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The International Magazine for PTR Tennis Teachers and Coaches

June 2021



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PSR

PROFESSIONAL SPORTS REGISTRY





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HEAD **Penn**





Dan Santorum

Dan Santorum
CEO/Executive Director

The main question we get asked after a member completes their certification is – “What’s next?” Here is the answer to your question -- the Professional Sports Registry (PSR)! PSR is a new and dynamic multi-sport organization for coaches who currently teach more than one sport or are looking to teach more than one sport.

Our industry has changed, and more and more coaches are being asked to be educated/certified to deliver more than one sport. PSR was envisioned more than two years ago when I proposed the concept to PTR Chairman Karl Hale. Karl loved the idea, and with Board approval/support, we went to work to make PSR a reality to enhance the careers of teaching professionals. So what can PSR do for you?

- Organizes your multiple certifications into one umbrella organization
- Provides a more defined and targeted career path to success
- Places you in an exclusive group of professionals
- Another networking opportunity
- More continuing education options
- Provides an opportunity for non-coaches
- *and more . . .*

PSR membership will provide a more user-friendly experience because all of your certifications will be housed under one website. This eliminates the need for multiple member numbers, passwords, or websites that can be confusing and time-consuming. “PSR is a ‘one-stop-shop’ for all of your professional needs,” states Hemel Cosme, PSR Board member and club owner. “It will be much easier for our coaches to manage their certifications with one organization to better meet their professional needs, which is important with everyone’s busy schedule.”

As you see on the front cover, the PSR logo contains three balls, which cover the sports of tennis, pickleball, and platform tennis. As mentioned, we have plans to expand into other sports that coaches may be required to show proficiency, such as squash, badminton, fitness, aquatics, etc. Plus, we are looking to add certificates in other sports. PSR’s inaugural Chairman and PTR Immediate Past President Rodney Harmon stated, “PSR will be focused on member service, experience, and satisfaction with the primary goal of improving the professional lives of coaches worldwide.”

PSR encourages interested professionals to add certifications. Members will automatically be PSR members if they are currently certified in at least two of these organizations with tennis as the anchor:

- PTR (tennis)
- PPR (pickleball)
- PPTR (platform tennis)

At present, there are almost 1,000 members who qualify to benefit from PSR membership, and we predict that number will double within the next 18 months. We are also considering the addition of a premium membership component within PSR.

There are several reasons why PSR will experience rapid growth. The most important is that PSR will provide you, and our industry, with the most extensive and comprehensive pathway to success. According to leading club employment recruiter KK&W’s Len Simard, “being certified in two sports will be the minimum hiring qualification at top facilities moving forward with the preference toward attaining certification in three sports in certain parts of the country.”

We wholeheartedly agree with Len. So, we created these two terms:

- “Dual Impact”
- “Triple Threat”

that will become industry standards for professionals and clubs. These terms will be goals for professional coaches to aspire and achieve. The good news is that PSR makes multiple certifications affordable, more recognizable, and more convenient for you.

PSR is also a significant step toward improving the career pathway, employment opportunities, and compensation structure for dedicated coaches. PSR is officially affiliated with all three national governing bodies within each sport:

- PTR Accredited by the United States Tennis Association
- PPR Official Education and Certification Partner of USA Pickleball
- PPTR Official Education and Certification Partner of the American Platform Tennis Association

PSR is more than supporting our members. PSR is also designed to help educate, improve, and grow the facilities where our professionals work. Facilities that employ PSR members will receive a special discount on PSR consulting services.

Finally, PSR will also feature non-certified memberships for those whose primary job is not teaching a sport. This includes scholastic coaches, camp counselors, parents, etc. Education will be a key component of this non-certified membership, in addition to member benefits.

If you are not already certified in multiple sports, now is the perfect time to add to your repertoire and resume. Plus, it's your chance to become a Charter member of PSR. Please bookmark the new PSR website www.psr-sports.org (still in design) for more information. Or call us with any questions at 843-842-7770.

"While the majority of those in PTR may remain PTR members only, we wanted to provide an opportunity for those wishing to expand their careers," stated PTR President Karl Hale and PSR Vice Chairman, "We are excited for PSR's debut this summer. And we are already planning to add padel certification in August to complement our current stable of three sports. PSR is living up to its new motto!"

PSR ... be part of something **BIGGER**



PSR as Seen In...

Club Director Magazine **SPRING 2021**

Thanks to National Club Association (NCA)



Read Now

Your Serve

Dear PTR,

The passing of John Powless is a heavy loss. John was someone I idolized. I felt honored to be considered his friend. He and Dennis shared the gift of making everyone they interacted with feel special. Whether it was the Mayor of New York City or the valet at the parking garage.

True champions on and off the tennis court.

Kristen Campbell, USA

Dear PTR,

Thank you so much!!! I am truly happy to be part of the best tennis Organization! Feel good to be a part of a team that not just helps you grow as a pro, but they also help you move forward in your career path! Thank you again!

