO Box 4739, Hilton Head Island, SC 29938-4739 USA

for courier use  
 4 Office Way, Ste 200, Hilton Head Island, SC 29928 USA

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## Champions Adjust

PTR is moving forward during this unprecedented time. First and foremost, we hope you're OK. So what is PTR doing in the midst of COVID-19? Because you are social distancing, we want to do something positive for you, including:

- Newly created podcasts and webinars to support your continuing education needs in both English and Spanish.
- 2020 Symposium presentations have been uploaded for education credit. Viewing them is a fantastic way to further your education.
- The PTR Instructor Certification Course will be offered online. (All face-to-face workshops have been postponed.)

In addition, PTR is:

- Preparing for USTA accreditation
- Adding member benefits
- Continuing to improve our coach education, which is externally accredited by NCACE
- Improving technology for a better member experience
- Improving member communication with a new bi-weekly PTR Live chat



*Dan Santorum*  
Dan Santorum  
CEO/Executive Director

As I write this, it's International Women's Day and I am reading Andy Murray's article on the role of women coaches. While I've never met Andy, he strikes me as someone who 'walks the walk and talks the talk' - a straight shooter. There is no question where he gets it. His mum, Judy, is thankfully and unabashedly the same way.

I want to share some of what Andy wrote about the importance of women coaches.

*"When my brother Jamie and I were growing up, we lived very close to the local tennis courts in Dunblane (Scotland). (Note: I visited the Dunblane Tennis Club last summer and it's worth the trip to see Andy's humble beginnings.) Given my mum played tennis to a reasonable standard and was also a coach, it was inevitable we would end up playing.*

*"My mum has great energy and has been a workaholic ever since we were young, often getting up at 4am to start her day. She's a role model for me through her determination, work ethic, and drive to do what she wants to do. Even now, she's still traveling everywhere and teaching on the court, trying to bring tennis to the masses and give kids, girls and female coaches an opportunity. (Note: Judy has been a keynote speaker at the PTR International Symposium for the last four years and has served on the PTR Women's Coaches Panel.)*

*"I was coached by my mum from a young age and have had good experiences with female coaches throughout my tennis career. But when I became professional, I noticed that basically every male player had a male coach and, in most cases, a male support team."*

If you would like to read the complete article, here is the link.

<https://www.theguardian.com/sport/blog/2020/mar/07/why-shouldnt-women-coach-men-tokyo-olympics-are-ideal-driver-for-equality>

The article goes on and Andy talks about the key coaching role Amelie Mauresmo played in his career. While Andy did not win a Grand Slam with Amelie, she took him to the next level by helping him get to Grand Slam finals. Looking back at Andy's career, it was a very important step.

There's more to Andy and I'd like to share a poignant moment I witnessed at the 2018 FIT/PTR Tennis Coaches Symposium at the Italian Open. Judy Murray was one of the keynote speakers, and she was sitting on the side of the court watching Patrick Mouratoglou's presentation. Andy came in halfway and sat right next to his mum. About a minute later, Andy put his arm around Judy and left it there throughout the talk. It was one of the most genuine touching moments I've ever seen between a son and his mother.

In several of these columns, I've written about PTR's strong commitment to diversity and inclusion. Our ACE Program transformed PTR membership and led to a massive increase in the number of coaches of color teaching tennis. One-third of PTR coaches in the USA are coaches of color. Billie Jean King told us that you need 33% to have a voice, and challenged us to increase the number of women to 33%.

Three years ago, we set out to boost the number of PTR women coaches from 25% to 33%. A tall task and we tried. Unfortunately though, we didn't make enough progress as PTR now stands at 26% - or 7% away from our goal. So what is the 7% solution? As I did with the ACE Program back in the early '90s, we are going to design a dedicated program that will move us toward our goal of increasing the number of PTR women coaches to 33%. I can tell you that designing the ACE Program was important, but it would never have succeeded if it were not for persistence and determination.

A key moment came in 1990, when I asked Arthur Ashe to serve as the first ACE Program spokesperson, and thankfully Arthur agreed. Arthur's name gave the program instant credibility, which enabled PTR at that time to gain financial support from the TIA and USTA to help offset the cost of education and certification. Arthur lent more than just his name to the ACE Program. He gave advice freely and monitored the program's progress. Arthur's biggest contribution was to insist that PTR require certification. That was the game changer the program needed to succeed, but more importantly to ensure that coaches of color could compete for jobs.

For the women's initiative to succeed, we will need a spokesperson who, like Arthur Ashe, will make a difference that will allow us to meet our goal of 33% of certified women coaches in PTR. So stay tuned for that announcement. We will need the support of our valued partners like the WTA, UTR, HEAD/Penn, adidas, Tennis Europe, Tennis Asia and national tennis federations around the world. Finally, we will need **your** support. If each PTR member would encourage at least one woman to become a certified coach (full or part-time), we would easily reach our goal, but more importantly, it would be great for the growth of tennis. The ball is in your court as together, we can . . . Make a World of Difference!



**PTR Welcomes New Board Members**

Hemel Meghani Cosme, owner and operator of Alley Pond Tennis Center, a 16 court public facility in Queens Village, New York, and Ron Manilla, Tournaments Director at The Sports Club at Boar's Head Resort in Charlottesville, Virginia, were elected to serve three year terms on the PTR Board of Directors. They have been PTR members since 1991 and 1979 respectively.



**PTR Continuing Education Requirements for USA**

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.

If you did not complete 12 hours of qualified continuing education during the last cycle, you must do so before credits will accrue for the new cycle.

PTR offers free online education so you can earn continuing education credits without leaving the house. Visit [ptrtennis.tv](http://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](http://www.ptrtennis.org)



**First USAPA Sanctioned Pickleball Tour**

The APP Tour for professional and amateur pickleball players will debut with tournaments across the United States from May through October with \$500K prize money purse. The Masters will be held January 6-10, 2021, in Punta Gorda, Florida. For details about the APP Tour and tournament registration, visit [apptour.org](http://apptour.org)

**Dear PTR,**

The Level 1 Workshop was an amazing experience. The curriculum is top notch, very well prepared and thought out. The focus of the training goes way beyond just learning certain aspects of the game, but it looks at the whole picture. From mapping out a lesson, and not just technique, but considering the whole athlete, this training helped me be a better coach. And the learning doesn't stop after the workshop. I highly recommend the Level 1 Workshop.

**Conlan Walsh  
Butler, PA, USA**

**Dear PTR,**

Absolutely fantastic weekend of learning at the PTR Level 1 Workshop in Miami. Instructors Milena Stephens and Fernando Salazar were incredibly knowledgeable and helpful. It was fantastic how they challenged us and improved our coaching skills with new ideas.

**Michal Motkya  
West Palm Beach, FL, USA**

**Dear PTR,**

I am so very proud and happy to hear the great news on our organization and the USTA continued growth developments cited in your press release (PTR Receives USTA Provisional Accreditation). Words can only hint at how honored I am to be in the PTR family. Let's keep going! If I can be of any service, call as I am standing by to actively assist!

**Donald Widener  
Suffolk, VA, USA**

**Dear PTR,**

I would like to thank the team responsible for production of *TennisPro*. The articles are very interesting and practical, with information we can use in our daily lessons. My train commute to work is a good opportunity to read it. Also the PTR Media Kit with flyers we can all use in our business was a very good idea. Real Compliments!

**Tarcisio Moroni  
Stafa, SWITZERLAND**

**Dear PTR,**

What a wonderful Celebration of Life for Dennis Van der Meer. The man who changed my life! As a PTR tennis teaching professional, I am doing my part to keep Dennis Van Der Meer's vision alive!

**Marvin Tyler  
Land O' Lakes, FL, USA**

**Dear PTR,**

Wonderful Symposium speakers and education, plus great food and fellowship. Thanks!

**Jack Foster  
Sugar Land, TX, USA**

**Dear PTR,**

Symposium was very special because of the memorial service and tributes to Dennis all week long. We need to be sure that his memory lives forever. He meant so much to so many. You outdid yourselves again with a stimulating event covering such a multitude of topics. The app was a nice plus and I used it all the time. A few speakers mentioned that their notes were on the site. Thanks for a memorable week.

**Jim Crane  
Viera, FL, USA**

**Dear PTR,**

The Symposium is a testament to PTR as truly one big happy global tennis family. If you have ever thought about spending a week away to network with industry leaders, fellow coaches, tennis experts, doctors, psychologists, strength and conditioning experts, Tennis Hall of Famers, Grand Slam champions, current ATP and WTA tour coaches, influencers and iconic individuals in a setting where you can actually approach them and talk to them face to face, share a coffee or a glass of wine informally, then this is an experience for you. Every PTR Member should attend if you possibly can.

**AJ Cotter  
Crowborough, ENGLAND**

**Dear PTR,**

The Symposium and the Pickleball Conference were wonderful. It probably gets redundant to hear, but it is the best week of the year. To be in the epicenter of both sports for a week is exciting. It reenergized me on the tennis side and I am beyond excited about the pickleball side of things. The idea of learning a new sport, getting better at it as a player, and being able to teach it has lit a fire in me. Being at the celebration for Dennis was emotional and it reminded me of what Dennis has meant to my life. Hearing his voice in the video, just brought a smile to me and touched my heart.

**Kent Peightal  
Fairview, PA, USA**

**Dear PTR,**

What a wonderful week! Thank you so much for all of the hard work that went into making it another memorable years! I am inspired and eager to get back to work!

**Bryan Fox  
Los Angeles, CA, USA**

**Dear PTR,**

Thanks so much for the cool happy birthday greeting. You guys rock.

