

TennisPro.



The International Magazine for PTR Tennis Teachers and Coaches

July/August 2020



We Welcome Professional Platform Tennis Registry (PPTR)
PPTR - the official education & certification partner of APTA



KINeSYS®

PerformanceSUNSCREEN

OIL-FREE SPORT SUNSCREEN



Easy to apply on & off the court.
Won't affect your grip.

80
MINS
WATER
& SWEAT
RESISTANT

PTR Welcomes new Corporate Partner KINeSYS Sunscreen

KINeSYS non-aerosol spray sunscreen is perfect for athletes. With a quick-drying formula, our non-aerosol, pump spray sunscreen is fast-absorbing and lightweight.

And they offer a **20% discount** for PTR Members!

[CLICK HERE](#)

Discount will be applied in cart.

- 4 oz bottle delivers 700+ sprays
- UVA/UVB Broad Spectrum Protection
- No Greasy, Sticky Residue to affect your grip
- Water & Sweat Resistant up to 80 Minutes
- No oil, alcohol, parabens, PABAs, preservatives
- No colorants, fragrance, sulphates or Oxybenzone

KINeSYS®
PerformanceSUNSCREEN

FEATURES

- 5 **Recovery: Hidden Gem of the Shot Cycle**
Gyata Stormon
- 10 **PTR Foundation Update**
- 12 **Resilience and Connection in Uncertain Times**
Kalindi Dinoffer
- 16 **Lights, Camera, Action! 3 Keys to a Better Lesson**
Bill Riddle
- 18 **Training Female Athletes**
Sujay Lama
- 27 **5 Key Traits of Well Rounded Tennis Professionals**
Federico Mas

REGULAR FEATURES

- 2 For the Record
- 3 Industry News
- 3 Your Serve
- 22 Member News
- 24 Education News
- 29 Ask the Ball Machine Expert

On the Cover: PTR Members Macie Elliott & Marcela Rodezno won the 2020 Women's Platform Tennis National Title at the APTA (American Platform Tennis Assn) National Championship in Darien, CT this March. They won the title this March amidst the largest women's field ever in this growing sport!

Contents Page: Johan duRandt, PTR/PPR/PPTR

Photo Credits: Nindy Pike, APTA



TENNISPRO.
July/August 2020
Volume XXIX, No. 4

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

ptr@ptrtennis.org
www.ptrtennis.org

PTR INTERNATIONAL HEADQUARTERS STAFF

CEO Dan Santorum
COO Brian Parkkonen
VP MARKETING & EVENTS Julie W. Jilly
INTERNATIONAL DIRECTOR Iñaki J. Balzola
MEMBERSHIP DIRECTOR Helma Cap
DIRECTOR OF DEVELOPMENT & DIVERSITY Milena Stephens
IT DIRECTOR Amanda Mitchell
MEMBER SERVICES MANAGER Paige Payne
MARKETING MANAGER Caitlyn Fries
ACCOUNTING Vicki Neitzel
INTERNATIONAL STAFF CLINICIAN Dr. Louie Cap
EDUCATION CONSULTANT Dr. Anne Pankhurst

PTR BOARD OF DIRECTORS

PRESIDENT Karl Hale
VICE PRESIDENT Delaine Mast
SECRETARY Ken DeHart
TREASURER Jack Waite
DIRECTORS-AT-LARGE
Leo Alonso
Hemel Meghani Cosme
Ron Manilla
Lynne Rolley
Martin Van Daalen
IMMEDIATE PAST PRESIDENT
Rodney Harmon

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

TennisPro is published bi-monthly by Professional Tennis Registry, a nonprofit organization dedicated to educating, certifying and serving tennis teachers and coaches worldwide in order to grow the game.

The opinions expressed in TennisPro are those of the authors and not necessarily those of TennisPro or PTR.

Copyright © 2020 Professional Tennis Registry. All rights reserved.
Reproduction of any portion of TennisPro is not permitted without written consent of the publisher.

TennisPro is Registered in the U.S. Patent and Trademark Office.
PTR logo is protected through trademark registration in the U.S. Office of Patents and Trademarks.



Platform Tennis!

You know the expression - All good things come in 3's. With that in mind, we are pleased to announce the formation of our third organization devoted to enhancing the professional lives of the teachers and coaches we are privileged to serve. After months of work behind the scenes, welcome Professional Platform Tennis Registry (PPTR)!

Like its' sister organizations, PTR for tennis and PPR for pickleball, PPTR is dedicated to promoting and improving the growth of its sport, platform tennis, by educating coaches. You can't enhance any of these sports if you don't give each one its own identity and platform (no pun intended).

Before PPTR formally launched on July 21st, we had the good fortune of signing a three-year partnership with the governing body, the American Platform Tennis Association (APTA). This followed the model of the formation of PPR, where we successfully joined forces with USA Pickleball two years ago. The relationship started in early March, when I had the pleasure of visiting the APTA Nationals; and what a fabulous event!



Dan Santorum
Dan Santorum
CEO/Executive Director



Our first meeting, I had the pleasure of meeting with the APTA Board President, Tiernan Cavanna; Vice President, Mark Fischl; and CEO, Amin Khadduri. Joining me were our Board Treasurer, Jack Waite, and PPTR Lead Consultant, Patricio Misitrano. We found APTA to be dynamic, polished and very knowledgeable, but equally as important, we found APTA's values very similar to ours; a family culture, strong member support, and working hard to make a difference in the sport we love.

PTR's original education was created by the vision and genius of the legendary Dennis Van der Meer. PPR had 5-time Pickleball National Champion, Sarah Ansbury, develop a comprehensive and quality education curriculum. PPTR's education was designed by our dedicated, knowledgeable and experienced lead consultant, Patricio Misitrano.

So what can you expect from PPTR? PPTR will provide the latest and most up-to-date education for paddle pros, which will be housed on a state-of-the-art learning management system (LMS). Like PTR and PPR, PPTR certification workshops will have a strong educational foundation with domains and competencies for teaching platform tennis. PPTR workshops will be 'future-ready' by offering partial online certification. We are also working on a series of instructional videos/articles, which will be available on the PPTR dedicated website.

PPTR members will experience some of the same benefits as PTR and PPR, such as fast and friendly membership service, an annual conference with renowned speakers, as well as other valuable items, including optional liability insurance. There's more good news- the price of membership! For those who are members of PTR, you can take advantage of a cost-saving, bundling plan, adding PPTR membership for only \$50.

With the addition of PPTR to our stable of organizations, pros who work at tennis and pickleball facilities/clubs can now be certified in three different court sports! The term we are using for those who are skilled enough to accomplish this feat - 'Triple Threat'. So whether you achieve a 'Triple Threat', a 'Dynamic Duo', or a 'One and Done', (like me with PTR) - you are equally valued - to the students you teach, the game you help grow, and the facility you represent.

Hey, we don't want to get ahead of ourselves, but before you know it, we may be offering you the opportunity to be 'Fearsome Foursome', or even 'Fab Five'. So hold on tight as we work hard to serve you and meet your needs, the games' needs, and the needs of your employer as we continue to . . . Make a World of Difference.



Join now to become a CHARTER member of PPTR!
PPTR Membership officially starts September 1, 2020.
To join, please call us on the dedicated PPTR phone 843-785-7787 (843-785-PPTR).
www.pptrplatformtennis.org

Drop-In Tennis Secrets: A Manual for Creating a Second Income Stream with Tennis is a handy guide for those seeking to organize tennis matches for local players and make some money in the process. This manual is suitable for tennis professionals that want to add a second income stream to their regular business, and for entrepreneurial tennis players who want to start a business in the sport they love.

All the steps for starting and conducting successful drop-in tennis business are covered, including

- Evaluating your situation and the market
- Your goals and profit expectations
- Business plan and finding Host clubs
- Planning weekly drop-in tennis events
- Marketing strategy
- Conducting events with a Secret Sauce
- Tips on how to be a good leader



Written by **Rich Neher**, publisher of TENNIS CLUB BUSINESS. Rich has organized and conducted thousands of drop-in tennis events in Southern California since 1998. Available on Amazon.

HEAD is expanding the EXTREME racquet series in 2020, with a new model added to the dynamic range of spin racquets with the innovative Graphene 360+ technology.

Endorsed by Matteo Berrettini, semi-finalist at the 2019 US Open, EXTREME racquets allow players to generate a devastating combination of spin and power. The updated range includes the new EXTREME TOUR, which is designed for advanced tournament players. With five racquets in the expanded series -TOUR, MP, S, LITE and PWR - players of various abilities can now take spin to the EXTREME.

For a perfect blend of control and spin, HEAD created the new LYNX TOUR string. This co-polyester has a unique six-edge design, ideal for a range of players, from the harder-hitting intermediate to the advanced tournament player.

As with all HEAD products, current PTR members receive exceptional Pro Pricing.

Don't miss this year's exciting World Team Tennis competition – the 45th star-studded season of WTT. This season takes place LIVE at The Greenbriar through August 2nd. The matches are televised on one of the following networks -- ESPN+, ESPN2, CBS Sports and Tennis Channel. Some of this season's standouts include Sam Querrey, Mike & Bob Bryan, Kim Clijsters, Genie Bouchard, Sloane Stephens, Donald Young, Ryan Harrison, Bethany Mattek-Sands, Monica Puig, and Taylor Fritz. For the exciting schedule of live tennis, go to wtt.com.



Dear PTR,

I want to thank Jim Loehr for the beautiful messages and for working with me during my pro career. Hope this gets to him. My deepest gratitude for being an amazing psychologist to me and making the changes I needed that not only helped me on the tennis court but through out my life. All the best.

Angélica Gavaldon
Coronado, CA, USA

Dear PTR,

This is a great initiative [online certification for international members], congratulations! Keep on your amazing work internationally. All the best.

Louis Cayer
LTA Senior Performance Advisor

Dear PTR,

Thank you for the messages from Dr. Loehr. I haven't had the pleasure of meeting him, but I'm very impressed by his emotional intelligence, and ability to share insights on such current matters that are affecting us all right now. His delivery of such strong positive messages we all need to hear in the tennis world and beyond. Many thanks and very uplifting. Cheers.