Jay R Milton, USA

Dear PTR,

I've been a PTR member for 22 years. During that time the service that I received from the PTR staff, HEAD Penn and other PTR pros has always been exemplary. I have been part of PTR Team Head for over 15 years.

During COVID PTR continued to offer excellent service and continues to put its members first. It was really impressive that even during this always tough time HEAD was still able to offer Team HEAD members the same quality service and support as always. Thank you Team Head for supporting PTR pros over the years.

It is really cool to know that HEAD Penn and PTR, "Have Your Back!"

Thank you.

Daniel Breag, USA

Dear PTR,

Next week is my final week as the UMSL tennis coach. After 26 years I have decided to retire. I want to thank you for the Spring Break Tennis that you organized for us over the years. You and your staff did a wonderful job and the players were heartbroken that we could not go back this spring due to Covid.

Thank you.

Rick Gyllenborg, University of Missouri, St. Louis, USA

Dear PTR & PTR Foundation,

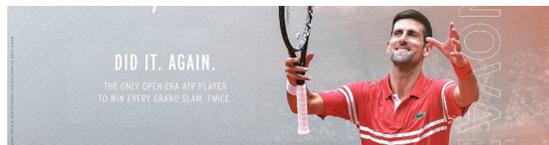
Your package arrived this weekend. On behalf of Kids N' Tennis and the kids that we serve, a great big thank you for your support. Believe it or not, its been over 25 years since I and the late Andre St. James joined the PTR and became teaching Pros. Thank you for your guidance, support, and assistance. Your donated items will help us continue provide "FREE" tennis lessons for our summer campers. If you get a chance visit us at our new Website at www.kids-n-tennis.org.

Thank you.

Don Johnson, CEO, Kids N' Tennis, Inc., USA

Industry News

HEAD adds another Top 10 tennis professional to its exceptional roster of athletes. The current ATP Number 8 Andrey Rublev. The 23-year old Russian signed a multi-year contract with HEAD. Currently, five out of the Top 10 play HEAD racquets.



Novak Djokovic captured his 2nd Roland Garros final on Sunday over Tsitsipas 6-7, 2-6, 6-3, 6-2, 6-4. With the win, Djokovic becomes the only open era ATP Player to win every Grand Slam twice. Before heading to the final, Djokovic prevailed in a thrilling 4-set match over Nadal. The victory in Paris, gives Djokovic his 19th Grand Slam title of his career. Djokovic endorses the HEAD Speed Series.

Barbora Krejckikova captured her first Roland Garros Singles Title on Saturday and second Roland Garros Doubles Title on Sunday. It was her first Singles Grand Slam win and her third Doubles Grand Slam victory. She is the first player to win both the singles and doubles titles in Paris since Mary Pierce in 2000.

Recognize the people that are going to help you grow our sport and YOUR business.

The Tennis Industry is looking for recommendations of dedicated, passionate people who naturally advocate for the sport to join a group called Tennis Champions. It's a fun, rewarding, and engaging program - that's purpose is to grow tennis at the grassroots.



Tennis Champions is asking PTR Pros to help identify and act as cheerleaders in their communities to help grow the 'buzz' around tennis!

These Tennis Champions will help spread the word about tennis in their communities by executing a simple monthly "challenge" and once completed, will receive a gift.

If you know an adult (18 and over) in your community that might be interested (or if you are interested yourself) please let them know applications are now open! Hurry, spots are limited!

For more information and to apply visit: [HERE](#)

If you have any questions, please contact tennisengagement@usta.com.



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JULY 16-18

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Premium Package \$850

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ACCIDENTALLY Adaptive

by Josh Cossitt



Josh Cossitt is Director of Tennis at Frontier Park Tennis Club in Cheyenne, WY. He's a member of PTR and USPTA and serves as Chair for USTA Intermountain's Junior Programs Committee. Most recently Josh finished in the Top 5 Men in America's Top Coach Contest. He works with juniors and adults of all levels and continues to do his best to grow tennis in Wyoming.

Athletes adapt, and sometimes with a little push coaches do too. I thought I had been on the court and worked with almost every type of athlete until Shannon walked onto my court. On that day, roughly three years ago, neither of us knew how much we would impact each other and our local community. We were only planning to try to learn tennis together.

To say that Shannon is unique is an understatement. She is a pint-sized package of energy, effort, opinion, and belief. She also happens to be an athlete with TARS which stands for Thrombocytopenia Absent Radius Syndrome. The extremely simple explanation of TARS is that the athlete is born without a radial bone in the arm and a very low blood platelet count. Shannon was very open from the beginning about her biomechanical limits and balance challenges, and I was very honest that we were going to be making it all up as we went along.

Medical experts know more than me when it comes to medicine; it's ok to ask for help. That help came from Tori Rosenthal PT, DPT. Tori was Shannon's pediatric physical therapist who had worked with Shannon since she came into the world. Her doctor is also an avid 4.0 tennis player. The pieces were coming together even though we had no idea what we were

building. I was getting an education and Shannon was becoming a tennis player. Trent Aaron with Natural Tennis got us set up with a dual-handled frame for her and she was living on the court every day trying to figure out if she could get good enough to make her high school team.