**Marc S. White  
Murrells Inlet, SC, USA**

# PTR Hall of Fame Class of 2020



## Roy Barth

### A Path of Progressions

From his success as a decorated junior to playing on the pro tour to managing a prestigious tennis center to countless accolades and induction into several halls of fame, Roy has a long and storied history with the game.

Roy started playing – and winning – as a junior in San Diego. He won three national junior doubles titles, was selected to the USA Junior Davis Cup team, and went on to play varsity tennis at UCLA. More than just play, Roy captained the team, reached the doubles finals at the NCAA Championships, and was a two-time All-American. He also was ranked Top 14 four times (as high as #8 in men's singles and #2 in doubles in the United States).

After earning his degree, Roy's natural path was to the play professionally. From 1969-75, Roy broke into the Top 50 in the world competing against some of the greatest names in the game: Arthur Ashe, Bjorn Borg, Roy Emerson, Pancho Gonzales, Rod Laver, Stan Smith and many others. Roy was a founding member of the Association of Tennis Professionals (ATP), while playing on Lamar Hunt's World Championship of Tennis (WCT) tour from 1971-73. The ATP was established to represent the touring tennis professionals.

Roy progressed from playing for a living to putting that Economics degree to good use on the management side. In 1976, Roy moved to South Carolina to join the staff at Kiawah Island Golf Resort as Director of Tennis. Like everything else, Roy gave it his all. He built it from the ground up, and during his 41-year tenure, the Kiawah Island Golf Resort was ranked the #1 tennis resort in the world 12 times by Tennis Resorts Online and the #1 tennis resort in the US by Tennis magazine. In 2006, Kiawah aptly renamed its tennis operations to the Roy Barth Tennis Center.

While growing the award winning tennis center, Roy also served the game as a consummate volunteer. He was President of USTA South Carolina and Chairman of the South Carolina Tennis Patrons Foundation. He served on the USTA Southern Adult Competition, Nomination and Hall of Fame committees. On a national level he was on numerous committees over 29 years and was Chair of the USTA Davis Cup Committee for four years. He also sat on the PTR Board of Directors for nine years, including stints as Treasurer and as President. Roy was no figurehead; his service was always hands-on and impactful. Among other initiatives, Roy was the driving force behind the establishment of PTR's Mentor Program.

His accolades are extensive. A PTR International Master Professional, Roy was named Professional of the Year by both PTR and USTA South Carolina. His club at Kiawah earned the PTR Private Facility of the Year award. He received the Jacobs Bowl, USTA Southern's highest honor presented to a volunteer who has exhibited outstanding service to the Section. His family was named USTA National Family of Year.

When Roy was inducted into his San Diego alma mater, Hoover High School's Hall of Fame, he had no idea it was just the beginning of his litany of inductions. He was inducted into the USTA South Carolina and Southern Tennis Halls and San Diego Tennis Hall of Fame. In 2019, Roy was inducted as a player into the Intercollegiate Tennis Association (ITA) Men's Collegiate Tennis Hall of Fame. The 2020 induction into PTR Hall of Fame is Roy's sixth. It speaks volumes to his dedication, commitment and love of the sport of tennis.

# International Master Professionals

Lorenzo has worked with dozens of ATP and WTA touring professionals, including Jim Courier, Pete Sampras and Cara Black. He has traveled extensively coaching players in major professional events, including the four Grand Slams, Davis and Hopman Cups. He has developed many top juniors who were recruited to prestigious colleges.

An award winning coaching authority, Lorenzo has vast experience in mental toughness training for sports. He is the Founder and President of LB Performance Solutions. For 20 years, he served as Director of Athletic Performance Coaching at the Johnson and Johnson Human Performance Institute, where he was responsible for the development and delivery of the Mental Toughness Certification Program for coaches, as well as developed, designed and implemented critical components of the training.

Lorenzo's past and current clients include the Italian Tennis Federation, Evert Academy, Harvard, USC, USF, UVA, US Soccer, MLS, Indian Olympic Archery and Shooting Team, and world-class individual athletes and musicians.

Lorenzo was named PTR Professional of the Year in 2016, is a USPTA Master Pro, certified as Maestro by the Italian Federation, a USTA specialist in competitive player development, and an ACE certified professional trainer. In 2007, Lorenzo was awarded the Coach of the Year and DOC Counsilman Science Award by the US Olympic Committee.



**LORENZO BELTRAME**  
INTERNATIONAL  
MASTER PROFESSIONAL

Doug is perhaps the world's preeminent expert to helping tennis clubs thrive. His club consulting business, CashFlow Tennis is true to its mission statement - Growing Tennis, One Club at a Time. He helps club owners and tennis professionals increase programming, build membership and make their clubs more successful.

Through the years, he has shared his expertise as a presenter at countless industry educational events and he runs the only Tennis Owners/Managers Conferences in the USA and Canada in order to grow the industry.

An excellent athlete, Doug received an athletic scholarship for basketball to Ithaca College, but turned to tennis after an injury. He flourished as a freshman on the tennis team, establishing a school record for career wins.

After a stint as a school teacher, Doug turned to tennis full time and has remained in the our business ever since. Doug was employed by Tennis Corporation of America (TCA) for more than 30 years. A record of promotions during his tenure saw him move from teaching pro to tennis director to regional manager to regional vice president. In 1998, he was named Chief Operating Officer, responsible for 42 clubs, 2,700 employees and more than 200 tennis professionals. Over his 45 year career, Doug trained and coached 250-plus head professionals.



**DOUG CASH**  
INTERNATIONAL  
MASTER PROFESSIONAL

In 2018, Doug was recognized as a Champion of Tennis by *Racquet Sports Industry Magazine* and was honored with the PTR/TIA Service to the Industry Award.

Dan has been guiding the growth of PTR for 33 years, taking it from 2,500 members in 68 countries to more than 16,300 members in 131 countries. Dan personally conducted more than 400 PTR educational workshops in 60 countries, 225 cities, and in all 50 states in the USA.

In the early 1990s, Dan created the PTR ACE Program, through which thousands of tennis coaches of color have been educated and certified. In 2001, he developed PTR on Campus to increase the number of young tennis teaching professionals in the United States. More recently, in an effort to grow participation, he created PickTEN, an innovative program to introduce new players to both tennis and pickleball.

A dedicated volunteer for three decades, Dan has served on USTA committees at the state, section and national levels, the ITF, International Tennis Hall of Fame, National Public Parks Tennis Association and Tennis Industry Association.

Dan was inducted into the South Carolina Tennis Hall of Fame, USTA Middle States Hall of Fame, and USTA Southern Tennis Hall of Fame. Dan is the recipient of the International Tennis Hall of Fame's Educational Merit Award, National Public Parks Tennis Association's Hollis Smith Lifetime Achievement Award, and the ITF Service to the Game Award.



**DAN SANTORUM**  
INTERNATIONAL  
MASTER PROFESSIONAL

# PTR Awards



**BERT COLE**  
PROFESSIONAL of the YEAR

A longtime advocate of tennis and education, Bert has devoted decades to children through the NJTL program. Since 2002, Bert has served her Texas community as the Director of Junior Recreation of the Dallas Tennis Association. It is estimated that Bert touches the lives of more than 20,000 children every year by partnering with area organizations including parks and recreation departments, independent and public school districts, Junior League and the Police Athletic Leagues (PAL) of Dallas and Irvine. Bert's credo is the importance of guiding children to know who they are, where they come from and where they're headed, as well as teaching them the importance of giving back to others and their community. "I love my work. As much as it seems that I am giving to the children, in truth they are giving me far more! I thank and trust God for the wisdom on how to work with the children and the parents," said Bert.

She serves on the USTA National Schools Committee, and is the Chair of the Schools/After Schools/NJTL Committees for USTA Texas. For the last 10 years, Bert has also worked with human rights groups in Dallas.

Bert was inducted into the Texas Black Sports Hall of Fame and the T Bar M Racquet Club Hall of Fame. She received the USTA Texas Lloyd Sessions Educational Merit Award, NJTL Founders Service Award, and was named PTR Texas Member of the Year. A teaching pro and player, Bert has been a head coach and director of tennis, but mostly, she is an advocate for children and the growth of the game.



**FEDERICO MAS**  
CLINICIAN of the YEAR

Federico is passionate about tennis and about helping others learn to teach this great game. As a PTR Clinician, he not only conducted workshops in all four education pathways – before Level 1 – but he actively seeks coaches to get PTR certified. In 2019 alone, Federico conducted six certification workshops, including our largest of the year with 26 participants.

Federico is the Director of Tennis Development at Wheaton Sport Center in Wheaton Illinois, which is the PTR Regional Education Center for Chicago area. Previously, he held positions as ennis Director and has created successful programs as Junior Director and Community Tennis Program founder.

Also a USPTA Elite Professional, Federico has been named PTR Member of the Year, and served as PTR state representative when he lived in Kentucky.



**ALEX COVINGTON**  
YOUNG  
PROFESSIONAL of the YEAR

Alex was named Millikin University's Director of Tennis in May of 2017. She came to Millikin after serving as Assistant Men's and Women's Tennis Coach at Allegheny College for two seasons. She also has experience coaching on the high school level and at the Stanford Nike Tennis Camps.

A three year varsity letter winner in tennis at the University of Indianapolis, Alex was named to the Great Lakes Valley Conference Academic All-Conference Team in 2011, and was an ITA Scholar Athlete from 2010-2013. She earned a Bachelor of Arts in History from University of Indianapolis and a Master of Arts in History from the University of Louisville.