Michelle Jaggard-Lai
Collaroy NSW, AUSTRALIA

Dear PTR,

To the PTR Board and Staff I say thank you for reaching out during this difficult and trying time! I pray that you and your families stay safe and healthy! #PTR STRONG

Charles Akinloye , Director of Tennis, Trumbull Racquet Club
Trumbull, CT, USA

Dear PTR,

Thanks to you and the amazing Dr. Loehr for his inspiring videos. I consider myself so lucky to be involved with PTR - and as always, you are there for us and showing unity and strength. Hope you and your families are safe and well.

Mike Tomas
Pacific Palisades, CA, USA

Dear PTR,

Hi everyone in the PTR family. I want to thank you, not only for the birthday wishes, but for all that you are doing during this difficult time. PTR is with me everyday, as I am doing at least one continuing education course a day and filling in your surveys. I want to mention PTR member Jorge Capestany for his generosity allowing access to his website for three weeks. Hope everyone is safe and healthy.

Claudio Eulau
Oceanside, NY, USA

Dear PTR,

I completed the Safe Play and some continuing education which I found very educational and interesting. We have been closed for the 3rd time by the city. But this time we have students/parents re-serving courts in their HOA neighborhoods and I always operate very safely. We had 80 students/week, tons of new students for July after seeing how I put SAFETY first always (Dennis always taught us that). The continuing education will help me a lot. It's a great gift you are giving to all of us as support.

Best regards,
Aruna C. Bernier
Austin, TX, USA



Spring TennisFest
HILTON HEAD ISLAND, SC

Top 10 Reasons to Bring Your College or High School Team to PTR Spring TennisFest on Hilton Head Island

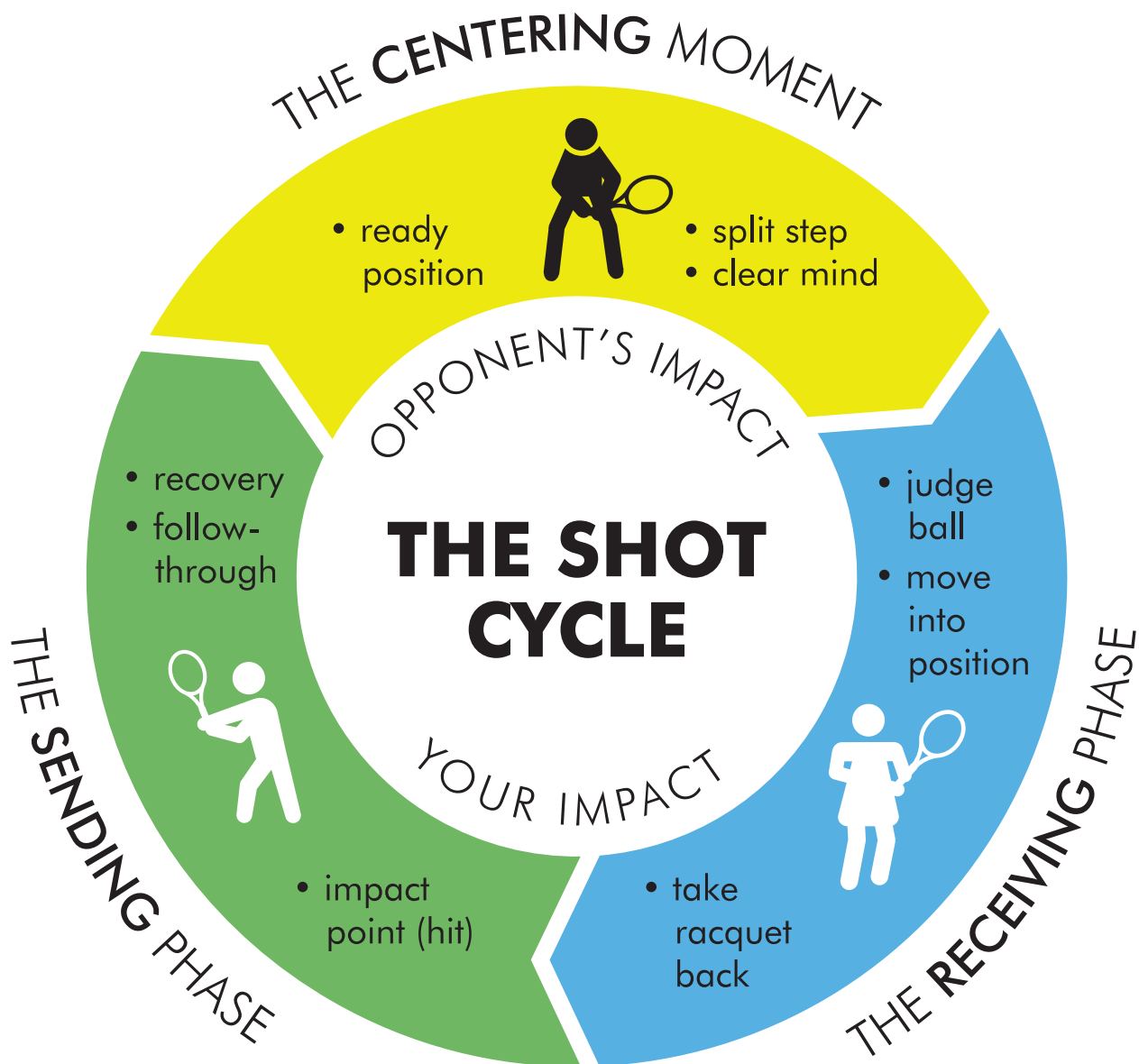
- 1 The BEST rates for registration and accommodations - all located on the island and close to the beach, restaurants, activities & practice courts
- 2 The MOST professional hard courts on Hilton Head Island with spectator viewing at the world famous Van der Meer Tennis Center, all with singles sticks, score posts, site directors and cold water
- 3 FREE Souvenir T-shirts for team members (8 per team -- a \$160 value)
- 4 FREE Team Dinner Party if you use our Accommodation Partners, each week (big savings -- one less night to feed your team) -- Great opportunity to socialize with other coaches and teams. All-U-Can-Eat Food. Music and Prizes - Beachside
- 5 Site Directors at EACH site throughout all play to assist you
- 6 ALL PTR STF facilities are located on Hilton Head Island within six miles of the Sea Pines Circle (Hilton Head's central focal point). No time spent driving to matches.
- 7 In the event of rain, we have access to indoor DecoTurf courts and outdoor covered courts at the Van der Meer Tennis Centers for an extra fee.
- 8 Year round QUALITY customer service with 12 hours of operation M-F (7am to 7pm) and hours on Saturday.
- 9 EASY Communication – Text or email available 6 days a week, year round. Event Director on site at each venue throughout the day; and available by text or cell.
- 10 PTR is a global non-profit organization of tennis professionals and coaches dedicated to improving the sport of tennis. PTR is corporate member of ITA and a member of the ITF



www.springtennisfest.com
843-785-7244

Recovery

Hidden Gem of the Shot Cycle



© Gyata Stormon

by Gyata Stormon

Gyata is a tennis coach, author and yoga teacher living in upstate New York. She's a TPA Certified Level 1 Coach (Canada), a PTR Certified Professional (Adult Development) and holds an M.A. in Sociology. She's also an accomplished player, playing Division I tennis at the University of Iowa in the early 1980s and winning the Canadian Senior 45s Doubles Championships three times. Gyata's first book, *On the Ball: Doubles Tennis Tactics for Recreational Players*, was published in 2019. The shot cycle and the staggered-offense system, introduced in this article, are covered in depth in her book, which is available on amazon.com. Learn more about Gyata, contact her, or sign up for her newsletter on her website www.ontheballbook.com

There's nothing quite like the feeling of hitting the ball well - that moment when everything comes together. Sometimes we fall in love with that moment and get caught admiring our shot, forgetting that the ball is coming back. Nothing ruins a brilliant shot like being out of position for the reply.

In this article, I'll introduce the shot cycle model, which describes the three phases that make up every shot. This model expands our thinking, so we become aware of the many aspects that are involved in hitting a tennis ball. My focus will be on recovery, which is the movement of a player after s/he hits the ball and before his/her opponent makes his reply.

Embracing the Tactical Game

In my Canadian coach training, I learned a game-based method, where tactics (how to play the game) and technique (how to hit the strokes), are taught in tandem. This method ensures that players develop their strokes, tactics, and learn the rules of the game, thus empowering them to rally and play with other players from the get-go. One of the reasons I chose PTR for additional training, was its inclusion of tactics, in the 'Play, Practice, Play' method.

I coach adults from the beginner level on up, and have worked with many women's USTA League teams. Although technique is extremely important, adult recreational players may not want to put in the time to change their technique, especially if it's been engrained over many years. I've seen a great deal of improvement in players who learn tactics without making any changes to their strokes. Additionally, it's easier to benefit a whole team by creating a common strategic understanding, than by attempting the difficult task of working on stroke technique in a group setting.

The Shot Cycle

The shot cycle is a model that has helped a lot of my students. As you can see from the infographic, each shot has three phases: centering, receiving and sending, and within each phase there are three parts. The model is based upon my Canadian training, but I've developed it as described in detail in my book, *On the Ball: Doubles Tennis Tactics for Recreational Players*.

Recovery is the third part of the sending phase of the shot cycle. I call it the hidden gem, because it's extremely important in the construction of a point and makes a huge difference in the number of points won. Despite that, it's often neglected. Many recreational players don't know where to move, or even that they should be moving after they hit the ball.

After recovery comes the centering moment, which should be timed as the opponent strikes the ball. The centering moment includes the all-important split-step, with the associated ready racquet position and a clear, calm mind. The receiving phase begins directly from the centering moment, and this is followed by the sending phase, and so on.

Recovery - Moving to Home

Recovery is a player's movement from where s/he is on the court when the ball is hit, to the optimal place to receive the next ball. I call this optimal place 'home'. This is the location on the court where the centering moment should occur when the opponent hits the ball. While higher level players may have trained and engrained this skill, beginners and lower level players need to learn and practice how and where to recover.