As summer approached Dr. Tori reached out and told me she had identified more athletes from her clinic that might enjoy tennis and asked if we could work together to create a small 3-4 athlete program one night a week. I recruited some of my competitive junior players to assist and the Monday night adaptive tennis was born. We started small with the goal of a 1 to 1 ratio of athletes and coaches, as the program grew so did our needs for resources to maintain quality and safety. I found a limitless amount of junior players from all levels willing to donate 1 hour of their week to the program. The word of mouth also attracted additional Pediatric Physical Therapists and their patients.

This summer we will serve almost 20 Athletes with TARS, Traumatic Brain Injury, Hemiplegia, Autism, Cerebral Palsy, Downs Syndrome, and other genetic syndromes. Just as many of our High Performance, High School and Recreational Juniors will serve as mentors and coaches. Other area

therapists that were doing adaptive sports such as soccer have reached out on how to join the program and add tennis to their programs.

*Tennis is for everyone!
I've heard it so many times
before and now I am a part
of that dream.*

-Josh Cossitt

Fast forward – and now Shannon has lettered the last two years on her high school tennis team and received multiple awards and recognition for her efforts on court. She will attend Simpson College in California this fall to begin the nursing program. Her efforts, from being just a kid

who wanted to play tennis – to now assisting me in creating an adaptive program and the network of professionals to start it, sustain it at no cost to the athletes and grow it. Wow, it makes your head spin.

So, my advice, take just a moment of your time, to try to reach out to a potential adaptive athlete in YOUR area. You will find that you can Make a World of Difference. And the experience will make it a different world for you.

Below are some of my tips. Feel free to reach out to me if you have any questions:

Josh Cossitt, in Cheyenne, Wyoming at farnorthtennis@gmail.com

PTR will host the 20th Annual Special Olympics National Championships on Hilton Head Island, October 14-16th. If you'd like to volunteer, spectator, donate or participate, contact Julie@ptrtennis.org.



TIPS TO BUILD YOUR OWN YOUTH ADAPTIVE PROGRAM



1

Reach out to your local PT. They are a great source for kids that want to play tennis most likely already have adaptive sports going, so why not tennis? Ask them to help out if they can.

2

Talk to your junior players. Many of our kids need community service hours for scholarships. Every kid that has volunteered for me continued on after they completed their hours.

3

Remember the Adaptive Athletes are basically “kids”, and they just want to have fun. Be silly – at first, don't worry about technique just get them on the court. Then you can start to hone the technique and skills.

4

Let the parents come. They know their own kids the best. Nothing beats hearing from the parents about how this hour a week is all their child has talked about since the week before.

5

Keep your eyes open for USTA Adaptive Grants. We got started with \$800 that we used for t-shirts, equipment and food. We have become self-sustaining even in the winter as so many people have seen the value of the program.

6

JUST DO IT. Just start – today is the first day of the rest of your life!



INTERNATIONAL TENNIS SYMPOSIUM



HILTON HEAD ISLAND ♦ FEB 8-10, 2022

Join us on beautiful Hilton Head Island at the Sonesta Resort and Van der Meer Shipyard Racquet Club for this year's Intl. Tennis Symposium. We are excited to be back with you for all the education, networking and idea sharing that has become synonymous with the PTR Symposium. ***Can't be here in person? Stay tuned for more info on our virtual symposium option!***

Early Registration only

\$347

\$99 FOR VIRTUAL SYMPOSIUM



Great rates at the beautiful Sonesta Resort right on the pristine beach and out the side door to the Van der Meer Center. Arrive early to take advantage of Master Classes on February 6 & 7th. Extend your stay to enjoy the PPR Pickleball Conference on February 10 & 11th.

Call to Register

843-785-7244

Making Tennis Available TO EVERYONE

Dear PTR family:

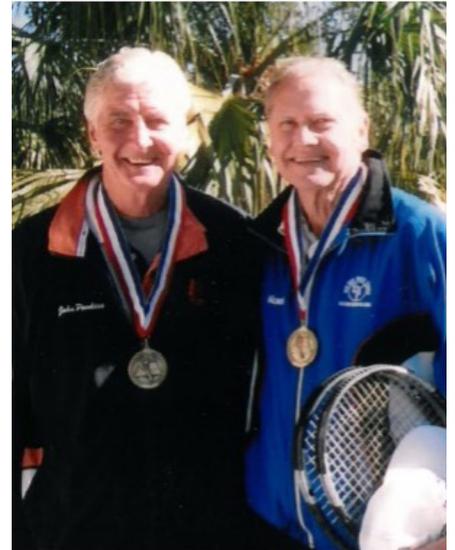
This year, our family will celebrate Dennis Van der Meer's long-overdue induction into the International Tennis Hall of Fame (see page 7); and unfortunately, we'll also mourn the passing of John Powless, a longtime PTR member who preceded Dennis in the Hall of Fame.