Alex serves as a PTR GameChangers Committee member. For five consecutive years, Alex has brought her teams to Hilton Head Island for PTR Spring TennisFest.



Corey is the father and coach of teen sensation, Coco Gauff. Corey was a competitive junior tennis player in Florida. He was passionate and talented, so much so that he was able to play numerous sports and became an NCAA Division I athlete in basketball.

His daughter Coco has now become the youngest player ranked in the WTA Top 100. At 15, Coco won her first WTA Singles title at the 2019 Linz Open. She rose to prominence with a first round upset of Venus Williams at Wimbledon in 2019. Coco defeated Venus again at the Australian Open, where she also toppled Naomi Osaka in the third round.

Coco had quick success as a junior, earning a sponsorship to train at former PTR Touring Coach of the Year, Patrick Mouratoglou Academy in France. She began playing on the ITF Junior Circuit at 13, and finished runner up in Junior Girls Singles at the 2017 US Open, in just her fourth ITF event, making her the youngest finalist in the tournament's history. She became the #1 junior in the world after winning the Junior Grand Slam Singles title at the 2018 French Open over McNally. Coco partnered with McNally to win the Junior Grand Slam Doubles title at the 2018 US Open.

Coco made her WTA Tour debut in March 2019 at the Miami Open and won her opening match. She received a wild card into the qualifying draw at Wimbledon where she became the youngest player to qualify for the main draw in the tournament's history.



**COREY GAUFF**  
TOURING COACH of the YEAR

In 2019, Bruce guided the University of Texas Men's Tennis team to its first ever NCAA National Championship title and was named Big 12 Coach of the Year.

He began his career at Texas in 2015, as a volunteer Assistant Coach and earned his way to the Head Coach post in Spring 2019. Prior to the winning the NCAA Championship, he helped lead Texas to the NCAA quarterfinals in 2017, and the NCAA round of 16 in 2015, 2016 and 2018.

Prior to Texas, Bruce had more than two decades coaching experience with some of the nation's top programs, including 10 years as Head Coach at Michigan. He also served in coaching capacities at Illinois, where in 2003, he named ITA National Assistant Coach of the Year, Ohio State, Florida and Haverford College, where he was Assistant Women's Coach under Ann Koger, PTR's 2016 College Coach of the Year. During his career, Bruce helped produce four national team champions, six national individual champions and nine teams to conference titles. He has coached five singles players and three doubles teams to #1 National rankings and 21 All-Americans, who collectively amassed 42 All-American honors.



**BRUCE BERQUE**  
Jim Verdieck  
COLLEGE COACH of the YEAR

The 2019-20 season marks Doug's 42nd year as a Head Tennis Coach (high school and college). In its *Champions of Tennis* issue, *Racquet Sports Industry* named Doug its 2019 National High School Coach of the Year. He is a two-time New England High School Coach of the Year and twice has been one of 10 coaches selected to the USTA High School No-Cut Coaches All-Star Team. He has compiled a Massachusetts tennis scholastic history 594 career victories while coaching the Somerset Berkley Blue Raiders Boys team. Doug's teams have qualified for the state playoffs 35 times and won 10 League Championships. He was inducted into the Somerset Athletic Hall of Fame in 2011, as have his 1983 and 1984 teams, which combined to win 48 consecutive matches and 76 of 77 overall. His 2015 team received the MIAA State Sportsmanship Award for tennis.

Doug is also in his eighth year as Head Women's Coach at the University of Massachusetts Dartmouth, guiding the Corsairs to the 2015 Little East Conference Championship and 2016 NCAA Tournament. He also led the Roger Williams University's Women's team to the 2002 Commonwealth Coast Conference Championship, winning the conference regular season title and the tournament championship for the first time in school history. It remains the best season in RWU athletic history. Doug was inducted with that team into the RWU Athletic Hall of Fame.

Doug played on Somerset High school's first varsity tennis teams, and was a Captain and All-Star. While a student at Boston University, he switched from playing to coaching, being named Head Coach at the age of 19.



**DOUG CHAPMAN**  
HIGH SCHOOL  
COACH of the YEAR



**TAYLOR WINGATE**  
WHEELCHAIR  
PROFESSIONAL of the YEAR

Taylor had never played tennis before a car accident in 2006. He first started playing tennis in 2014. That same year, he was the Men's C Singles Champion in the Fall Southern PTR Championships, an event he has played ever since. In 2018, he was the Men's A Singles finalist.

In 2015, Taylor won gold balls as the Men's B Singles and Doubles Champion at the US Open. In 2018, he took home the bronze ball in Men's A Singles and was the Doubles finalist. Last year, he faced the nine-time consecutive singles champion in semifinals and won 6-4 7-5, becoming the singles finalist receiving the USTA Silver Ball trophy after losing in a three hour battle in the finals 3-6, 6-1, 5-7.

In just five years, Taylor went from playing C divisions to competing in the Open division at several ITF level events. He is currently nationally ranked the #1 USTA Men's A player.

In December of 2016, Taylor was certified in PTR Adult Development by Jorge Andrew in Cayce, South Carolina. Taylor has been the wheelchair tennis instructor for Adaptive Sports Adventures Programs (ASAP) for the last two years. Through his efforts, the program has grown and currently serves 25 players. Occasionally he helps with the Carolina Rollin' Rackets at the Rock Hill Tennis Center. Both programs have weekly clinics year round!

Taylor serves on the South Carolina Board of Directors as North Area Director and is the Chairman of the SC Wheelchair Committee. He also serves on the USTA Southern Wheelchair Committee.



**DMITRY TURSUNOV**  
NEWCOMER of the YEAR

We first met Dmitry last year at the PTR WTA Coach Program in Indian Wells, California. The former ATP player, now a coach, got certified and has since been a willing contributor to PTR and coach education. Dmitry is always willing to share his expertise and was a contributor at the PTR/WTA Coaches Conferences in Toronto, Canada and Shenzhen, China.

Dmitry has finished three seasons in the Top 30 in the world (2006, 2008, 2013), capturing seven singles and seven doubles ATP titles. His highest ranking was #20 in singles. Dmitry made a splash in his coaching Elena Visnina and he was instrumental in helping Aryna Sabalenka's ranking surge from #75 to #9.



**ADAM JASICK**  
HUMANITARIAN of the YEAR

Who would have guessed that a chance conversation at the PTR Symposium would plant a seed that would grow such fruit? Someone asked Adam to contribute his used tennis equipment to a program in Togo. Eager to clean out his garage, off went the old gear. When he received a thank you email, he responded rhetorically, "Let me know how I can help." A construction bid for a mud and thatch school arrived in his in-box. To find out more, Adam flew to Togo! When he saw the village had no power or water and not a single concrete building, he was all in.

That journey morphed into what would become Future Champions Foundation (FCF), an organization Adam founded to build sustainable schools as the cornerstone of village development in some of the world's poorest communities. FCF's first large scale project, which is currently underway, is the construction of a permanent *concrete* primary school in Bogaré in northern Togo. Creating opportunities for children through education is FCF's primary objective, creating jobs and commerce in the villages and employing local resources are welcome by-products.

A graduate of Grand Valley State University in his native Michigan, Adam has spent his entire career in the tennis industry. From teaching professional to club operator and shop owner, he brings intelligent vision to FCF projects and the willingness to see them through. Adam is like a dog with a bone - he is not letting go!

To complement the Humanitarian of the Year Award and to help Adam and FCF continue to create opportunities for children to become champions in their own communities, PTR Foundation presented Adam a \$5,000 check. To find out how you can help, please visit [www.future-champions-foundation.org](http://www.future-champions-foundation.org)



Since signing the official partnership exactly one year ago, Universal Tennis has been fully committed to support PTR and growth of tennis through an incredible collection of coaching resources for the PTR membership. UTR has demonstrated its strong support of PTR coaches by providing exclusive member pricing to access the most innovative platform for growing participation.

UTR has also created the UTR Events Certified program as an exclusive benefit and recognition for PTR members who complete the program. An active supporter in PTR's new education, UTR helps by providing true analytical data, helping coaches bring to life the competitive theory of education.

UTR is also supporting the growth and opportunity of competitive play for PTR coaches by co-sponsoring the PTR/UTR 11K Championships.

UTR has an incredibly supportive team that has been all in, collaborating and working with PTR to create new approaches and opportunities for PTR coaches to grow the game.



**UTR**  
PARTNER of the YEAR

As a social worker, Susan was moved by the negative effect the lack of afterschool programming had on Chicago, especially in under-resourced school districts. She co-founded The ACE Project, an organization promoting positive youth development by building social and emotional competencies, athletic ability and educational fortitude. Since its inception in 2012, The ACE Project has grown from providing free tennis programs in one school to six elementary schools across Chicago and Baltimore.

Moving to Baltimore, Susan connected with USTA Mid-Atlantic to learn more about tennis needs in the community. Susan hit the ground running! Susan's volunteer work and The ACE Project quickly expanded to three sites. She piloted Mid-Atlantic's innovative 'Girls Rule the Court' that provides free tennis, snacks and activities related to body image, self-esteem and healthy choices. She has served on committees for USTA Midwest and Mid-Atlantic. Susan has reached more than 1,000 children, and in the last three years, as many as 750 children have played tennis *for the first time*.

Susan is committed to developing tennis in diverse and marginalized communities through non-traditional innovative methods. She is an advocate, a leader and the best kind of volunteer - one who serves the under-served.