Once the impact and follow through are finished, a player has the time it takes for the ball to travel across the net until it lands in the opponent's court, to recover before the centering moment. To make use of this valuable time, a player needs to know where to go and to move immediately after the follow through. Players often waste precious time watching and assessing their own shot before recovering, leaving themselves with insufficient time to recover well.

If a player fails to recover to the optimal place on the court before his opponent hits, s/he would still be well advised to pause in the centering moment wherever s/he is, and to do his/her best to receive the next ball.

Teaching Recovery

When I work with new students, I first observe how they move when rallying or playing points, and whether they pause and split-step when their opponent hits. Some players wait until their opponent strikes the ball before moving, thus missing the recovery phase entirely, and few incorporate the split-step. Often I notice players creeping in from the baseline until they're standing in no-man's land as their opponent hits. Players have explained to me that they're moving in because they've been told to get into the net. This is a misunderstanding. Approaching the net requires a quick, deliberate forward movement to reach the appropriate 'home' at net.

In the beginning, I like to place physical homes on the court, in the form of non-slip colored dots. My hope is that the physical reminder of where to move, will become emblazoned in my players' brains. It takes plenty of patient encouragement and reminders by the coach to help a previously stationary player remember to move after hitting. Recovery and the split-step go hand-in-hand, so I also encourage the split-step as part of this process.

Where to Move

The location of the optimal place to recover - the home - depends upon where the ball is in the opponent's end of the court. Keep in mind, that as a player's understanding develops, the exact location will become more and more refined, and will take into account other factors, such as the player's and the opponent's favorite shots.

In terms of the side-to-side direction, the home is located approximately in the middle of the best possible angles of return that the opponent can hit. This is called 'bisecting the possible angles of return'. This may seem like a lot of thinking at first, but the theory is good to know, even if it feels intuitive once you're on the court.

In the video *Doubles Tennis Tactics*, Louis Cayer demonstrates the possible angles of return by using ropes stretched from the location of the ball in the opponents' end of the court, across the net and to the appropriate doubles sidelines. It allows the students to be on the court and get a feel for how much lateral distance they need to reach any ball, and how the distance gets less when they're closer to net.

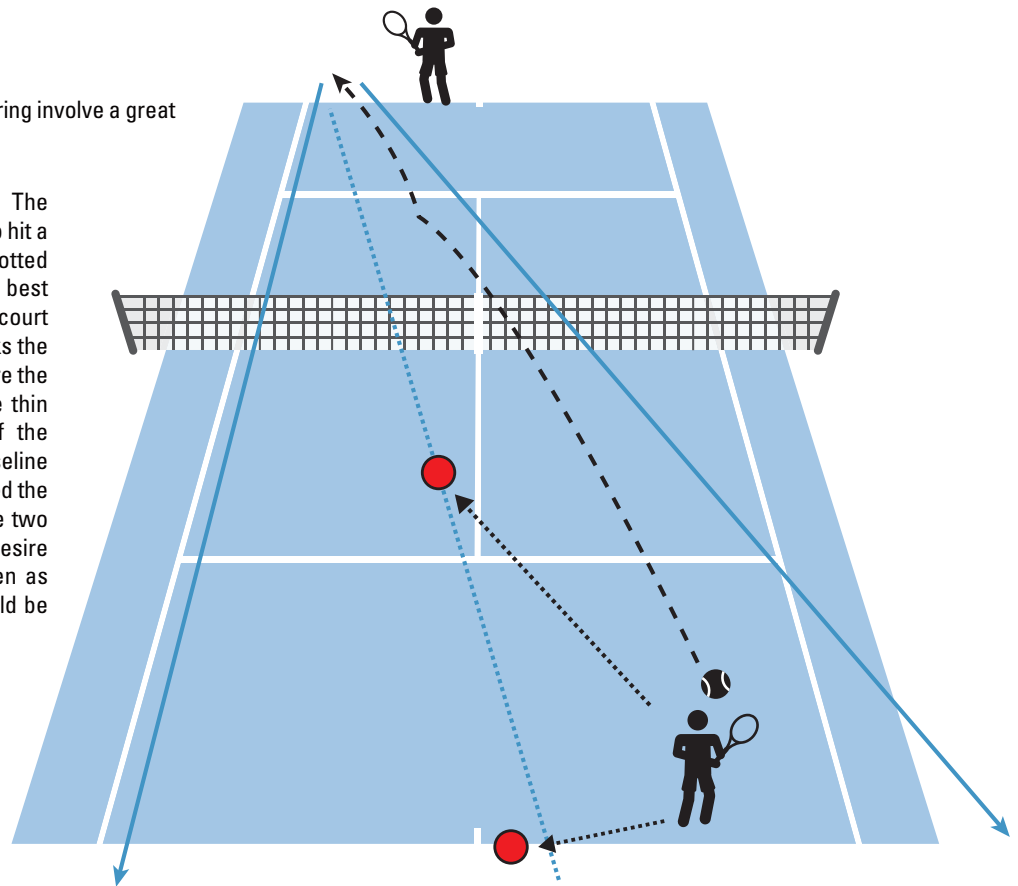
If you don't want to spend the time or the large amount of rope needed for such an exercise, a diagram is the next best thing. I use my court clipboard to explain and demonstrate new drills. With this tool you can draw the possible angles and explain the reasoning behind the suggested homes.

Recovery in Singles

In singles, both receiving the ball and recovering involve a great deal of side-to-side movement.

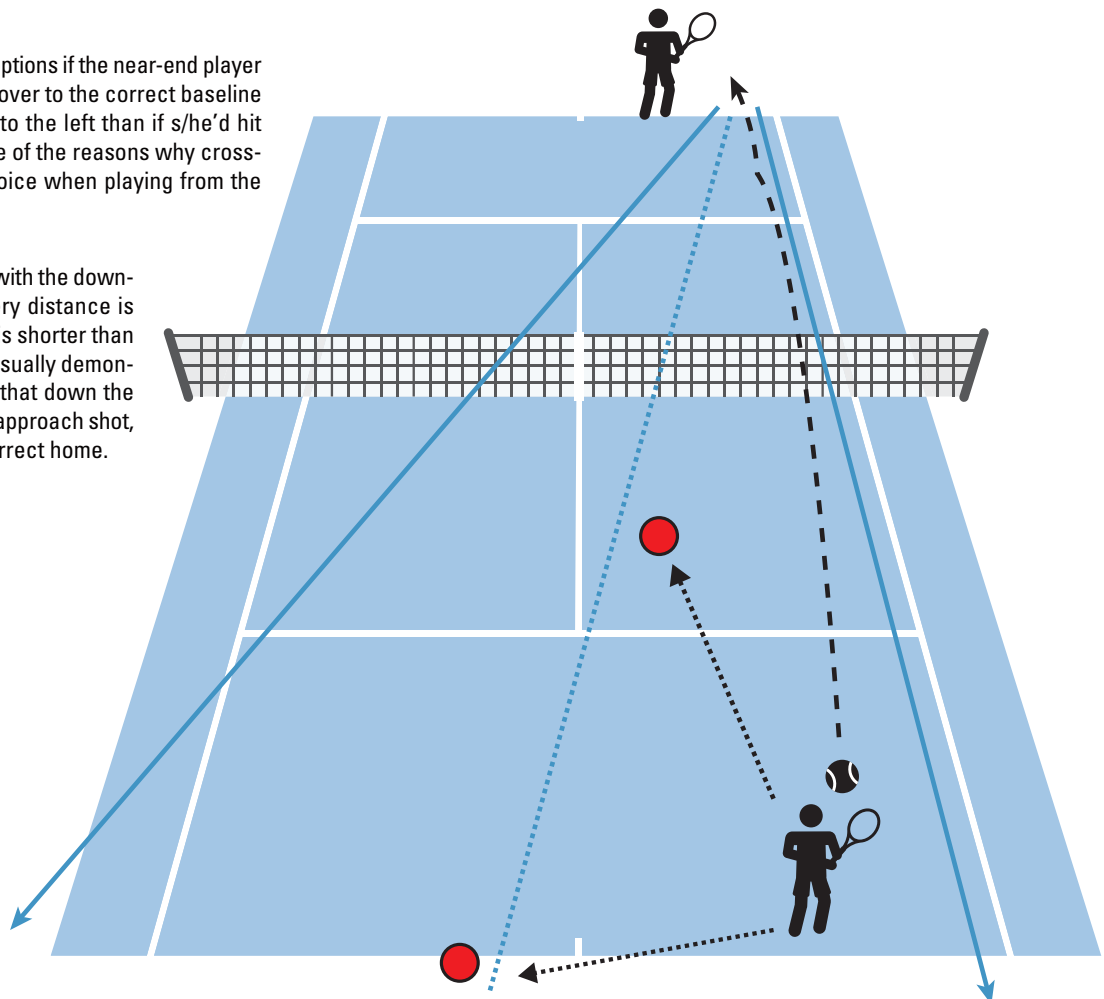
Here we see one shot in a crosscourt rally. The near-end player has stepped into the court to hit a crosscourt shot, shown as a wide black dotted line. The two blue solid lines represent the best possible angles that the opponent in the far court could possibly hit. The blue dotted line marks the middle of these two angles, which is therefore the theoretical optimal recovery location. The thin black dotted line shows the direction of the player's recovery and the red dot at the baseline is the home for this particular shot. I've placed the home slightly to the left of the middle of the two angles, to take into account most players' desire to use their forehand groundstroke as often as possible. A left-handed player's home would be slightly to the right of the middle.

The red dot between the net and service line is the home if the player decided to approach the net. Notice how he would have to move diagonally forward to reach this home.



Here we see the different recovery options if the near-end player decides to hit down the line. To recover to the correct baseline home, s/he needs to move farther to the left than if s/he'd hit crosscourt. Shorter recovery is one of the reasons why crosscourt is the more common shot choice when playing from the baseline in singles.

If s/he decides to approach the net with the down-the-line approach shot, the recovery distance is more directly forward, so recovery is shorter than with a crosscourt approach. This visually demonstrates the common singles tactic, that down the line is usually a better choice for an approach shot, as it's less distance to reach the correct home.