Both men were larger than life. Few have done more to promote the sport of tennis than this dynamic doubles team.

A significant part of Dennis' legacy is the Professional Tennis Registry Foundation (PTRF), which he created to support athletes with disabilities, at risk youth, facilities, and other humanitarian causes around the globe. And - Dennis wisely appointed John Powless to serve as a PTRF trustee.

For the last twenty years at the Special Olympics North America Tennis Championships, we have personally seen how support from the PTR Foundation has changed the lives of both athletes and volunteers. This year's event is October 14-17th. It's important to note that 100% of the PTRF's revenue comes from PTR members, like You! Your donations to the PTRF have assisted in creating thousands of new tennis players, who exercise, smile and laugh. Thanks from their families!

The Wheelchair Championships is another success story directly resulting from your support of the PTRF. This year's event is Sept. 24-26th. Wheelchair players from around the world have competed, shared stories, and developed friendships to last a lifetime. Your donations have aided them with training, travel opportunity, and equipment. They thank you!



John Powless and Dennis Van der Meer



Your contributions have also assisted the PTRF in building schools in Africa, in meeting humanitarian needs in Central America, and helping under-resourced children and families worldwide experience the joy of tennis, while learning valuable life lessons. They thank you!

We cannot think of a more fitting way for our PTR family to honor Dennis and John than by showing support for the Foundation that Dennis lovingly created and to which John was whole-heartedly devoted. Imagine the impact that we can make if each of the 16,000 PTR members were to donate just \$25 this year in honor of Dennis and John - the PTRF would raise \$400,000. Last year - in the midst of the pandemic - the PTR generously helped fund our membership dues. This year - in the true spirit of giving back - we can repay this kindness; and at the same time, honor two of life's hall of famers.

Please Consider Making a Donation

DONATE

Your donations will be used by the PTR Foundation to fund legacy projects in honor of Dennis Van der Meer and John Powless.

-Jack Barker



Jack retired after 32 years in finance with Wabtec. Currently he serves as the treasurer of the Professional Tennis Registry Foundation. In addition to being a longtime PTR member, he sits on the board of SC Special Olympics and on the Adaptive committees of the USTASC and USTA Southern.

Together ... we can truly make a world of difference.

Member News



NEW POSITIONS



Blaine Carr was named Director of Tennis at Scarborough East Tennis & Fitness in Columbus, OH. The club is owned by PTR members, **Bob & Kim Hilborn**. Scarborough East Tennis is a PTR Proud Club with all their staff Certified!

Congrats to **Jhonnatan Medina Alvarez** at University of Longwood in Farmville, VA. In his 4th year, Jhonnatan was selected by his peers at Longwood Athletics as an outstanding coach who has impacted his student-athletes in extraordinary ways in the past year – on and off the field.



Gary Wasserman, was named club manager at Westfield Tennis Club in NJ. Gary, a 20-year member also coaches at Scotch Plains – Fanswood High School.

Reggie Sanderson and **Nancy Clouse** of Hilton Head Island, SC have accepted full time positions with Palmetto Dunes Tennis & Pickleball Center.



Jarrett Chirico has accepted the Director of Racquets position at Royal Oaks Country Club in Dallas, Tx. Jarrett who is a PPR Lead Clinician and Vice Chairman of the PPR Board, is leaving the Baltimore Country Club where the racquets program has grown over 500% under his leadership. His new role brings many opportunities at one of the most prestigious clubs in the country. Jarrett started at Royal Oaks in June and already has 2 national pickleball tournaments and guest appearances from legends like Nick Bollettieri on the books. Jarrett is a Triple Threat – certified in Tennis, Pickleball and Platform Tennis. He can be reached at jchirico@roccdallas.com for questions on camps, certifications or ratings clinics.

Ken DeHart has recently become the Director of Racquets at Alpine Hills Tennis & Swimming in Portola Valley, CA. Alpine Hills has a long history of adult and junior tennis in NorCal with 11 outdoor tennis courts, 3 permanent Pickleball courts with PPR certified staff, a complete fitness center, food and beverage, extensive competitive swim program and a 15 million dollar club house renovation.



Francie Barragan, of Cary, is the new Tennis Service Rep for North Carolina. Barragan joins the USTA Southern team after serving as the director of tennis at MacGregor Downs Country Club in Cary. Prior to working at MacGregor Downs, Barragan served as the director of professional tennis management (PTM) at Methodist University from 2015-2018. She also worked as the Methodist University women's head tennis coach for 10 years.



NOTABLE



The University of Alabama captured its fifth straight title at the USTA Collegiate Wheelchair Tennis Championships. The team is led by coaches Evan Enquist and PTR Pro, **Shelby Baron**, who herself was a Rio Paralympian who helped Alabama win four of its earlier titles. The quartet of Jeremy Boyd, Avery Downing, Lauren Haneke-Hopps and Thomas Venos defeated tournament debutants Michigan in the team final, 3-0. The Collegiate Wheelchair

Championships celebrated its 20th anniversary this year with the largest field in tournament history featuring 27 athletes representing 9 schools.