**SUSAN KLUMPNER**  
PTR/USTA Service Award

With more than 30 years experience, Bill is recognized as a High Performance Tennis Specialist. He was Director of Tennis for the Bluegrass Yacht & Country Club in Nashville for 21 years, and now is the new Men's & Women's Head Tennis Coach at Martin Methodist College while overseeing the seasonal tennis program at Temple Hills Country Club, a sister club to Bluegrass in the Club Corp family.

No stranger to entertainment and tennis promotions, Bill created and co-hosted an award-winning weekly radio show in Nashville and has worked on air as a TV commentator and reporter. He has served as a host and producer of a variety of internet and social media outlets creating content to inspire, entertain and promote tennis.

Most recently Bill helped create and develop content with PTR for a new social media segment called *OnPoint with PTR*. The goal of the project is to highlight and showcase PTR members, events and activities in a quick fun format online. Additionally, Bill has worked for a number of years promoting tennis players, coaches and events through his own social media outlet called *Around the Court Around the World*. Through his interviews and updates, viewers are informed and hopefully entertained via Instagram, Facebook and YouTube.

Service to the tennis industry has always been important to Bill, and he has functioned in a number of capacities, including on USTA and industry committees at the local, state, Southern and National levels. Growing the game on the front lines both on and off court is evident by his longstanding commitment to the tennis industry. Bill has been honored with awards by PTR, USTA and USPTA as a coach, teacher, tennis professional and, more importantly, for his work as a volunteer in the community.



**BILL RIDDLE**  
MEDIA EXCELLENCE



**RESTON ASSOCIATION**  
PUBLIC FACILITY of the YEAR

Reston Association (RA) started building tennis courts in the mid-1960s and has grown to include 52 courts on more than 1,300 acres with 66,000 residents. Twenty-six of the courts are lighted, eight are Har-Tru courts, including four HydroGrid built in 2019. In addition, RA has six permanent 36' courts for children's tennis. Known as some of the finest courts in the Mid-Atlantic, in 2014, *Racquet Sport Industry* magazine named Reston Association Tennis its Parks & Recreation Agency of the Year.

On the programming side, RA boasts a solid 2019, with 550 junior (ages 3-17) lesson takers from beginners to 4.5 level advanced players. More than 350 adults took lessons to improve their games. RA works hand-in-hand with the USTA to hosts tournaments for all age groups and levels of play. More than 350 players join in playing GWTA, NVTL, Reston Team Tennis and senior leagues. RA also promotes tennis via its scholarship program, offering free racquets and lessons for individuals or families in financial need.

According to Rob Tucker, Reston Tennis & Pickleball Manager, "PTR is an important partner. With excellent coach education and certification, PTR provides the correct tools to bring tennis to everyone."



**THE SPORTS CLUB at  
BOAR'S HEAD RESORT**  
PRIVATE FACILITY of the YEAR

Home to the University of Virginia's varsity teams and an active member base, The Sports Club and world-class racquet facilities at Boar's Head Resort offer an unparalleled player experience. The 26-court complex boasts multiple playing surfaces, including indoor and outdoor hard courts and outdoor clay surfaces. In 2019, UVA also broke ground and is currently building a state-of-the-art tennis stadium for their top ranked NCAA teams at the resort.

The vibrancy of this unique facility can be experienced firsthand with numerous daily drop-in clinics, as well as an array of seasonal award-winning kids camps and adult academies. The resort is home to two professional tournaments (The Boar's Head Resort Women's Open and the Charlottesville Men's Pro Challenger) and is the ongoing host of the Special Olympics Xperience Tennis Invitational.

Aside from the outstanding facilities, Boar's Head is possibly most known for its first-class instructors and pro staff who can be seen providing top-level instruction every day to the resort's members and hotel guests.



STATE MEMBERS of the YEAR

CA	<b>David Panconi</b>	NJ	<b>Carol MacLennan</b>
DE	<b>Boubacar Toure</b>	NY	<b>Liesel &amp; Tony Huber</b>
FL	<b>Margie Zesinger</b>	NC	<b>Beckie Mathis</b>
GA	<b>Carmen Garcia-Jersild</b>	PA	<b>Mark Seaton</b>
IL	<b>Tim Clay</b>	SC	<b>Nancy Hoekstra</b>
KY	<b>Brooks Lundy</b>	TX	<b>Mariaan De Swardt</b>
MA	<b>Naoufal Houmairy</b>	VA	<b>Dom Manilla</b>
MD	<b>John Borden</b>	WA	<b>Lisa Moholt</b>

### PTR-UTR CHAMPIONSHIPS RESULTS

**Men's Open Singles Champion**  
Thomas Richter, Hilton Head Island, SC

**Men's Open Finalist**  
Bryan Fox, Los Angeles, CA

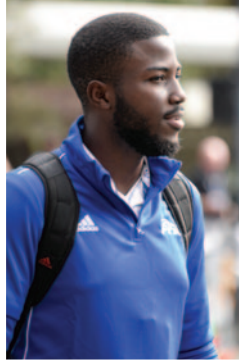
**Women's Open Singles Champions**  
Jelena Simic, Cittadella, Italy

**Women's Open Singles Finalists**  
Lauren Strasburger, Hilton Head Island, SC



photos Dayle Thomas, Faith Seiders, Peggy Edwards

# PTR International



# Tennis Symposium



# 10 Ways to Help Students Select the Appropriate Racquet



© OHishiapply/Shutterstock

*by Daniel Breag with Bob Patterson*

*A PTR Clinician, Professional in three education pathways, and Master of Tennis - Performance, Daniel has been coaching tennis for 20 years. He has a Masters degree in education administration, that has served him well as a physical education teacher. In 1993, Daniel was an All-American doubles player in an NJCAA Division II school.*

*One of the country's most accomplished and well respected racquet technicians, Bob has provided racquet service to many of the top players at tournaments around the world. He serves as Executive Director of the US Racquet Stringers Association (USRSA) and is a featured writer and Special Projects Manager for Racquet Sports Industry magazine.*



As a high school coach and director of tennis for the past 20 years, I've had many conversations with parents, players and coaches about what type of tennis racquet their child should have. With all the different types of racquets out there and the varying budgets that parents have available, it can be a difficult conversation if we, the coaches, don't have the background knowledge that is required to deliver. The purpose of this article is to outline some basic concepts that every coach should know in order to help their students select the appropriate racquet.

### 1. Age of Student

Remember chronological age and biological age should be taken into consideration. Although manufacturers use age to identify a racquet size suitable for a child, for example 23" for ages 6-8 and 27" for ages 8-10, these are merely suggestions. Not all 10 year olds are alike. You have to consider a player's height and experience or lack thereof. For example, a 4'8" tall 10 year old who is taking his first lesson may have trouble wielding a 27" racquet, while a child the same height who has been playing for five years and is proficient at the game may have no problem at all with a 27" frame.

### 2. Grip Size

The next step is to measure the player's grip size. A common error is when a parent measures their child's grip and dashes out to buy a racquet on that information alone, but then adds an overgrip, rendering it too big for their kid's hand. A general rule for sizing a player is to size down. For example, have them hold a 4-1/4 to 4-3/8 until a grip feels too big, and then back down a size. Or you can use the standard method of determining grip size by measuring from the tip of the ring finger straight down to the bottom of the lateral crease on the palm of the hand. An important point to remember is that it's always easier to build up a grip than to decrease it. Factors including parents' budget, seriousness of player, and future goals can also influence this decision.

### 3. Injury Concerns

You and your player (and parents, if applicable) must determine if the player has any injuries or limitations. Tennis elbow, shoulder injuries, etc., or injuries not related to tennis should be taken into account. This is important to know, because as well as size, tennis racquets come in different weights, and that weight can be distributed differently depending on the frame. Also with so many tennis strings available, it is important to choose the correct tension and string softness, as this can help with injury prevention or recovery. More on strings in a minute.

### 4. Level of Play

The next consideration is to determine the student's level of play, frequency of play, future goals, strength and style of play. I have taught so many lessons where players come out with racquets that are either too big or too small. Often these are brand new racquets have been purchased for that tennis lesson or tennis season. As a coach, I always carry additional racquets that are head light and head heavy, so that I can assess what would be best for that individual student. I suggest you do the same.

### 5. Racquet Balance

Understanding the difference between evenly balanced, head light and head heavy weighted racquets is very complex topic and could be an article in itself. This example is illustrated with a 27" inch racquet that weighs 10 ounces, hopefully this will help with a general understanding of the difference between the three concepts.

- Evenly balanced means the weight is equal (5 oz.) on either side of that balance point. In other words, in this example at the 13.5" point (halfway), the racquet has 5 ounces of weight on each side of the racquet. If placed on an accurate balance board or scale, at the 13.5" point, the racquet would balance evenly.
- Understanding head light and head heavy. Before we address the scenario, you must understand the basic concept of balance. Balance has typically been expressed in points. Head light points or head heavy points. One point = 1/8 inch.

For example, if the above racquet had a balance point of 12.5" measured from the butt end, it is one inch or 8 points head light. Therefore more weight is toward the racquet handle. If the racquet were 8 points head heavy, it would mean that the measuring point from the butt end to the new balance point would be at 14.5" as it would be an inch past the even midpoint of the racquet length.

- Generally the more skilled the player, the more head light of a racquet is required. The more head light a racquet is, the more power the player has to develop on their own. The player has more maneuverability and control of the racquet.