**SPIN
SPIN
SPIN
SPIN
SPIN
SPIN**



**GRAPHENE
360+**

EXTREME

SPIN THE GAME YOUR WAY

HEAD[®]

.COM/EXTREME

**WARNING
EXTREME
SPIN**

HEAD PRO PLAYERS MAY PLAY WITH DIFFERENT RACQUETS FROM THE MODEL SHOWN

Update from the PTR Foundation



Former PTR President, **Lucy Garvin** of SC has been appointed to serve on the PTR Foundation Board of Directors. And PTR current Board Member, **Delaine Mast** of PA was named as liase to the Foundation Board. "We are pleased to welcome Lucy and Delaine to their respective positions with the PTR Foundation," said Foundation President, Scott Tharp. "We are truly fortunate to have such talented individuals join us in our mission to make tennis available to everyone."

The Foundation was established in 1979, as the charitable arm of PTR. In order to pursue its goal of raising, administering and distributing funds for charitable activities, the Foundation was granted 501(C)(3) status as an educational foundation.

Each year, PTR members donate to the Foundation - often with their membership renewals. These funds are used for various charitable and research activities which are within their 5 Categories of Giving. Some of these charitable activities have included Boys and Girls Clubs, Adaptive PE Programs, National Junior Tennis Leagues, junior scholarships, seed grants to start community tennis programs and other worthwhile projects. The Foundation supports the PTR Wheelchair Tennis Championships and the annual Special Olympics Tennis Championships. Please consider a donation by clicking [HERE](#).

The Foundation also donates to the causes of our Humanitarian Award Winners each year. This year's Humanitarian was **Adam Jasick** with his Future Champions Foundation who is using tennis to open doors and building sustainable schools in AFRICA.



Dennis Van der Meer Early Education Center at E.P.P Bognari in Togo





Pickleball Pricing

Special pricing for PPR/PTR members!



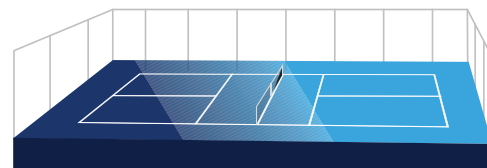
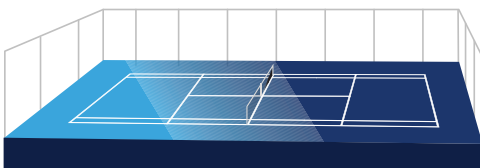
	Non Member Pricing	PPR/PTR Member Pricing	
1 Pickleball Court	\$13,140	\$12,600	\$540 SAVINGS
2 Pickleball Courts	\$25,740	\$24,660	\$1,080 SAVINGS
3 Pickleball Courts	\$38,340	\$36,720	\$1,620 SAVINGS
4 Pickleball Courts	\$50,760	\$48,600	\$2,160 SAVINGS
5 Pickleball Courts	\$63,000	\$60,300	\$2,700 SAVINGS
6 Pickleball Courts	\$75,060	\$71,820	\$3,240 SAVINGS
8 Pickleball Courts	\$98,640	\$94,320	\$4,320 SAVINGS
10 Pickleball Courts	\$121,500	\$116,100	\$5,400 SAVINGS

* Price does not include shipping (between \$500 to \$1,500 per court on average)

** Installation price does not include travel (hotel, meals, transportation), if contractor is not local

*** MAPEI portable court carries a 5-year Warranty

Add another amenity to your facility!



Convert your existing flat surface (ie: Platform Tennis Court) into a temporary Pickleball Court!

Mapei Headquarters • 1144 E Newport Center Drive • Deerfield Beach FL 33442
(954) 422-7009 • dmorehouse@mapei.com

Resilience and Connection in Uncertain Times



© Elizaveta Galitckaia/Shutterstock

by Kalindi Dinoffer

Kalindi's passion for mindful meditation led her to complete several training programs, including leading mindfulness expert Jon Kabat-Zinn's eight week MBSR (Mindfulness Based Stress Reduction) course, an eight week Mindful Self-Compassion course developed by leading experts Dr. Kristin Neff and Dr. Chris Germer, and a Mindfulness Certification Training program through the Dallas Yoga Center. She has been published nationally in Racquet Sports Industry Magazine and Pickleball Magazine, as well as presented at conferences nationally and internationally. PTR Certified since 2014, Kalindi is the Vice President of Marketing for her family's tennis, fitness and pickleball training aids and equipment company, OnCourt OffCourt. She also has her own holistic health and mindful living blog, MindfulKalindi.com and is a certified yoga instructor. Kalindi resides in Dallas, Texas, where she works in group and private settings with clients on yoga, myofascial release and mindfulness.

**I can be changed by what happens to me,
but I refuse to be reduced by it.**

-Maya Angelou

The last time a Grand Slam was cancelled was during World War II. Now in 2020, the French Open and Wimbledon are cancelled due to the historic pandemic known as COVID-19.

How can we foster resilience and connection in uncertain times? How can we make sure we are exercising precaution but not paranoia? How can we manage our anxiety when we may feel trapped and scared? With clubs and rec centers shut down, tournaments and events cancelled, and most of the population told to practice social distancing and self-isolation, how can we – as tennis players and coaches – keep up with the sport we love while staying connected and grounded?

A great tool is mindfulness. Mindfulness is a mental training practice that can help cultivate resilience as you develop the ability to be in the present moment, observing and even befriending your own experiences.

Mindfulness has been practiced for thousands of years and nowadays modern neuroscience is demonstrating the tremendous benefits mindfulness has on brain function, immune system response, stress and pain management, and even the aging process!

Basically, mindfulness is a practice that focuses on mental presence and how you view stress. On the positive side you can view stress as a challenge, as 'eustress' to use the Greek word for good stress. On the flip side you can view it as bad stress or 'distress'. The exercises we will be covering can help with that reframing of 'bad' stress to 'good' stress.

Not so different from a tennis match, is it? What do you do when you double fault on set point? Or choke on that forehand at 5-all in the tie-breaker? The beauty of these practices is that you can work on them now and be ready to rock and roll when you and your students get back out on the court!

The following are 10 easy tips you can start integrating into your daily routine right now.

1. Just Breathe

It sounds simple, but chances are, as anxiety is creeping in, your breathing is becoming shallow. Shallow breathing means you're not getting as much nourishing oxygen as you could be. Try this on for size. Inhale through the nose to a slow count of four, exhale through the nose to a slow count of six. Repeat three times. How do you feel now? Maybe a little less anxious? Deep and slow diaphragmatic breathing calms your entire nervous system, helps build resilience to stress, and boosts your immune system. Who couldn't use a little of that?

And hey guess what?! This idea of breathing will be an awesome tool to share with your students once you do get back out on the court.

2. Three-Minute Breathing Space Exercise

Taking the idea of breathing a step further, you can practice a mindfulness exercise called a Three-Minute Breathing Space. Here's how it goes. Continue that gentle breathing you were practicing in #1 and then on your next breath simply notice your thoughts. Notice them without judgment, perhaps even with compassion. Just say, "Oh that was a thought about what might happen in the future." Next, turn to observing your emotions. What do you feel? Once again, notice your feelings without judgment and perhaps even with a little compassion. Next, turn to your body and notice what physical sensations there are ... again without judgments. "Oh that's a knot in my stomach, how interesting." Finally, take in your body as a whole and notice thoughts, emotions, as well as physical sensations, and continue taking slow, deep breaths. Try this exercise for about three minutes once or twice a day or whenever you are feeling a little anxious. Over time you will be able to successfully address any tension, stress, anxiety or other difficult emotions in the moment as they arise, rather than stay tense all day or all match long.

This type of exercise is good to practice before you get out on the court or even for a few seconds in between points and during changeovers. You can regroup with just a couple of deep breaths and a quick assessment of what's going on in your mind, body and emotions.

3. Practice Self-Compassion

We touched on this in #2, the idea of observing thoughts, emotions and physical sensations without judgment and, better yet, with compassion. But what does it really mean to practice compassion? To me, it means being kind to myself and treating myself as I would a dear friend. Note that self-compassion should not be confused with self-pity. Numerous studies show the tremendous power of mindful self-compassion practices to boost focus, happiness and wellbeing. My favorite tool to practice is a self-compassion break as follows.

- First, simply take a deep breath and say to yourself, "This is an uncomfortable moment." Other options include, "This hurts" or "This is stressful." What you are doing here is acknowledging what is happening in the present moment. This acknowledgment is mindfulness, in contrast to feeling overwhelmed the whole day and not realizing you were stressed until the end of the day when you collapse, exhausted.
- Second, acknowledge that stress is a part of life. That's common humanity. You could say to yourself, "I'm not alone. Others are just like me" or "We all struggle in our lives." When we are suffering, we can feel alone.
- Third, offer yourself some physical comfort. You may put your hands over your heart, or wherever feels soothing, and just feel the warmth and gentle touch of your hands. Perhaps you may even offer yourself some words of loving kindness such as, "May I be kind to myself" or "May I give myself what I need?" If you're having difficulty finding the right words, imagine what you would say to a friend or loved one in need and gently try offering yourself that same message from the heart.

Again, this works well both on and off the court. Just think about that time you or your students were beating yourselves up in a match. This self-compassion break can be a short meditation exercise or just a quick reassurance between points, even after you catch yourself beating yourself up. With practice, this too will become automatic.

4. Learn to Befriend (or at least Accept) Anxiety or Uncomfortable Emotions

Let's be perfectly clear – the goal of some of these mindfulness exercises isn't to get rid of the anxious or uncomfortable emotions, it's simply to sit with them and notice what they feel like. To be able to say, "Oh I'm feeling anxious right now; that's okay, let me focus on my breath and give myself some compassion." This is a technique you can take with you once you get back on the court as well, perhaps simply noticing those pre-match jitters next time they come up. After all, even Federer gets nervous! Nerves and anxiety aren't bad, what matters is how we deal with them.