Dominic Manilla and his Old Dominion University Women's Team won their first round in the NCAA's – a first in recent history for ODU. Dom has been named Coach of the Year for the USA Conference THREE times. This year, he also had the USA Conference Player of the Year. Dom comes from a true PTR family as his Dad is on the PTR Board and siblings are all PTR Certified.

Tyrone Sparks of Kentucky, started a tennis podcast called Growth Mindset. He interviews top tennis coaches from all over the world. Here's his interview with Stanford coaching legend, Dick Gould.



[Click Here to Listen](#)



PTR Pro, **Kedzie White** recently retired from the Memphis Police Dept. as Lt. Colonel after 30+ years of service. LeMoyne Owen College began searching for a new coach. "I was selected from a highly qualified pool of applicants and a significant factor in my selection was my long time certification by the PTR and my experience as a former tennis player at

LeMoyne," said Kedzie. LeMoyne is a private HBCU affiliated with the United Church of Christ and competes in the Southern Intercollegiate Athletic Association (SIAC) Div II of the NCAA.



Susan Nardi, a 30-year PTR member was recognized among coaches nationwide as a Double-Goal Coach Award winner because of the positive impact she has had on her student-athletes at a time when they needed it the most! Double-Goal Coaches pursue both winning and the more important goal of teaching life lessons through sports. Susan has played a pivotal role in the lives of many youth at the First Break Academy. See her in action [HERE](#). Thanks

Susan for Making a World of Difference.



The Summerville Boys Team under coach **Jesse Gladis** won the Region 8AAAAA without dropping a set this year. Then, they made all the way to the State Semi-Finals. It is the furthest Summerville has ever gotten. They were 18-4 as a team and lost to the reigning Lower State Champions, the Wando Warriors (20-0).



Mary Walker, PTR Coach at Bloomington Parks & Rec, recently made the pilgrimage to the Intl. Tennis Hall of Fame in Newport, RI. She was estatic to see the Hall of Fame had an exhibit on the teacher of teachers, Dennis Van der Meer who's induction will be this summer. Mary says of her visit, "A definite MUST SEE for all who "LOVE" to watch or play the game of Tennis!

Personally, for me, each inch of that special place made me smile, laugh or cry with memories of that player & those moments beautifully detailed & displayed."



Congratulations to PTR's **Kevin Jackson**, HEAD Coach at Cairn University (PA).

His Lady Highlanders won the CSAC Conference Championship earning an automatic bid into the NCAA Championships.

Kevin won top honors as Coach of the Year for the CSAC Conference. Also, Cairn player Paige Kemper won Player of the Year and Rookie of the Year honors.

Kevin is a Triple Threat – certified in PTR-Tennis, PPR-Pickleball and PPTR- Platform Tennis. Kevin also just got hired as the Director of Tennis at Stanton Ridge Country Club in NJ.



Emily Ottsen Weber, St Peters, MO, teaches Adaptive Tennis and plans to get her Adaptive Tennis Certification from PTR, February 6th in conjunction with the PTR Symposium). Emily recently held an Ace-ing Autism Clinic at the Forest Lake Tennis Club. The club also runs a clinic series called Special Achievers which is open to

students with all types of special needs. One clinic for kiddos and one for adults and they are run year round indoors to give the best possible environment for these students to succeed. Thanks for making a World of Difference Emily! You can too. Get your PTR Adaptive Training and Certification.



Maxim Filippov

PTR Professionals, **Maxim Filippov** and **Strahinja Jovanovic** have completed the extensive training and achieved their Master of Tennis designation. This extensive training led by Dr. Anne Pankhurst concludes after a minimum 18 months of practical study.

Max Filippov, who achieved his Master of Tennis in Junior Development is the ELITE LEVEL JR PLAYER MANAGER & TOURNAMENT MANAGER at The Atlantic Club in New Jersey. Max is also a WTA Certified Coach and certified with GPTCA and WTCA as well. Strahinja Jovanovic from Belgrade, Serbia has completed the Master of Tennis - Performance program. He has been coaching for 18 years and hopes to take the MOT Junior Development program next! "Every day I strive to be a bit better in every way, that's my life motto", says Strahinja.



Strahinja Jovanovic



Special Ticket Offering for PTR MEMBERS



August 2-8, 2021

PTR members receive a special 20% discount off tickets for sessions 1-8

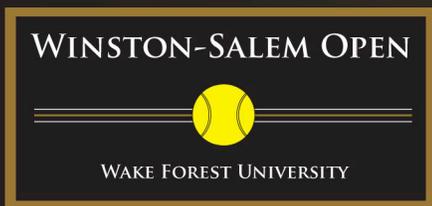
Offer is valid online only through Sunday, July 25, and available at the box office on the day of the event, where you be required to show your PTR Membership card to receive the special discount.