To simplify balance when shopping for the appropriate racquet for your player, you have to consider not only the overall weight of the racquet but where the weight is distributed along the length of the racquet. Head light means the handle of the racquet is heavier than the head. This makes the racquet easier to swing since the player is holding most of the weight in their hand, however, it also decreases power and stability since there is less weight where the racquet contacts the ball. Head heavy means the weight is distributed more toward the racquet head. This makes even a lighter racquet harder to swing but can provide plenty of power and stability since most of the weight is at the contact point of the ball. There is no right or wrong, it is all about what works best for the player. Generally, longer, faster strokes work better with head light racquets and shorter, more compact swings work best with head heavy racquets.

### 6. Head Size

Racquets come in different head sizes, normally ranging between 85 to 135 square inches. The most popular size racquet heads are between 95 and 110 square inches. The smaller the head size, the more accomplished the player, as they want more control of the racquet and can generate more on their own. The bigger the head size, the bigger the sweet spot, and the more power the racquet generates.

Racquet head size categories

- Standard 85-95 (square inches)
- MidPlus 99-105 (square inches)
- Oversize 106-135 (square inches)

*(continued on Page 16)*

## 7. String Patterns

Racquets have grommets designed for different string patterns - either open or closed string patterns. String pattern refers to the number of strings in the racquet and is usually expressed by the number of 'main' strings (vertical) and the number of 'cross' strings (horizontal), such as 18/20 (closed) or 16/19 (open). The more strings, the closer they are together, which creates a denser pattern.

Open patterns provide more power since they will deflect more on impact and trampoline the ball deeper into the court. An open string pattern allows the player to hit with more spin as the ball stays on the strings longer and the deflection is greater. The disadvantage is that the strings move on impact causing them to wear out faster. With an 18/20 (closed) frame, the player gets less spin and the impact of the ball on the strings is less forceful, however, a closed string pattern will give the player more control of the ball.

Another consideration is the racquet head size. For example an 18/20 pattern on a large head size will be barely tighter than on small head size that is 16/19. Ultimately it is up to the individual player to decide what string pattern they prefer to use.

## 8. Strings

Back when I started playing, there was little choice in strings - basically natural gut and synthetic gut. We even used to do repairs when a string broke. Instead of cutting out all the strings, we just repaired the broken string. In the last decade there has been an enormous evolution in string technology.

Strings come in different construction, materials and thickness (diameter or gauge).

### Construction

This can vary from a monofilament, which means the string is one solid piece of material, to a multifilament that can have as many as 20,000 smaller fibers twisted together to comprise the string. Other construction types will have a large fiber as the center core wrapped with smaller fibers to balance the feel between the two. Mono strings tend to be less elastic than multifilaments, but this is largely influenced by the material used.

### Material

A wide range of materials are used to make tennis strings, but the vast majority in use today can be defined into three basic materials.

**Natural Gut** is beef intestine used in a complex, labor intensive process that makes this string material the best for elasticity and tension retention, and playability, but it is also the most expensive material and commonly used only by professionals and very discerning recreational players.

**Nylon/Synthetic** strings are very common and versatile, as they can be constructed in a variety of ways from monofilament to multifilament.

**Polyester** strings have gained popularity in recent years because of their rigid feel and ability to snapback and impart spin and control for very advanced players with fast swings. The major drawback is that they lose their effectiveness very fast and must be restrung much more frequently than nylon or gut strings.

### Gauge

This is the measured diameter of the string. It may seem counterintuitive, but the smaller the gauge, the thicker the string. For example, 16g is thicker than 17g. Unfortunately, there is no standardization of gauges so one manufacturer's 17 gauge may be thicker than another's 16. So it is important to look for the actual measurement of the diameter, usually expressed in millimeters, such as 1.25mm.

Thicker string is the generally more durable, although there are many factors that influence this. For example 16 gauge natural guts will not last as long as 16 gauge poly string. A rule of thumb is if you have a softer string, like a multifilament, and you are looking for durability, then a 15 gauge string would be a better choice. If you are looking for more feel and less stress on your arm, and durability is not a concern, then 16 gauge in the same string might be a better choice.

The bottom line is finding the right mix of gauge, elasticity and durability for the particular player. The more elastic the string, the more power and forgiveness it will have and it will transfer less impact to the player. Junior players should be careful using stiff strings like polyester. Their bodies are still developing and are much more vulnerable to repetitive and impact injury than adults. So regardless of their abilities, stiff strings could cause injury.

## 9. String Tension

Imprinted on each new frame, along with the racquet's dimensions, is the recommended string tension, and you should adhere to the manufacturer's recommended parameters. Stringing at a higher than recommended tension can lead to damaging the tennis racquet. Most recreational players string their racquets too tightly and often at a higher tension than the pros! Tension should be considered as well as the type of string, head size and player needs, but usually most players would benefit from stringing in the lower tension range. As a matter of fact, when using a poly string, professional stringers suggest stringing at 10% lower than the manufacturer's recommended tension. Speaking of professionals, please enlist the advice and services of a USRSA Certified Stringer or Master Racquet Technician.

### 10. Personal Preference

One area that has not been discussed is the player's individual preference. Remember these are suggested guidelines and have been researched by experts in the field. However when it comes down to it, each individual player might find that a particular racquet benefits them more in one way than the other. With all the different racquets on the market it can be difficult to choose. To address this, many pro shops have demo racquets and some manufacturers have Demo Days to help players choose what's right for them. This summer, PTR's sponsor HEAD launched its Racquet Fitting Program Powered by The Kovacs Institute. It takes Demo Day to a new level by using scientific data collected during a one hour session to help more advanced players select their best racquet.

### 11. Review

Like the HEAD program, there are other additional areas that are not addressed in this article, including the power level of racquets, customization with lead tape, etc., however these are normally for more advanced players. Just remember that improperly fitted equipment, playing with the wrong string type or tension and not maintaining fresh strings and grip can lead to injury. Often equipment related injuries are not immediate, but rather occur over time. The guidelines in this article are sufficient for getting started helping your players choose the correct racquet for them.

### Conclusion

This article is meant to help you assist players who are new to the game or are buying their first racquet. Please don't hesitate to make copies to give new players (or their parent if applicable). As coaches, we are well aware that there are many more intricate layers to selecting racquets and strings. For additional resources, Tennis Warehouse has a terrific Equipment Learning Center on their website [tennis-warehouse.com](http://tennis-warehouse.com); and I recommend coaches join USRSA at [racquet-tech.com](http://racquet-tech.com) for the wealth of information.



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# Want to Add Pickleball to Your Courts? Start Here



*courtesy of Halecon, Inc., Bridgewater, NJ*

*by Mary Helen Sprecher*

*Mary Helen is the managing editor of Sports Destination Management. She has been a technical writer for more than 25 years with the American Sports Builders Association (ASBA), the national association of designers, builders and suppliers of materials for athletic facilities, and as such, has written for a variety of magazines in the sports and fitness industry. Sprecher has written on various topics relating to sports facility design, construction and supply, as well as sports medicine and health issues.*

*Previously, she was a full-time newspaper reporter in Baltimore, Maryland and has been an instructor in the College of Graduate and Continuing Studies at Goucher College, where she taught meeting and event planning courses.*

Like many club pros, you've made the decision to bring pickleball on board. You already know the days when pickleball players were happy to hit balls anywhere – whether the courts were marked correctly or not – are long gone. You need pickleball courts (and you're still going to host tennis) and you want to keep everyone happy.

The good news, say the builders, is that it's totally possible. Even better news . . . Depending upon your needs and time frame, it can be done without committing to reconstruction. This article will cover two different scenarios and will be published in two separate issues of *TennisPro*.

### **Adding Lines to Existing Tennis Courts (without Reconstruction)**

It is essential to note up front that tennis rules state that only tennis lines may appear on tennis courts if the court is going to be used for sanctioned tennis play. However, it's possible to use blended pickleball/tennis lines on some courts, and to keep others for sanctioned play, according to the club's needs.

Adding new lines to delineate pickleball court space on an existing tennis court is the first method of implementation.

The two things you will need to source are as follows:

- Pop-up nets appropriate for pickleball (fortunately, it's a burgeoning market and you won't have any trouble finding them) that can be folded away when not in use, and . . .
- An experienced contractor who can help with the correct marking and placement of the lines, and who can additionally advise you on other aspects of the facility, such as safe clearances around courts.

"Adding lines is the most economical way to introduce pickleball to an existing tennis court," says Greg Nichols, CTCB of Premier Surface Solutions Inc., Tallahassee, Florida. "The benefit to this solution is the addition of pickleball without eliminating the ability to play tennis. The cost is relatively low, and so is the time commitment, since the court can be striped and ready for pickleball play in one day."

First, figure out how many pickleball courts you want to create. Meet with user groups representing both tennis and pickleball to determine the number of courts that are being used. Ultimately, once courts are striped for different sports, you'll have to create schedules for different play.

You already know that a tennis court is 36 by 78 feet (the space within the playing lines) and 60 by 120 feet (the playing area plus the area outside the lines). A pickleball court, however, is smaller than a tennis court; 20 by 44 feet for the court size, with a total minimum playing area of 30 by 60 feet. The playing lines are also different, as is the net.

To fit pickleball onto existing tennis courts, multiple layouts may be used. One, two or four pickleball courts are possible using a one court space.

Want to maximize space? The four pickleball court layout, with two courts on each side of the tennis net, is an excellent option. (The pickleball courts are laid out lengthwise, with the baselines of each pickleball court parallel to the tennis net.) And it's a winning equation. Pickleball is played in both singles and doubles, which means one tennis court can accommodate a maximum of 16 players as opposed to the total of four players who can use one court in doubles tennis.

It is essential note that the four court layout causes significant overruns on either side of the tennis court. It may be advantageous to choose a single court that is not part of a battery, in order to avoid any possible hazards caused to players on adjacent courts. Your court contractor can help guide you in this regard.