5. Anchor Yourself to the Present Moment

Sometimes, especially when we are feeling super anxious, the last thing we are able to focus on is our breath. Connecting to a grounding anchor like the soles of our feet on the ground (bonus points for getting out in the grass with your bare feet) is an excellent option. Back on the tennis court, racquets or balls both make great grounding anchors!

6. Do Something Different to Reset

If you find yourself in a prolonged anxious cycle, you may need more than a few minutes of breathing to break out of the funk. Even just taking a few minutes to go outside and find a quiet spot for a short walk and get away from technology can be amazingly beneficial. Even in this current situation of staying at home there are things you can do. How about some home practice? Shadow swinging in the basement or hitting against a wall? Ever thought of learning to juggle?

7. Pick One Activity to do Mindfully in the Day

Mindfulness meditation is a great activity to practice now to help build resilience for when you get back on the court! Meditation, however, can be a bit of an intimidating word, so where to start? I've already shared a few short exercises, such as the three-minute breathing space and self-compassion break and, of course, deep breathing. Even simpler than that would be to pick one activity you already do every day and do it mindfully.

Doing an activity mindfully simply means engaging all five senses in noticing what you are doing non-judgmentally versus being on autopilot. Good options for this include brushing your teeth, showering, getting dressed, drinking that morning cup of coffee or even eating a meal or snack. What does it really feel like to shower? What sounds can you hear? What does the water taste like on your lips? What does the water cascading down look like, etc. You get the idea. Play with it and have fun. There is no wrong way to do this exercise; it's merely about learning to get off autopilot since we spend so much time on the past or thinking about the future. This gently brings our attention to experiencing joy in what we are doing at the moment.

Now think how much sweeter that ball contact will feel the next time hit a forehand or how beneficial the art of mindfulness could be in your – or your student's – next match.

8. Can You Find the Silver Lining?

It's easy to lose perspective, to get sucked into a negative cycle and dwell on the things we can't do. This has been a big one for me. Just two years ago, the path I was on did not include daily stretching or meditation. If it hadn't been for chronic pain and injury issues, I wouldn't have started on a healing journey. I wouldn't have developed a passion for mindfulness and holistic health and I definitely would not be sitting here writing this article about resilience and connection in uncertain times. To go back even further, if at age 16 I hadn't had hip surgery that derailed my competitive tennis career, I most likely wouldn't have connected with so many people I met on and off the tennis court. Never have silver linings and a positive perspective been more relevant than now.

9. Gratitude, Gratitude, Gratitude

Tying in with finding perspective is gratitude. Neuroscience has shown us that gratitude rewires our brain, transforming it into a valuable coping mechanism. Of course, this can be easier said than done, especially if you are in state of severe pain, either physical or emotional. It is helpful to start out in small increments, for instance, adding an informal meditation upon waking or before going to bed writing down three things you are grateful for right now. It could be as simple as gratitude for a comfy bed, a cup of tea, or a hot shower. Note: Studies also show us the power of writing something down vs. just thinking about it.

10. It's Okay to Not Be Okay

Now with all that said on gratitude and finding silver linings, it does not mean we have to be 'positive' all the time. It's okay not to be okay. The so-called 'negative' emotions of sadness and anger and fear are a fact of life; without them the positive emotions of joy and peace and courage could not exist. The trick is to embrace and feel all emotions without letting them overwhelm you completely or pushing them aside. How? By simply showing yourself some self-compassion and kindness, just like you would a dear friend. What do you need right now to soothe yourself in a healthy way? Maybe it's the self-compassion break you tried earlier or a hot bubble bath or an exquisite piece of dark chocolate or curling up with a good book or watching an entertaining show.

A final note. Yes, we all want to get back to our usual routines and tournaments and events and coaching, but in the meantime, what a great opportunity to focus on things we may not always make the time for or to develop better habits. Coaches, this is a chance for you to stay connected with your students and lead by example.

Remember this too shall pass and as we go through this journey we have a choice – to get lost in a sea of fear and panic or to see it as an opportunity for growth and self-reflection, to learn to surf the waves, to find connection in creative ways, to remember how connected we all truly are. Stay safe and be well.



INTERNATIONAL TENNIS SYMPOSIUM

HILTON HEAD ISLAND ♦ FEB 8-10, 2021



• EAST COAST • PICKLEBALL CONFERENCE

Feb. 11-12, 2021 • Hilton Head Island, SC



Feb. 13-14, 2021 • Hilton Head Island, SC



Only \$129 per night!

This 4-star resort is where all Symposium activities will take place.
Steps away from Center Court and the beach.
843-842-2400

www.ptrtennis.org
843-785-7244

Lights, Camera, Action!

3 Keys to a Better Lesson



by Bill Riddle

With more than 30 years experience, Bill is the Men's & Women's Head Tennis Coach at Martin Methodist College and oversees the seasonal tennis program at Temple Hills Country Club. No stranger to entertainment, 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. Bill helped create and develops content with PTR for a social media segment called OnPoint with PTR.

With many of you longing to get back on the tennis courts and begin teaching again, I thought this would be a great time for self-improvement. Many of you have cut way back on your teaching time or been off the courts entirely, and may have found yourselves looking into or working on self-improvement. If that is the case, then this may be the perfect time for you to read this.

So there are plenty of views and opinions on how to teach and coach tennis. You may subscribe to one or more of the abundant methods available. Is one better than the other or should you combine a variety of methods? Well right now that is neither here nor there. What I want to touch on are three key elements I see lacking in many lessons, clinics, camps or practices.

Now I know there are a few of you who may read this and think what I am proposing only applies to teaching beginners or kids or pick a group. The reality is our job as tennis coaches is to educate, motivate, facilitate and try not to irritate the process of learning to play this awesome sport. Having spent more than 30 years teaching and coaching, with many of those years as a clinician and coach developer, I've seen my fair share of bad lessons and uninspired students.

One of the very best pieces of advice I ever received, luckily happened early in my career and has stayed with me ever since. A sage older pro told me, "When you go on that court to teach, imagine you are on stage acting like the best tennis pro on the planet."

For the longest time, I didn't totally understand what he was saying, but then I took an acting class and it all came together. You may have been the best tennis player in the world or coached top players to championships, but still you could be missing the boat. The three key elements that I find lacking in most lessons are passion, energy and creativity. If you're still reading at this point, stay with me a little longer and I may win you over

Most of you probably start each day teaching with optimism and energy, but after a few hours of saying the same thing over and over, optimism goes out the window and energy starts to fade. Let's be honest, by the end of the day (or week), you may be just going through the motions. It's OK, we've all been there, especially if you're old enough to remember wood racquets or started your career teaching in tight white short-shorts. Or you may be a young pro who spends all day grinding away hitting balls with anyone who will write you a check.

If any of this is hitting home or you fear you'll get to this point one day, then keep the following key points in mind.

1. **Passion**
2. **Energy**
3. **Creativity**

Tap into your love, your **passion** for the game as much as possible. That unbridled love for tennis or your enthusiasm to share the sport will get you through some of those tough days or lessons. If you don't have passion for what you are doing, then why are you doing it?

Energy ... you know, that stuff you get when you drink a cup of coffee or turn on the radio and they're playing your favorite Justin Bieber song. Energy is contagious and the energy you put out can and will be picked up by your students. It can come in many forms from playing music on court to that sparkling smile on your face when the students or players walk on the court.

Often overlooked is **creativity** on the court. To me this takes many forms, but where I see the lack of creativity the most is in those coaches who walk on to the court with a basket of balls and just start feeding away. No variety in activities, no targets and no direction. Every tennis coach has a handful of their favorite drills or games that's their go-to day in and day out. The most sought after items at conferences and workshops is always more drills and games. Get out of your boring box, step out of your comfort zone and try something new because it just might work.

Now if you're still with me, thanks for taking the time to read this. Just a little more and I'll bring it all home. Those words of wisdom I got early in my career hold true for me to this day and can for you as well. You will for sure have days (or hours) when your mind is off somewhere else or you're just lacking one of the three key components: passion, energy, creativity. If so, then imagine you are on stage and for the next hour you're going to channel your inner Brad Pitt and do a little acting. Lights, Camera, Action ... You're a better tennis coach!

TENNIS CLUBS

TENNIS TOWER 10
with Internal Oscillation



from \$2,495

TENNIS TUTOR Plus
w/Spin Control



PORTABLE
& battery-powered



from \$1,239

#1 SELLING TENNIS BALL MACHINES WORLDWIDE

SPORTS TUTOR

15% discount for PTR members on selected models

1-800-448-8867

www.sportstutor.com

Sports Tutor, 3300 Winona Ave., Burbank, CA 91504, ph: 818-972-2772, fax: 818-972-9651

Training Female Athletes



by Sujay Lama

A top ranked junior from Nepal, Sujay reached an ITF Juniors singles world ranking of #50. That earned him a scholarship to Luther College, where he amassed a singles record of 104-18, was ranked #5 in NCAA DIII singles and was a two time All American. In 2002, he was inducted into the Luther College Athletic Hall of Fame. Sujay was a traveling coach on the WTA Tour and has coached at 12 Grand Slams. He worked with elite players as Senior Staff Professional at Van der Meer World Class Academy. The University of Florida came calling. There Sujay served under Head Coach Andy Brandi from 1995-98, helping them win two NCAA Team Championships. Next for Sujay was eight years as Head Women's Coach at the University of Illinois, where he transformed the program and led the team to five NCAA tournament berths. With that reputation, he took his talents to a struggling women's team at the University of North Texas. In just four seasons, Sujay took the team from last to first and three conference titles. Fourteen seasons in, Sujay is the winningest tennis coach in University of North Texas history. In 2014, he was named the PTR Jim Verdick College Coach of the Year.

Men need to win to feel good; women need to feel good to win.
- Mike Candrea, Head Softball Coach, University of Arizona

It was my second year as an assistant coach at the University of Florida when I started to really observe and be aware of the differences in training female and male athletes. One particular incident had a profound effect on me. Amanda Basica, a highly ranked player from Southern California, came for a lesson one morning in the fall of 1996. We started hitting and grooving her groundstrokes. Ten minutes into the lesson, I noticed tears coming down her cheeks. I let her be for a while and finally asked her, "Is everything okay? Would you like to stop and talk about what is bothering you?" Her response was a gentle, "No. I am fine. We can carry on." She cried the entire lesson and hit the ball crisply and moved effortlessly. Occasionally I would give her some feedback and she would receive it well and execute it. When the hour was over, she thanked me for the lesson and off she went to her classes.