Current PTR member professionals in good standing will be offered one grounds pass ticket (subject to availability and determined at the discretion of the tournament) per member for each session of the tournament, August 14-22.



August 14-22, 2021

PROCEDURE TO SECURE TICKETS: Grounds pass tickets will be distributed at the will call area of the tournament ticket office on grounds, located at the north entrance. Members will be required to provide evidence of membership (membership card), and register with will call personnel their name, club, and membership number. Tickets will be distributed in person, day of the session only (no phone orders, online orders or email requests), with day session tickets distributed beginning at 9am, and evening session tickets distributed beginning at 5pm, as applicable. Only one ticket per session per membership card will be provided.



August 21-28, 2021

Complimentary tickets for PTR Members for the day & night sessions, Saturday - Thursday Sessions 1-11.

Just show your membership card and photo ID at the ticket office at Bridger Field House.

PTR Members, can purchase tickets for 10% off Gen. admission for all sessions.

If purchasing at the venue, show their card to receive the 10% discount on General Admission seating. For online orders, enter the discount "TITLPT10" to receive the discount. There is a limit of 1 discount per order.



August 22-28, 2021



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NO GAME



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

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



USING GAMES TO KEEP PRACTICE FRESH & FUN

by Mitch Case



Mitch is the Director of Tennis at Woodridge Lake in Goshen, CT. Mitch wears many hats as he is also a Staff Pro at Farmington Valley Racquet Club; Head Coach of the Northwestern Regional 7 High School Boys Tennis Team; a Coach Developer for the PTR; a certification tester for the USRSA; and a member of Tennis Magazine's Playtester Panel.

Mitch achieved his Master of Tennis in Junior Development from the PTR in 2020, and is a certified iTPA Tennis Performance Trainer and Kovacs Institute certified Tennis Serve Specialist.

Countdown

One of my favorite ways to create a new game is to tweak one that already exists. Sometimes, it's as simple as modifying one or two elements, like changing the game scenario or scoring system.

"Countdown" was developed in just that way.

Years ago, I was lucky enough to host a PTR workshop run by PTR COO, Brian Parkkonen (those of you who have worked with Brian know just how incredible he is). Needless to say, it was an inspiring couple of days, and we all left the event ready to take on the world.

In the Game Development portion of the workshop, Brian taught us the game "Grinder," which is designed to incentivize consistency. In that game, the overall value of the point increases every time the ball is successfully hit over the net and in the court.

For example: if a player wins the point by hitting an ace, the server wins 1 point. If a player wins the point after hitting a return winner, the returner wins 2 points, and so on. So, if the ball is hit over the net and in the court 20 times before a miss, the winner receives 20 points.

"Countdown" flips that scoring system. The point starts with a value of 10 - if the server hits an unreturned serve, they win 10 points; if the server double faults, the returner wins 10 points – but every time the ball goes over and in, the point value decreases by 1.

For example: if the point ends with a return winner, the returner wins 9 points; if the returner hits a ball into the net on their second shot, the server wins 8 points, and so on. If the point lasts 10 strikes or longer, the point value stays at 1.

The goal of the game is to win early and/or prevent your opponent from winning early. Therefore, it pays to be offensive in a sustainable way - to create enough pressure to challenge the opponent, while still making the shot most of the time.

It also works on basic math skills -- that's always a plus!





GOOD STROKES FOR *Senior Folks IV*

by Jack Thompson & Dr. David Staniford



A PTR International Master Professional, and 2015 PTR Professional of the Year, Jack has a graduate background in Exercise Physiology and Motor Learning. During his 36 year career, he has worked as a Head Professional and was Head Men's and Women's Tennis Coach at Catawba College. Currently, Jack is Co-Director of Tim Wilkison Tennis Academies and Co-Director of Nike Tennis Camps, both in Charlotte, North Carolina, and is also Director of Tennis for the City of Salisbury. Additionally, he is the boys and girls middle school Head Tennis Coach at the Charlotte Latin School. Jack is co-author of Power, Speed and Stamina for Tennis: A Complete Guide for the Player and Coach.



David has been a professor, coach, administrator and tennis pro for more than 40 years. Growing up in Sydney, Australia, he began his coaching career in the Outback. Coached by the legendary Harry Hopman, David played tennis for the University of Oregon, where he earned his Ed.D. An expert in Movement Analysis, he has taught and coached at every level. A former NCAA Division 1 coach, he has coached several state and national junior champions. He currently teaches and consults with players on movement technique and conducts clinics and camps around the world. Currently a South Carolina resident, David is the Tennis Professional at Savannah Lakes Village where he conducts clinics and team training for seniors of all levels. He is the author of several books including, Natural Tennis and Natural Movement for Children, and writes a syndicated column, Good Strokes for Senior Folks.