Like tennis, pickleball has both serious and recreational players. The less serious players are generally more interested in socializing, and often will linger after games to talk and watch others play. Keep in mind the previous note about how many players four pickleball courts can host and plan for a separate area where they won't interfere with play.

The type of player you have may also drive your choices as you work toward bringing in pickleball. For example, if you are interested in using one tennis court to host one pickleball court, it is possible to do so, but in addition to new playing lines, you'll need to decide what to do about your net.

"The existing tennis net is too high to meet pickleball regulations," notes Nichols. "A tennis net needs to be 36 inches from the court surface at the center, and a pickleball net needs to be 34 inches. This is not a critical issue for recreational play; however serious pickleball players will want to add a system to lower the net to the proper height which can be purchased and easily installed and removed."

Just as when implementing tennis court lines for youth play, pickleball lines added to a tennis court should clearly delineate the playing space but should be in a different color, so as not to cause confusion. Court contractors have used a variety of colors (avoiding the use of white, which is the standard color for tennis court lines).

"As for line stripe colors, we have done blue, yellow, black, red, orange, and green," says Matt Hale, CTCB, of Halecon, Inc., in Bridgewater, New Jersey. "One issue we let each customer decide is which should be the dominant sport. Most people still say tennis, so we stop the pickleball lines three inches away from the edge of the tennis lines, so they don't intersect with them, although there are some customers who prefer the pickleball lines go right up to the tennis lines."

In this sense, adding pickleball lines is similar to the practice of adding lines for 36- and 60-foot courts that the USTA encourages for youth play.

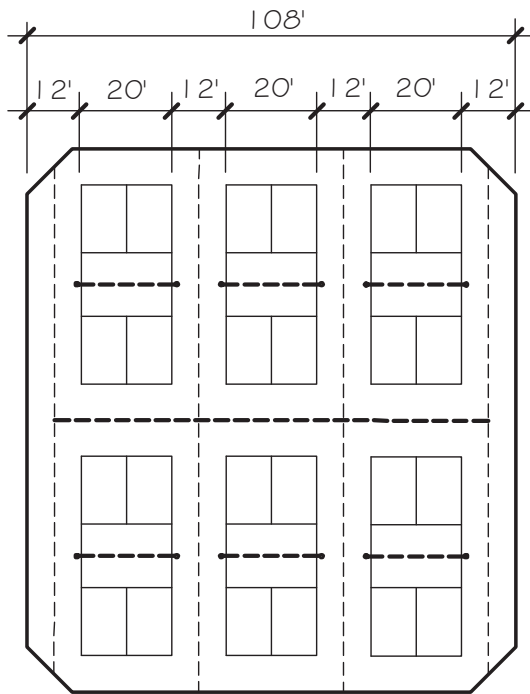
While many rec centers and even tennis clubs will use tape to delineate pickleball courts, Hale cautions against it.

"This is a big mistake and can be costly. Oftentimes on outdoor courts, people try to create D-I-Y pickleball courts by installing cheap tape that melts to the court surface in the sun. The tape is then impossible to remove, so you're stuck with the unsightly tape (it is never put down straight, either) until it's time to resurface the court."

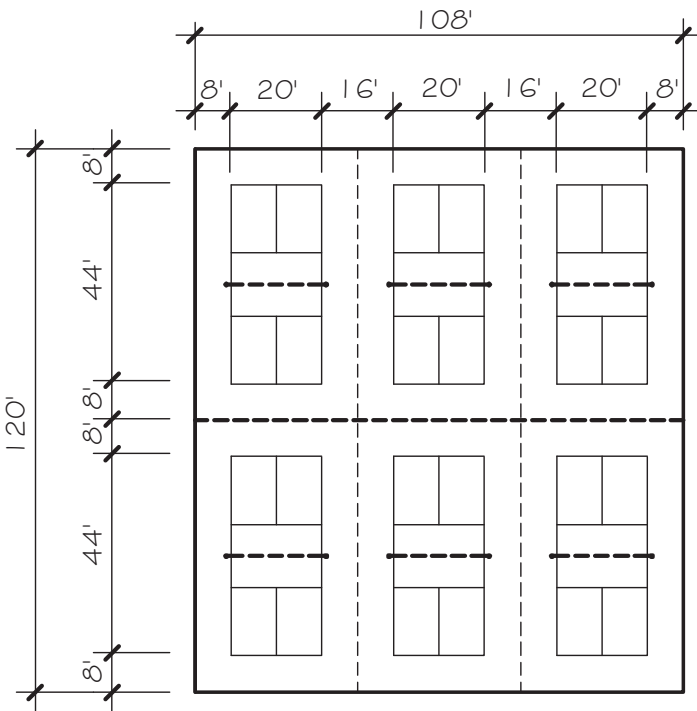
Because adding courts in any club can be a complex issue, it is advantageous to understand all aspects of the courts themselves. The American Sports Builders Association offers a publication, *Pickleball Courts: A Construction & Maintenance Manual*, that can provide an excellent background on understanding the design, construction, appointment and use of pickleball courts. It is available from the website, and was written with assistance from the USA Pickleball Association, the national governing body. It can be ordered in either a hard copy or a pdf.

*(continued on Page 20)*

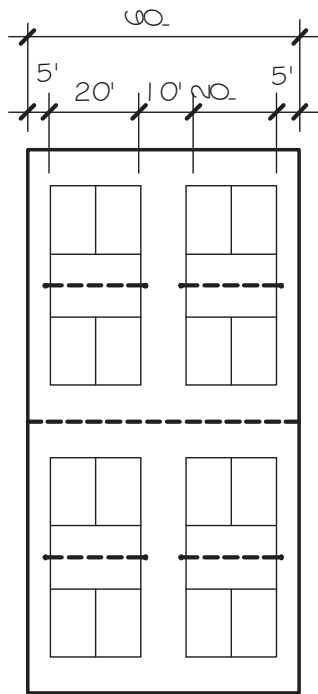
*Note: This article will be continued in the next issue of TennisPro and will focus on permanent installation of pickleball facilities.*



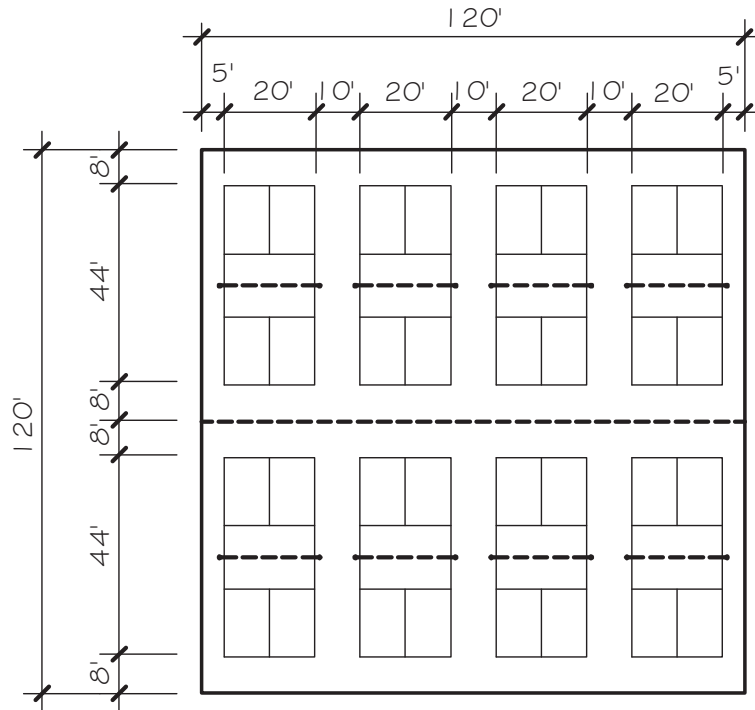
120' x 108' PAVED AREA  
(TC WITH DIAGONAL CORNERS)



120' x 108' PAVED AREA  
(TC WITH SQUARE CORNERS)



120' x 60' PAVED AREA  
(TENNIS COURT)



120' x 120' PAVED AREA  
(2 TENNIS COURTS)

(TOP OF EACH LAYOUT IS ORIENTED NORTH)

## EXISTING PAVEMENT CONVERSIONS

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# Member News



## HONORS

**Joe Goldthreate** and **Tina McCall Waters** are in the Class of 2020 inductees to the Black Tennis Hall of Fame!

**Jaime Kaplan** was inducted into the Southern Tennis Hall of Fame. **Jody Bingham** received the Southern Tennis Professional of the Year Award.



In January, **Lou Wiggs** (left) received the Lifetime Achievement Award from USTA Eastern Executive Director and PTR member, **Jenny Schnitzer**.

**Mark Haffner** will be presented the Ziggy Kahn Award by the Pittsburgh Jewish Sports Hall of Fame. The prestigious honor is for community service and will be given on May 3.

The ATA saluted **Art Carrington** during Black History Month.

**Lynne Rolley** has been elected to serve on the USTA NorCal Board of Directors.

## PTR MASTERS OF TENNIS

**PERFORMANCE**  
**Andrey Boldarev**, Eastchester, NY  
**Mattias Johansson**, Costa Mesa, CA



**ADULT DEVELOPMENT**  
**Mitch Case**, Burlington, CT

## NEW POSITIONS

**Simon Gale** has been named the Director of Tennis post for the USTA National Campus in Orlando.

**John Borden**, who had been GM and DOT of Junior Tennis Champions Center (JTCC) is the new Chief Operating Officer of the Washington Tennis and Education Foundation.