I remember being a little confused at the time and asking myself, "Did I make the right decision to give her space? Should I have stopped the lesson and talked to her or let her go back to her room to regroup?" Twenty-four years later when I reflect on that encounter, I realize that the approach I had taken is the reason I have been successful coaching women for all these years. Coaching female athletes is about knowing what to say, what not to say, when to say it and how to say it. The following are five lessons I have learned about coaching female athletes.

Listen

As coaches, our first instinct is to talk so we can help our athletes. It is well intended but not always effective. When I became the Head Coach at the University of Illinois, I learned a great lesson. We were playing the #1 ranked and undefeated Duke team that was coming off of winning the National Indoor Championship the week before. We were ranked #49 and went into the match as huge underdogs. Half an hour into the match, we were getting destroyed in doubles on courts #2 and #3. Our #1 team kept plugging away and fighting. Momentum started to shift our way and you could notice the opponents getting annoyed and start to rush. We ended up winning the match in a tie-break.

As I was walking to the locker room, I was formulating the speech I was going to give to rally our troops. I had fancy words and quotes that I was going to use. When I approached the door, I heard a senior member of the team yelling, "We are not going to lose to that team! Did you see that they played us with their practice shorts on?"

I knocked on the door and went into the locker room and decided to scrap my speech. We huddled and I let that senior do the talking. We lost two singles matches quickly going down 0-3 in the match and the rest is history. We came back all the way and won the deciding set of deciding match 7-6 in the third set. To this day, it remains one of, if not the greatest upset in the history of collegiate women's tennis.

That match got me thinking about the importance of listening, because the answers can be right in front of you. All you have to do is to ask questions first and then listen carefully. Start meetings with the team's feedback. Start lessons by asking what the athlete feels is going well and in what areas s/he is feeling insecure. Keep your coaching short, simple and to the point. Effective coaching requires you to understand the emotions of your student. It goes a long way in coaching female athletes for them to feel that they are being heard.

Inside-out vs Outside-in Coaching

These days, more than 60% of my time is spent on talking and communicating with my athletes as opposed to my time with them on the courts or in the gym. The constant communication comes in the form of meetings, Skype or phone conversations, text messages and emails. I have realized the importance of keeping their souls alive and giving them ownership of everything they do. My job is to convey how much I care about and believe in them and to be honest in my evaluations of them. The most important ingredient in coaching female athletes is gaining their trust. Once that is accomplished, you are in for a magical ride. They are more coachable and listen better. You've probably heard women are more emotional and that emotions get in their way. Yes, that is true, but I like to say that when those emotions are channeled correctly, it ignites their passion and love for their game, and that results in quality effort and attitude. Yelling, screaming, threatening and other extrinsic motivation don't work because it doesn't touch the heart and soul. That's where it starts, because female athletes thrive on being loved, cared for and valued.

Valentina Starkova was ranked in the Top 100 in the world junior rankings. She came from Kazakhstan to play at the University of Arkansas, a Top 25 program at the time. In the competitive environment of the SEC, she had lost confidence after losing some very close matches. She transferred for her last two years of college, and helped us win two conference titles and ended up winning critical and deciding matches both years. From the first day she was on campus, our goal was to nurture her and express our confidence in her, regardless of her results. In fact, we made it a point to be extra positive after her losses. Slowly but surely we chipped away at her doubts and fears and started wrapping her with confidence and belief. Her first year with us, she played the deciding match in the semifinals of the conference championship against University of Denver. She was down 2-5 in the deciding set. On the changeover, I sat next to her and calmly asked her to look at me. She was tense, nervous and felt the pressure to deliver for her team. I smiled and asked her to breathe and told her, "Val, this is exactly where we want you to be. This is why you came to our program and why you worked so hard. This is your moment to shine, so go after it with no regrets." She went on to win seven straight games to win the match 7-5 in the third set. The next year, she did it again in the finals of the conference championship against Georgia State. Valentina is just one example that inside-out coaching can propel athletes to believe and in their ability and eventually execute under pressure.

Routines and Rituals

Athletes in general are mindful of their routines and rituals. It gives them a sense of calm and stability. The on court rituals of Rafael Nadal take it to a whole new level, bordering superstition, but it is interesting to observe the consistency of his routines. What I did not realize in my early years of coaching is that these routines start way before practice and competition.

I learned a hard lesson when I was at the 1993 Australian Open. This was my first opportunity to travel with Amanda Coetzer, a former Top 10 WTA player from South Africa. Coming off a high of watching Amanda play the Hopman Cup and win the Victorian Open in Melbourne the week before for her maiden WTA title, I was gaining confidence as a hitting partner/travelling coach representing the Van Der Meer Tennis World-Class Academy.

On the eve of that first Grand Slam, I noticed Amanda walk all the way across to the other side of the stadium to drop off six racquets to be strung. I wanted to impress her, so I woke up early next morning, picked up the racquets, stenciled the logos and put on the over grips. Later that morning, I proudly handed the racquets to Amanda. I still remember the look on her face when she took the racquets from me. If looks could kill, I would have been dead right there. With her gentle voice she calmly said, "Don't ever do this again, Sujay."

I was fortunate to work with Amanda for 10 more Grand Slams and learned that this routine was her way of keeping her mind busy and calm. It's very important to recognize these routines and rituals, especially in female athletes. This is a way for them to calm their mind and keep relaxed. It is also a way for them to stay in the moment. Whether it's as simple as listening to their favorite songs before practice or competitions or taking a cold shower right before a match, these simple rituals go a long way in helping them reach the optimum level of output. In fact, embrace them and help them fine tune their routines.

Structure

Why? When? How? These are just some of the questions you'll hear every day when you are coaching female athletes. As coaches, our first reaction is, "Why do I have to explain everything? Just do what I am asking you to do." This simply does not work. This is a major difference between male and female athletes.

Every Sunday night, I send an email to my team giving them the schedule for the week for practice, conditioning and lessons. Before each lesson and practice, I explain what we are doing, the goal of each drill, and how these fit into the bigger picture of match play. In dual match seasons, I give the lineup the day before each match. I take the time to explain to the non-starters how valuable they are to the team and what they need to do to get back in the lineup. Being valued and having hope are critical for them to stay motivated and engaged with the team.

Female athletes like things laid out in front of them so they can process and mentally prepare to accomplish each objective. They seek clarity and don't like surprises. While they thrive on a structured environment, it is very important to give them ownership of themselves and the team. The Vince Lombardi motto, "My way or highway," is not an effective approach to coaching female athletes. While it is time consuming, it's sure rewarding at the end of the day when you've gone the extra mile to be organized and have a plan that details the goals and objectives for your practices, lessons and eventually for matches and competition. There is an initial push back from female athletes while implementing structure, but when there is consistency, they buy into it and take pride in it. Ultimately they thrive in it.

Conflict

Expect to resolve conflicts when coaching female athletes, especially in a team setting. I once heard a team builder tell our team, "All great organizations and teams face conflict. In fact, it is necessary, and when directed positively can take the team from good to great." This is very true and most of the time it's the little things that cause conflicts.

The root of most of these breakdowns stems from a lack in communication that results in misunderstanding. Men might resort to a shout fest or even a fist fight, but the next day they will be having a drink together or playing a game on Xbox. Typically, women athletes hold on to their anger and grudges a little longer. Like a dentist who treats cavities immediately, it is important to resolve conflicts sooner rather than later. Otherwise you are looking at a root canal that is more painful and complicated to treat. The best way is to bring the athletes together and have them talk and hash it out on their own. There are times you need to be a moderator and guide the discussion, but always stay neutral and keep the emotions in check.

In April of 2013, just one week before our championship run, my best doubles team told me they did not want to play together any longer. Dane Joubert was a sweet young lady from South Africa with very good hands at the net and a terrific doubles player. She was a gentle soul and deeply religious. Ilona Serchenko was an intense player and fighter from Ukraine. She was aggressive from the baseline and was great at setting up her partner at the net. The two contrasting personalities and styles made a lethal combination; the perfect yin and yang. The only problem was that they could not get along. Ilona's direct Eastern European way of communicating did not sit well with Dane, who had a softer upbringing in an affluent South African home. I knew they were a critical piece to winning the championship, but I couldn't force them to play together.

So I called a meeting and showed them the season's stat in which they were the most dominant team for the season and why the team would have a better chance to win the conference championship with them together in the lineup. I told them to go to my office for 15 minutes and that I would respect their decision, as long as both of them agreed, to play or not to play together. This was a bit of a risk on my part, but it was very important that I gave them that power and ownership. Fifteen minutes turned into 90 minutes and still no sign of them on the practice courts. After the two hour mark, I went back and knocked on the door. There was heated conversation going on that could have gone on forever. I told them that they had five more minutes to come up with a decision. Minutes later they came out and said, "Coach, we want to play together." The next week they won all four matches together to win the championship.

This is just one example of how conflicts can bring teams together and help reach a higher level of trust between teammates. Tension is necessary to have an edge, but it needs to be funneled positively to accomplish an optimum level of performance.



5 Hours Continuing Education Requirement for US Members for 2020 Year

To maintain your PTR certification, you must complete 15 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 you can accrue 15 hours of credit for the new cycle (2020-2022). You need 5 hours in the new cycle by October 1.

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



NO STRINGS
NO GAME

Ashleigh Barty



They catch every opportunity, they launch every winning shot and they span every single frame we make.

Up your game with HEAD tennis strings.

HEAD
.COM

HEAD PRO PLAYERS MAY PLAY WITH DIFFERENT RACQUETS THAN THE MODEL SHOWN.

HONORS



PTR Sport Science Advisor, Dr. Ben Kibler has retired from Lexington Clinic Orthopedics – Sports Medicine after 43 years of dedicated service. Ben has been an integral part of PTR's education during his entire career -- authoring a PTR Manual, having numerous articles published, provided crucial research on the biomechanics of the serve and sharing this knowledge at almost every PTR Intl. Tennis Symposium.