In a previous article, "Good Strokes for Senior Folks III" (Tennis Pro, July/August 2020), we identified a number of specific skills and drills designed to improve senior doubles play. For senior tennis players so much of what is done on the court depends on maintaining focus and being able to concentrate on the tasks at hand. When we work with seniors, many of their questions are about mental and emotional issues. We ask them back - "How do you feel?"; "What are you thinking?" during play. This article will follow on the previous ones but will focus on the mental and emotional issues.

Remember - physical skills are what you do; mental skills are what you think; emotional skills are how you feel. We as professionals need to spend as much time on the mental and emotional as we do on the physical. Developing mental and emotional skills become more important as we age. Mental skills are required so as we can become more intentional in how we use our best physical skills. Also having a clear plan or strategy using our own 'mind power' (P. 603) helps to improve self-confidence and positive self-talk. Most seniors who play tennis twice or three times a week, say they play for good exercise, the competition, and the social interaction. Those that practice to get ready for team tennis will often take part in team training, group drills, private or semiprivate lessons in order to improve their level of play - or to avoid personal embarrassment in front of their teammates. They like to 'feel good' before, during and after matches.

It is up to tennis professionals to be in touch with these needs, whether they are physical, social, or emotional. When working with seniors in their 50's, 60's, 70's, 80's practices need to always have a purpose and meet individual and group needs. Helping these seniors feel good should always involve drills, practices and play to enhance self-confidence.

Self-confidence is the key to mental training for tennis. Most of the top tennis players and other athletes are supremely self-confident in themselves and their abilities. The successes of top athletes may be traced to the self-confidence factor. Tiger Woods, for example, possibly the greatest golfer of all time, has tremendous powers of concentration. His ability to come up with the right play at the right time has made him a champion. The ability to concentrate on the task at hand is a means of achieving confidence.

When we are playing competitive tennis at a high level the tasks at hand become literally self-absorbing. If we are in the zone it is impossible to think of anything else but the tasks at hand. Many say that playing tennis is one of the great "cleansers of the mind" - allowing us to forget about other distractions in our life. Mind power is the ability to use your brain to control a match. This can be practiced using specific situations to improve mental and emotional stability.

Focus on the Fundamentals. Keep it simple when practicing or playing matches. Many players paralyze themselves with over analysis. Work with your students to get them to focus on the ball bounce, contact and recovery, watching the ball off their opponent's racket. Blocking out environmental annoyances, such as the crowd, court conditions, or the next life's problem, is a vital skill in focusing on the task at hand. One of the wonderful things about tennis is that it's impossible to play it well with other distractions on your mind. You can trade being "mentally tired" for being "physically tired". It requires your complete attention, eliminating outside worries and concerns. So next time your students are practicing or playing competitive matches try to encourage them to eliminate those distractions of everyday life - become absorbed in the competitive points and concentrate harder on what they are doing. Increasing your powers of concentration and cleansing your mind gives a better chance to become more self-reliant and confident - and develop into a much better tennis player.

Tennis is a great antidote to mental sluggishness and early dementia. To play tennis well seniors have to concentrate and plan ahead. Pros need to watch how seniors play their doubles points. We like to have them play lots of tiebreakers - so they have to concentrate every point. Teaching pros need to continually remind seniors to stay alert - be aware of what is coming up next. Try playing sets with only one serve to enhance concentration.

Much of play in senior doubles involves playing shots like moves in a chess game. As seniors develop and improve technique, accuracy, and strategy - planning ahead can be taught. Specific drills to anticipate opponents' next move should be taught.

With such a premium on 'mental alertness' - how do seniors maintain this level of mental acuity over the duration of a two-hour match. Visualizing how to use preferred shots - knowing who you are and what you can realistically do under pressure. What you are thinking before each serve, return? Two excellent drills to enhance mental acuity are as follows:

Drill 1

When playing practice sets or points, have players who are serving choose (both on first and second serves) one of 3 placement options: wide, into the body or down the T. Moreover, stress to players the importance of visualizing the ball going in prior to delivering service.

Drill 2

While playing practice sets or points have players who are returning serve pre-select where they intend to return the ball - both off of the forehand and backhand (this applies to both first and second serve). Again, visualizing the ball being returned successfully is of paramount importance. In cases where the chosen return is too difficult to execute (ex. receiving a well-placed body serve), a lob should be used.

Having emotional control during the big points. Developing self-control, concentration and confidence can be helped by humanistic pros who know their players' strengths and weaknesses. A good means of developing these qualities is to have partners play practice sets and points and restricting them to using only positive statements at the end of points. For instance: "great shot!", "nice shot selection!", "almost!", "keep hitting that shot - it'll go in!" Obviously, comments such as "darn!", "shucks!", "I can't believe I missed that!" should be avoided. Knowing how to manipulate opponents helps build confidence in individuals and in doubles teams. Gaining knowledge during the warmup prior to match play is the best means of being able to manipulate or force into error one's opponents. Noting technique weaknesses, lack of mobility, difficulty with certain shots or spins etc. during warm up should serve as the basis for shot selection during match play. If the opponent(s) are able to adapt, then players should adjust their tactics accordingly.