**Rod Andrew** is a new Head Pro at Seven Oaks Swim & Racquet in Raleigh, NC.

## NOTEABLE

**Jennifer and Phil Parrish** were recognized as a husband and wife teaching professionals with a Q&A in the February issue of *Tennis Club Business*.

**Ann Koger** was invited to the launch party for *They Carried Us*, a book published by Arch Street Press in which she is cited for her social impact as a black woman and a leader.

**Spyke Henry** was selected to Chair the Washington DC Ward 4 Youth Advisory Committee.

## COLLEGE

**Chuck Keenan** was named Head Women's Coach at Savannah State University.

## SIGHTINGS



US High School Tennis Association's Pennsylvania pre-season coaching workshop in February, organized by USHSTA Executive Director, **Steve Milano**, and PTR VP, **Delaine Mast**, welcomed **Melinda Bell**, **Becky Desmond**, **Mel Eckhaus**, **Emily Elmore**, **Mike Herman**, **Norbert Lienhard**, **Brenda McBride**, **Mark Seaton**, **Todd Snyder**, **Riz Soulliard** and **Ira Watts**. **Evan Schreiner** was a presenter.



**John Irvin** was a presenter at the Community Development Tennis Workshop in February. John, owner of Hot Shotz Tennis, presented a detailed eight week lesson plan for after school tennis providers and spoke about the virtues of using Net Generation to Grow the Game.



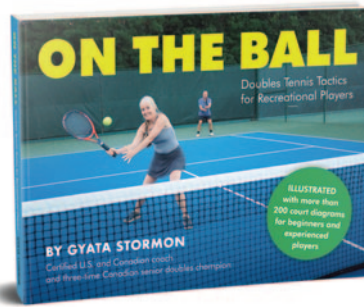
Check out all these PTR Pros who participated in a HEAD Demo Day held during the PTR International Tennis Symposium.



NEW BOOKS



In his newly release book, *TENNACITY*, **Angelo Rossetti** will help you develop a tenacious mindset for sports and life. Key concepts include focus, confidence, grit, imagery, goal setting and more. The book's 30 purpose points will help you build mental toughness and resilience. Nick Bollettieri calls *TENNACITY*, "a must read." The book is available online at Barnes and Noble and Amazon.



*ON THE BALL - Doubles Tennis Tactics for Recreational Players* by **Gyata Stormon** is a user-friendly guide to doubles play with clear explanations and more than 200 court diagrams. Coaches can use this book to inform doubles lessons and coach teams. It can also serve as additional reading for students to integrate, remember and practice what's being taught. Available on Amazon. Multiple copies can be ordered from Gyata at a discount via [ontheballbook@gmail.com](mailto:ontheballbook@gmail.com)

SIGHTINGS



We spotted Visiting Pro, **Eddie Gilmore** with resident Pro, **Kevin Simms** teaching tennis at Couples Resort in Negril, Jamaica in January.



**Curtis Holland** shared this group shot from his annual Head Demo Day at the Curtis Holland Tennis Complex.



# Education News



USA



**Tom Ruth** conducted 10 and Under Certification on at Moss Creek on Hilton Head Island, SC.



**Tom Ruth** traveled to the other side of the country - Seattle, WA - to conduct Adult Development at Tennis Center Sand Point.



Coach Developer, **Jim Harp** conducted our first ever Level 1 Certification at the Atlanta Athletic Club in Georgia. Level 1 combines and replaces our 10 & Under, 11 to 17 and Adult Development workshops.



CHINA



**James Huang** conducted Adult Development Certification in Xi An in November.



In December, **James Huang** conducted Adult Development Certification in Fu Zhou.



In January, **James Huang** conducted Adult Development Certification in Changsha.



10 & Under workshop conducted by **Qian Rong** and **Deng Qiang** at Hangzhou Vocational College.



**Huang Chang Ming** conducted 11 to 17 in Jin.



10 & Under Certification conducted by **Zhang Zhi Bin** in Shen Zhen.



CYPRUS

**Photos Kallias** conducted an 11 to 17 Certification Workshop for the fine coaches pictured here. A former ATP Tour pro, Photos is the Director of Photos Kallias Tennis Academy and Eleon Tennis Academy.





HONG KONG



PTR International Master Pro and Hall of Famer, **Dr. Louie Cap** conducted Adult Development and Performance Certifications in Hong Kong. The workshops were held at oldest club in Hong Kong, the Reccio Club. Louie also conducted 100+ Problems and Solutions and Tennis Fitness Specialty workshops.



INDIA



**Dr. Louie Cap** spent much of January in India conducting PTR Certification workshops. Two were held at Pitambura Public Schools in Delhi. Top far left photo are the coaches at the PTR Performance certification, and left are the 10 & Under certification participants. Then Louie was off to the CDTA Cuttack Club in Odisha.



The bottom left photo with Louie kneeling is the group who took PTR 10 & Under certification, and the coaches in the bottom right photo participated in the 11 to 17 certification workshop. Many thanks to PTR India representative, **Dilip Mohanty** for organizing Louie's trip.



JAPAN

In mid-January, **Shinichi Suzuki** conducted 10 & Under Certification with help from eight little 'guinea piglets', an endearing term **Dennis Van der Meer** used to call student volunteers. Shinichi had assistance with skill demonstrations and teaching tests from **Yutaka Tokumaru** and **Masaru Satoh**. The workshop was held at Fairy Tennis Forum in Kodaira, Tokyo.



MEXICO

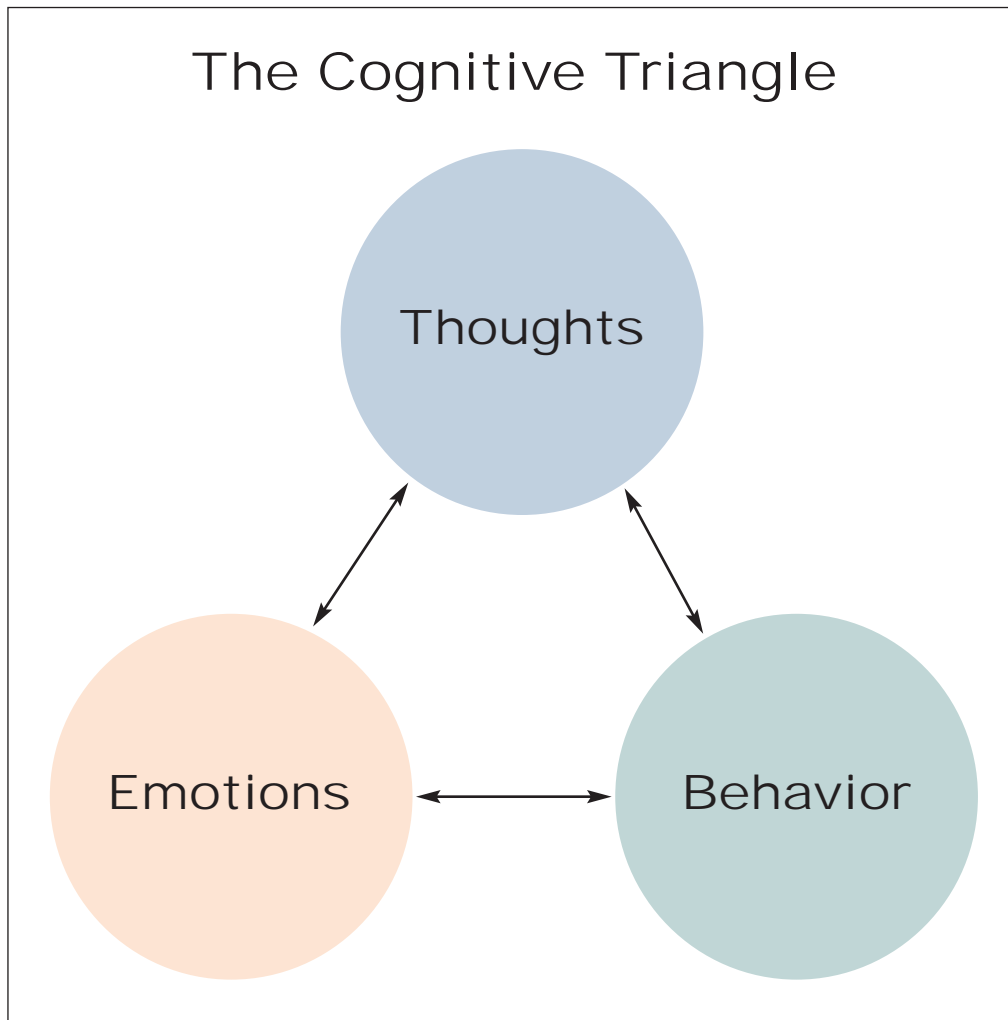


**Iñaki Balzola**, PTR International Director, conducted Adult Development Certification at the Club Campestre de Aguascalientes. The workshop was held January 28-30, and was organized by **Luis Vargas**

**Iñaki Balzola** traveled to Club Campestre de Tijuana in time to conduct a Performance Certification Workshop January 31-February 2. This was organized by **Oscar Urbina**.

# The Cognitive Behavioral Process Needs to be Taken into Account when Training

## The Thought Process



by Patrick Aubone, M.S.

*Patrick is the Director of Men's Tennis at Dunwoody Country Club in Atlanta, Georgia. 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.*

On the court, how often do you hear a student say, "I can't do this" or "I'm having an off day"? How many times in practice or training sessions do you find your athlete in a negative mindset more than a positive one? There are a couple of variables that go into an athlete's mindset. The main concerns are stress at home or work and mental fatigue from school or daily tasks. These and other factors can affect a player's thoughts during a practice or match.