"We were fortunate to have someone as knowledgeable and dedicated as Dr. Ben Kibler to serve on our Sport Science Committee", stated Dan Santorum, CEO of PTR. "We appreciate his dedication to coaches, players and the sport of tennis."



Corey Gauff, father and coach of teenage sensation Coco Gauff, was named the 2019 Team USA Developmental Coach of the Year as part of USTA's Team USA Coaching Awards.

Corey was also named **PTR Touring Coach of the Year** in February during the PTR Intl. Tennis Symposium. Corey gave an excellent presentation noting the importance of building a strong foundation of fundamentals upon which to expand Coco's game. As a former professional athlete himself, Corey set his sights on guiding Coco's development as a person as well as a player.

S.A.F.E in Washington DC is saluting **Enoch Thompson** with its Community Service Award. Enoch has been serving the under-served community for 30 years!

HIGH SCHOOL



PTR Pro, **Mike Kypriss** will be inducted into the Florida Athletic Coaches Assn, Hall of Fame in January. He has won 17 state championships during his 39 years as a Varsity Coach at 3 Miami area High Schools.

Mike is pictured here with his 2020 Championship Team from Nease High School.

The former University of KY quarterback was a football coach at Miami Killian in 1982 when he found out the school needed a tennis coach. He loved to play, so his career as a HS coach was born. He spent 35 years coaching tennis at Killian and Dr. Krop High in Miami before retiring in 2016 when he moved to St. Augustine. But he couldn't sit still and became the tennis coach at Nease High School coaching the Panthers. Congratulations, Mike!



Somerset Berkley Regional High School boys' tennis team coach **Doug Chapman** received the 2020 Boys' Tennis Coach of the Year by the Massachusetts Interscholastic Athletic Association.

In 41 seasons, Chapman's teams won 594 matches, made the state tournament 35 times and won 10 league titles, giving him more wins than any other high school tennis coach in the state. You may recognize Doug's name as he was also the PTR High School Coach of the Year, awarded at last year's PTR Intl. Tennis Symposium.

PTR MASTERS OF TENNIS

Junior Development

Barbara Soto, Tampa, FL

Performance

Ben Adam, Morganville, NJ
Tomas Penicka, Campbell, CA
Andrey Boldarev, Eastchester, NY

NEW POSITIONS

Denzil Pieters is the new Director of Tennis at Gulf Stream Bath and Tennis Club in Delray Beach, FL.

Jason Goldman-Petri has moved to Los Angeles to serve as Director of Tennis for DC Tennis Academy.

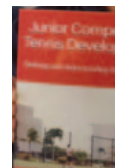
Buckhead YMCA, in Atlanta, hired **Joe Merrall** as a staff professional.

Intl Master Professional, **Jack Thompson** has started his position as Director of Tennis for the city of Salisbury, NC.

We are pleased to announce 25-year member, **Tim Wilkison** is the new State Rep for NC. Tim played for 25 years on the ATP Tour and the Senior Pro Tour. Pictured here (right) with Dan Santorum.



NEW BOOK



Junior Competitive Tennis Development Volume 1 - Defining and Understanding the Big Picture, written by **Michael Paduch**, is for coaches developing children ages 6-14. Michael shares his competitive junior development journey in Canada. Available on Amazon.

NOTABLE

Coach Herb Chapman knows that tennis offers important life opportunities. JaKobia Alexis Abraham who has been a student of Herb's since she was 3 years old. JaKobia was a part of Chapman Future Stars, where she helped lead her team to their first Jr Team Tennis 10U Intermediate Championship. She continued playing tournaments until she could play in high school where she was a 2-time MVP on Junior Varsity and won the South Carolina 5A State Championship at River Bluff High School. JaKobia now has a number of offers and acceptance opportunities from around the state. Congratulations to Coach Chapman and all PTR Coaches for using tennis to grow well-rounded athletes and improve opportunities to succeed in college.



PTR Members for Good



Geoff Bower and his daughter Mar bake chocolate/caramel squares every Thursday and deliver Friday morning for a local shelter Good Shepherd in Toronto. Trying to show Mar the importance of helping others.



Uriel Oquendo supports tennis coaches during the Covid-19 crisis. His Colombian Tennis Academy delivered more than 150 boxes of food. They support the development and sustainability of tennis by helping those who are being affected financially.



Amy Pazahanick delivered hand sanitizers to hospitals and social workers across United States including Atlanta, Macon, Warner Robbins, New York City, and North Carolina. Her Agape Tennis Academy gave a donation to Sewing Masks for Area Hospitals Atlanta (SMAH) to help keep their delivery drivers safe. SMAH sent more than 25,000 masks to frontline healthcare workers so far!

The PTR Foundation recently provided tennis camp scholarships to four youth who are part of Big Brothers Big Sisters of Central Georgia. The kids attended the Agape Tennis Camp with PTR Pro, **Amy Pazahanick**, for a week of tennis instruction and fun!

- **Michael Lowdermilk** picks up food boxes from Mission Kitchen 153, an outreach at his church in Mesa, AZ, and delivers them to people in need twice a week.
- **Tom Galbraith** has been teaching Zoom tennis classes.
- **Rich Leake** has been busy consulting pro bono, mostly helping furloughed workers who want to start a small business or entrepreneurs struggling with market disruption.
- Twice a week, **Spyke Henry** delivers fresh fruits, veggies, masks and gloves to senior citizens. His organization S.A.F.E. has regular Zoom calls to check on their youth and families.

Charlie McCoy has been working with a local church to collect food and supplies for needy families.

Bryan Shepherd, three-time recipient of the GPTA Independent Pro of the Year award, participated in Gwinnett Hospital Adopt a Nurse sponsored by Mari Holst Wash and Pampered Chef.



It's safety first for **Ann Koger**! Cap check; seatbelt check; sunglasses check; facemask check! Former Tour player, Leslie Allen sews the masks and proceeds go to masks for frontline workers.



Hendrik Bode, Hawaii Pacific University Head Men's Coach, and his team have been volunteering at the Hawaii Food Bank. They packed 2,400 meals for Hawai'i Keiki and then participated in the Food Drive at Aloha Stadium providing meals for 4,000 households in need.



USA

UPCOMING WORKSHOPS

July 25	Wheaton, IL	August 15	Washington D.C. (Fairfax)
August 1	Atlanta, GA (Conyers)	August 15	Pinehurst, NC
August 7	Mobile, AL (Fairhope)	August 22	Boston, MA (Weymouth)
August 8	Las Vegas, NV	September 9	Miami, FL (Conducted in Spanish & English)
August 8	Williamsburg, VA	September 11	Miami, FL (Conducted in Spanish & English)
August 15	Irvine, CA		

For full schedule visit www.ptrtennis.org

NEW EDUCATION

Podcasts

PTR launched a podcast channel on March 20. Brian Parkkonen recorded our first episode and we have new episodes on deck. You'll enjoy learning from a variety of coaches at the top of their respective specialties! These are free for PTR members and non-members, so tell your friends. [Check it out on Apple and Spotify.](#)



Online Courses

.PTR is excited to partner with **Emma Doyle** and **Dean Hollingworth** to offer two online courses! The courses are \$45 each and can be used to meet your continuing education requirements.

Emma Doyle is your course facilitator in this thought-provoking course designed to help you turn your motivation into activation. This energy-filled online course will leave you with a deeper understanding of NLP, five coaching strategies, and numerous practical on and off-court activity ideas.



Dean Hollingworth leads coaches through this thought-provoking course designed to improve your awareness of factors that improve physical development when working with athletes of various ages and stages of their playing career. From the classroom to the court, coaches will be immersed in information to shape a greater awareness and confidence to support athletes' individual physical needs.



For more information visit ptr.teachable.com.

NEW RULES!

15 Hours

Continuing Education Requirement for US Members

To be certified, you must complete 15 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 the continuing education during the last cycle, you must do that before you can accrue 15 hours of credit 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.

FREE!

Background Check & Safe Play Required for US Members

To be PTR certified, you must:

1. Complete Safe Play (every year) and acknowledge USTA Safe Play Policy
2. Have a background check (every two years) via Safe Play

To complete these for free, please visit usta.com/safeplay



NEW EDUCATION! Online Certification for International Members

At the onset of the pandemic, PTR recognized the need for our members to be able to get certified without travelling. Work began immediately, and our online international certification was born April 10. This allows members to acquire the first part of their education in the safety of their own homes. When life gets back to normal, their certification can be completed in one day of on court face-to-face education. Visit www.ptrtennis.org



ITALY



June 18 – 21 PTR Italy held a 10 & Under Certification in Pescantina, Verona. Luigi Bertino, PTR Intl. Master Pro and PTR Italy Dir. of Education (far right) conducted the workshop for the 24 coaches. Luigi was assisted by PTR Workshop Leaders, Herbert Schnaubelt and Pepe Rigamonti (far left) and Carlo Alberto Massaro (taking photo).



CHINA



Coaches flocked to Zhengzhou City to be certified in 10 & Under Junior Development conducted by James Huang January 13-16 at Sias College.



PTR welcomed 13 coaches to the Junior Development 11 to 17 workshop. It was conducted by James Huang at Sports College in early 2020.



GREAT
BRITAIN

PTR GB Pro of the Year 2020 award goes to **Barry Clarke** for his dedication and attitude towards developing coach education in Northern Ireland, as well as his proactive attitude in promoting PTR education at Ballymena Lawn Tennis Club, where he is Head Coach.

Barry, or Bazz, as he is known to his friends, took PTR qualification in Belfast in 2010 to begin coaching. Bazz has been keen to focus on community tennis; developing links with local primary and secondary schools to help promote his club. He has organized social events such as a club ladies' day, seasonal events, and has a collection called "rusty rackets for beginners." He also created a thriving junior volunteer programme which allowed those aged 14 and over to help with mini tennis.

One of the juniors Bazz coached is now a PTR coach, another is at university playing tennis.



CYPRUS



Adult Development Certification Workshop at Photos Kallias Tennis Academy in Larnaca, Cyprus on July 2-4, 2020. Conducted by PTR Clinician, Photos Kallias.



ROMANIA

PTR Clinician, Stefan Nita, recently held a Performance Certification Workshop in Romania.

The workshop was hosted by Stefan at his S & F Tennis Academy in Sat Gageni, Comuna Paulesti, Romania on June 26-28th. The group implemented social distancing and necessary safety precautions.



FOR THE PRO. BY THE PRO.

PRO PENN MANITOWOC

Penn has manufactured the Pro Penn ball for over 40 years. It is crafted to the specifications that pros require: a ball with consistent performance and ultimate durability. Pro Penn Manitowoc is developed for the pros, by the pros.

www.pennballs.com



5 Key Traits of Well Rounded Tennis Professionals



by Federico Mas

Federico is the Director of Tennis Development at Wheaton Sport Center, the PTR Regional Education Center in Chicago. He has created numerous successful programs and held positions of tennis director, tennis manager and as entrepreneur/community program founder at his award-winning tennis location - Sawyer Point Tennis in Cincinnati, Ohio. A PTR Professional in all pathways and Coach Developer, Federico conducts PTR certification workshops throughout the US Midwest. He has been named PTR State Member of the Year and received the 2020 PTR Clinician of the Year Award for his contributions to coach education.

When we think about a good tennis pro, several hallmark traits come to mind, including knowledgeable, enthusiastic, positive and professional. A tennis pro who is considered successful also has good customer service skills and has been able to develop a large clientele of players who take lessons regularly. It certainly takes hard work and dedication to acquire these characteristics and they are important factors in becoming a successful tennis pro. Pros who are still trying to establish themselves and earn full-time status must strive for these. However, the journey to becoming a well-rounded pro doesn't stop with a full book of clients and good coaching skills. Well-rounded tennis professionals possess skills and qualities that make them highly valuable, not only to their clients, but to their colleagues and management as well. These traits hold worth and marketability in the industry, making pros who possess them more attractive and qualified than other candidates for tennis positions. The following are five key traits of well-rounded tennis professionals.

1. Highly Communicative

The tennis profession requires coaches to be great communicators, not only face-to-face on the court, but off court as well. Prompt communication with students, parents and fellow staff members, will take you a long way. Digital communication is imperative. While some coaches are quick to answer customer messages, email correspondence with team members can sometimes be considered low priority and be left behind.

Well-rounded pros are exceptionally good at communicating through text and email, as well as in person, not only with their clients but with fellow pros and program directors. It's understandable that most full-time pros have busy on court schedules that leave little time for administrative duties, however, with today's mobile technology, this excuse for a lack of communication is questionable at best. Although it should be done off court, replying by phone to an email can be as simple as a swipe of the finger and a voice-to-text message. A quick, simple 'Got it' or 'Let's discuss tomorrow' reply goes a long way, and good communicators use this very efficiently.

When there's no time to go into detail, replies like these, at the very least, acknowledge that the message was received and that the intention is to following up at a later point. These quick email replies are a professional courtesy to the sender, and take just a few seconds to ensure nothing falls through the cracks. Digital communication keeps the dialogs going, and are a key component in a properly functioning work environment. Everyone plays an important role in fostering a communicative environment and successful pros understand the importance of their part in it.

2. Passionate about Education

Good tennis pros have vast knowledge of the game and understand it is essential to continually expand what they know. Tennis pros who are truly invested in education read articles and books, borrow ideas from other coaches, and make the sacrifice it often takes to attend educational seminars and workshops. These pros don't simply obtain certifications for credential purposes or because it is required by their club. They do it for themselves and their players. They continue to read, study, and earn higher certification levels because they are eager to learn and develop as professionals, regardless of their current status in the industry or the success of their players.

There are so many resources from industry organizations, including PTR workshops, symposia and conferences. These opportunities are readily accessible for those who take the time to look for them. PTR offers hundreds of hours of free education online that you can view on your own timeline. Networking with fellow coaches and industry leaders is another great way to learn. Pros who are passionate about education actively seek opportunities to connect with others to expand their knowledge.

3. Team Focused

Team focused pros help others as much as they can. They are concerned about the success of the club and fellow staff in addition to their own book of business. While they understand the importance of growing their clientele, a team oriented pro is mindful of the needs of others on the staff, as well as program revenue goals. If they are not able to fit someone into their schedule, they encourage players to join other classes and to participate in programs with other coaches at their club. They also promote club events and programs to their players. In a sense, they are a sales person for the club and not just for themselves. Last but not least, a team focused pro is always willing to help cover classes when there are staffing emergencies, even if it's inconvenient.

4. Creative

Creative pros generate new ideas for programming and are eager to initiate their own group lessons. They are not content with simply accepting the class assignments given to them for existing programs. Some beginner tennis pros think classes are initiated only by the director or program coordinator, but this is simply not true. Tennis managers love new ideas and appreciate pros who can take the lead on shaping new programs. Innovative pros don't allow their busy schedules to stifle their creativity. They know that creativity doesn't stop at designing new classes or events; they constantly brainstorm new strategies to bring value to their current programs and to engage more players on the court in fun and exciting ways. They are proactive and they take the necessary steps to bring their ideas to fruition.

5. Open to Change

Whether it's learning a new method to teach a forehand, a new structure for conducting classes, or a new approach to improve any aspect of their coaching or player performance, pros who are open to change understand that there are different ways to do things. They accept that change may be uncomfortable, but don't shy away from it. This can be challenging for experienced pros. Some coaches who have been set in their ways for a long time, and have garnered success and possibly even accolades for their approach, may be resistant to change. However, a need for change doesn't mean that what you have been doing is wrong or that you have to change who you are as a coach. It simply means that there is always room for growth in our field and no one is exempt from improvement. Getting out your 'comfort zone' can be difficult, but it is something that well-rounded pros embrace.

With busy schedules and so many responsibilities and distractions every day, it's easy to disregard the value of small actions like volunteering, sharing an idea, reading a tennis article, or promptly replying to an email, and forget what these small efforts can do for your long term success. These seemingly insignificant actions may not always be followed by immediate praise, but their value accumulates over time and they will make you a more appreciated, educated and ultimately sought after pro.

If you want to become an influential pro at your club and beyond, consider weaving these behaviors into your everyday functions to help you step up to that level. For those of you in the job market, emphasize these traits. Employers see immense value in them and these attributes will increase your chances of getting the job you are seeking. If you are already an established pro, enhancing these characteristics will increase your value in your club and you will be seen in a completely new light.

Playmate Ball Machine Drill

Ultimate Slice Backhand Drill

Skill Level - advanced

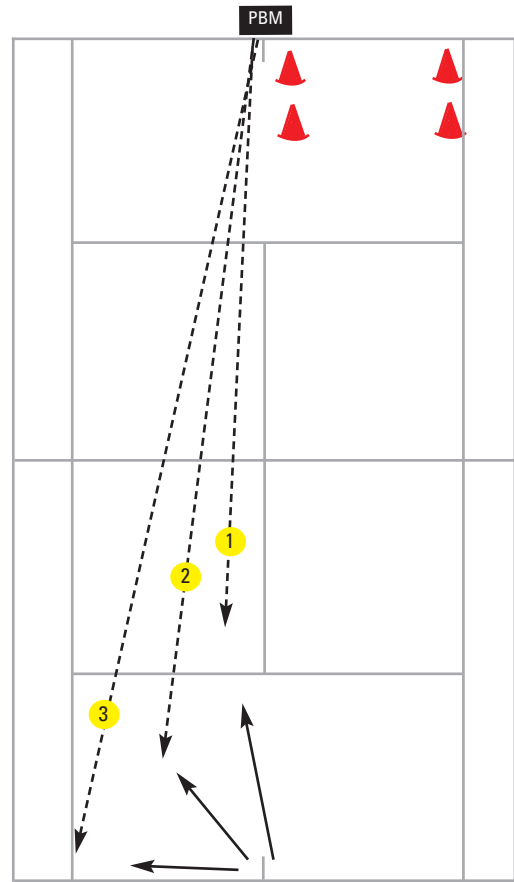
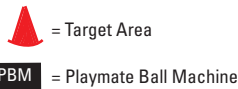
Objective - to improve slice backhand

Procedure - Diagram is for a right-hand player

- Place ball machine in the center of the baseline
- Set machine to throw three (3) different backhands
 - 1) a low approach slightly wide of center
 - 2) a moonball out slightly wider
 - 3) a rally ball out wide
- Player returns all three shots as slice backhands demonstrating the different racquet paths through the ball necessary to adapt to each shot
- Players hit their shots to a depth and placement target area

Variation

- Can be done in a group with two lines.
- Set machine to throw these shots in random order to test player's ball recognition skills. Have the player call out each as soon as possible. Rally. Moonball. Low Approach.



A



iGENIE



GET A FREE DEMO!



NEED DRILLS? Go to:
playmatetennis.com

(800) 776-6770

For Benefit Information:
VisitYouville.com/en/PTRPPR



We give you the **KNOWLEDGE**

and the tools so you can make
winning benefit choices.

Game. Set. Match!



24/7 Doctor Call **When you need it**

Whether it's 2am or you're on vacation. We fit your schedule.

Prescriptions **Pay less for meds**

Why pay more for the medication you need? We have discounts for you.

Accident **It can happen to you**

With accident insurance, you receive money to cover accident expenses.

Healthcare Options **Expecting the Unexpected**

Discover your options and which plan meets your situation to give you peace of mind.

Dental/Vision **We love to see you smile**

Dental and vision coverage that can help protect your overall health.

Term Life Insurance **Taking care of your family**

Guaranteed premiums that do not increase during the selected term

Disability **Protect your paycheck**

Disability insurance helps protect your income, so bills still get paid.

How do I enroll?
Visit your benefits site at
VisitYouville.com/en/PTRPPR
and go to the resource section
for step-by-step instructions.

877.221.0423

cambridgegroupsc.com

Email us for information:
ptrinfo@cambridgegroupsc.com