The cognitive model, how perceptions and thoughts influence reactions, proposes that distorted thinking, which influences the student's mood and behavior, is common. Dr. Albert Ellis' ABC model is the perfect example of what often occurs to a tennis player. The activation of an event 'A', leads to emotional and behavioral consequences 'C', with the emotional consequences being mediated by beliefs 'B'. Dr. Sebastian Olstean concurs, "Emotions and behaviors (C - Consequences) are not directly determined by life events (A - Activating Events), but rather by the way these events are cognitively processed and evaluated (B - Beliefs)."

Most cognitive behavior therapists might see behavioral and indeed somatic (physical) consequences as also being mediated by beliefs or at least by cognitive factors of various kinds.

There are many examples of professional athletes going through this process in a match; one could argue that this is more common at the junior and adult amateur levels. In an individual sport, such as tennis, the impact can be much greater. Negative behavior can lead to tanking the match. The current example is Nick Kyrgios, a Top 30 player in the world. The problem with him is when things start going wrong during matches. He often complains that he hates tennis and prefers basketball, he smashes as many racquets as Goran Ivanisevic, and more often than not, he tanks. His mindset clearly affects his behavior and as soon as his behavior begins to go negative he is completely unable to recover.

For the most part, everyone is used to seeing positive or negative behavior in sports. The impact of negative behavior is felt just as much in a team setting as it is in an individual sport. For example, if a key soccer player gets a red card and is ejected, then the team is forced to change its strategy to a more defensive style in order to make up for being one player short. This could upset the remaining players and cause an increase of aggression when defending. The opposing team will gain confidence because this represents an advantage. As a result, the opposition will play a more relaxed and aggressive attacking style of soccer.

In juniors and amateur recreational tennis this is extremely common. When was the last time you played a match and managed to change from a negative mindset to a positive mindset? Were you able to change the outcome of the match in your favor? Some players are highly competitive and simply get frustrated due to unreasonable expectations of themselves and/or their abilities. While they may look good from outside the court, the trained eye will notice irregular patterns and poor shot selection. The unrealistic expectations are the cause of the frustration. Is this the coach's fault for not correcting it or is it the player who is too stubborn to listen to their coach when the suggestion was giving during a practice? Probably both, the coach for not wanting to be a 'broken record' and the athlete for not trusting the coach.

The question now is, is the negative behavior justified? Most of the time, no. Athletes look for excuses when missing shots or failing to reach their objectives. When instead of looking across the net and realizing their opponent was better on that day. When in reality, they lost control of their thoughts first by focusing on the negative and then lost control of their behavior. Finally, they lose control of their emotions. At this point, it is game over.

The relationship between Thoughts, Behavior and Emotions is a reciprocal one in Cognitive Behavioral Theory.

In the heat of the moment, most athletes respond emotionally first. A big point won during a set at a critical time will emit an emotional positive response from the player. Losing a big point will emit a negative emotional response followed by a negative behavior, such as smashing a racquet or yelling. In team sports, such as football or rugby, a negative emotional response might be a late hit after the play has ended or a cheap shot in retaliation for a previous play, such as a chop block in football or a shoulder charge in rugby.

A confident individual in a positive state of mind will demonstrate positive behavior and positive emotions throughout the match, even during difficult situations. This player is able to control his/her emotions through rational thoughts and learned positive behavioral tactics in order to maintain a steady state of mind throughout the match.

A less confident player might be in a positive state of mind throughout the set or match until the moments where the pressure increases. As the pressure increases, so does this athlete's self doubt. This little bit of doubt allows the smallest of negative thoughts to creep in. "Can I win this?" or "If I don't win this point..." They aren't extremely negative, but they are enough to make one forget what got him/her to this point in the match. They are enough to cause negative emotions to sneak in if success is not achieved at that moment. If one fails and then allows for the negative emotions to take over, then the match is most likely lost.

Another example related to soccer could be when a defender misreads a play and allows a big goal or touchdown. This can cause distrust in the player the next time they are in a similar situation. Emotions during a critical time in the sporting event can cause a bigger let down than any thought or behavior not preceded by emotion. In an individual sport, a blow to one's emotional stability is usually followed by a mental let down from which a player is unable to recover. A great example of this was the Argentine tennis player Gaston Gaudio.

If you ever watched him, you may have seen a player who displayed his emotions to an extreme. He was sarcastic, smashed his racquet, he yelled, he told a line judge to stop calling foot faults, and he asked the crowd if his forehand were "really that bad?" and he said that sometimes the sport he hates the most is tennis. This from a former Top 10 player who came back to win the French Open from 2 sets to love down and 3-0. He experienced difficulties in all three areas of the cognitive triangle and admitted to having worked with a psychologist for years. The one tournament he put it all together was his greatest triumph. Imagine what could have been if he had the mind of someone like Federer! How often have you played in a league match and your opponents used foul language or got mad at their partner? Take advantage of those are situations!

Federer is the prime example, but also Edberg, Sampras and Agassi toward the end of his career, and many others who exhibit great emotional control. They have the ability to demonstrate the wonderful effects of maintaining a stable thought process and allowing the mind to positively influence their behavior and emotions. Practicing emotional control during team or individual practices is a great way to get a heads up on the competition.

# Playmate Ball Machine Drill

## 2 Line Touch 'n Go Overhead Drills

**Skill Level** - beginner to advanced

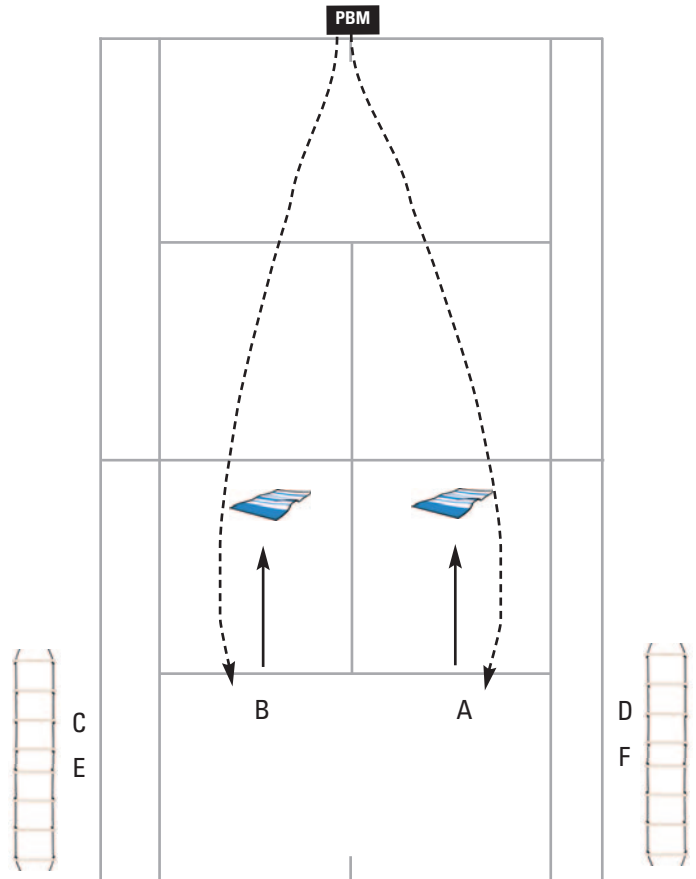
**Objective** - to improve overhead and fitness

**Procedure**

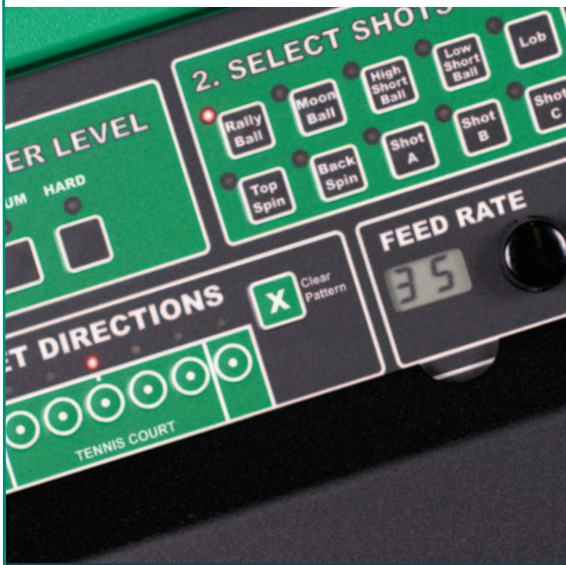
- This is a FBT60 Drill (Fit By Tennis in 60 Days) [www.fbt60.com](http://www.fbt60.com)
- Place ball machine in the center of the baseline
- Set machine to throw high defensive lobs to 2 lines
- Player A hits Lob out of the air as an Overhead and then moves forward to touch towel on court in front of them. Player B does the same. Next, Player A plays Lob as an Overhead off of the bounce then exits to the outside and switches lines. Player B does the same.
- If 4 Players - Hit four balls each and rotate - No Ladders
- If 6 Players - Hit two balls each and rotate - Two Ladders
- Ball frequency should be timed so that players are getting their shots on time.
- Towel can be moved forward or backward to increase or decrease the fitness intensity of the drill.
- Vary target areas.

**Variation**

- Beginners can first perform this drill without a racquet.
- Player gets in trophy position and moves to ball and catches it in contact location then moves and touches towel. A great way for a beginner to learn proper Overhead Ball Recognition while still getting fit.



**PBM** = Playmate ball machine      = Towel



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