Another example of mental preparation for seniors is using error management. Most senior tennis matches are not won by hitting winners but by reducing errors. We call this "error management". Essentially, you make your opponent beat you, so winning becomes an outcome, not a

process, and you make a commitment by self-talk to reduce or manage mental or emotional mistakes. In quality error management we build an internal dialogue using our past experiences, the space of the court, and our skills, to defeat our opponents. Remember the following strategies:

Strategy 1

Strive for consistency.
Most points are lost by an error.

Strategy 2

Use imagery to plan out
quality points.

Strategy 3

Seek to improve the quality of contact with the racket by eliminating mishits. Track the pathway of the ball as early as you can and watch for the seams of the ball.

Strategy 4

Stay within the comfort zone of your strokes; maintain your balance and flow at all times.

Strategy 5

Play the percentages against your opponent's weaknesses and use the space principles to reduce errors.

Strategy 6

Force your opponents to beat you.
Don't beat yourself.

Strategy 7

Make a commitment to reduce
mental or emotional breakdowns.

When people retire, they have time to spend on what they choose to do. This is a unique time in one's life. Professionals need to provide for this - such as provide special clinics for those who have not played before, or who haven't played for a long time. At Savannah Lakes we have what we call Green Netters, once a week, which is free for newcomers using some volunteers and simple ball machine drills. For teaching professionals this could be a new source of revenue for pros--newly retired seniors now have the time and disposable income to cater to their own wishes and leisure needs. Seniors love special deals on lessons and group clinics. Having them pay in advance for a series of six or ten sessions at a discount gives incentive to guarantee continued participation and motivation to practice towards long term improvement.

We have found that continued participation in Green Netters, team practices, drills, and round robins is very much dependent on making people 'feel good' about themselves. There should be no embarrassment, no ridicule of anyone, ever. Pro's need to foster group feelings, individual mastery of skills giving them something to be proud of every day. When they see themselves progressing and their pro points this out - they 'feel good'. By incorporating these concepts into every drill or practice match, we can dramatically improve seniors' self-esteem by enhancing their sense of meaningful accomplishment.

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Kopplin Kuebler & Wallace (KK&W) is pleased to announce new, robust, and added benefits specifically related to career services – exclusive only to PTR members! Back in October of 2020, a new partnership was announced between the Professional Tennis Registry, the largest global organization of tennis coaches, and Kopplin Kuebler & Wallace, the leader in Senior Executive placement, education, and consulting in the club, resort and hospitality industry.

Over the next couple weeks, Len Simard, KK&W's search and consultant specializing in Racquet Sports, Fitness and Wellness, and Michelle Rikland, KK&W's expert in Human Resources, Employee Relations, and Career Strategy will be rolling out a brand new, "PTR Career Services Center". This new initiative will focus on education, career development, and mentorship, all cornerstones and differentiators of the Professional Tennis Registry and Kopplin Kuebler & Wallace.

Related to the new, "PTR Career Services Center" (CSC), Listed below are some of the new features and benefits that only PTR members will be able to take advantage of:

- ◆ New website features:
 - Revamped "job bulletin"
 - Information/videos on how to post-a-job, find-a-job, strategies for resume, LinkedIn profile, interviewing strategies for employees as well as employers, and cover letter improvement.
 - New resume portal for employees to post their resume and indicate what types of positions they are seeking.
 - New employer portal for employers to search key words from resumes to find "matches" for potential position candidates.
- ◆ Director of Tennis/Director of Racquets/Head Professional Search
 - KK&W will provide a free, 30-minute consultation for employers looking to hire a Director or Head Professional level position.
 - Discount pricing to Clubs looking for assistance from KK&W for all searches.
- ◆ Monthly podcasts and bi-monthly articles in "Tennis Pro" magazine on industry related topics such as:
 - Leadership
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 - Club Trends, including the need for a total racquets program at a club/resort
 - Creating Standard Operating Procedures (SOP's)
 - Programming
 - Collaborative programming with other club/resort departments (F&B, Golf, Health & Wellness, Clubhouse Operations, etc.)
 - Compensation trends and assistance

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- ◆ Additional Complimentary services for PTR members provided by KK&W include:
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If you haven't already, please check out Len Simard and Michelle Rickland's individual presentations from the 2021 PTR International Virtual Symposium!

Len's Presentation

Michelle's Presentation

Please stay tuned for more updates and information to come – 2021 is going to be another great year for the racquet sports industry! Thank you for all that you do to make our industry great!

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BALL MACHINE DRILL

Skill Level - beginner to advanced

Objective - improve a doubles team's ability to deal with service line positioned opponents

Procedure

- Place ball machine in the center of the Ad Court Service Line.
- Set machine to throw a Rally Ball to Player A. Pro should stop machine with remote after one ball to allow players to play out point.
- Player A should hit the ball low to Player C's left foot.
- Players rotate after two points.
- Pro should rotate in each position to show movement of each player.

Possibilities

- If the ball goes by Player B low and in the middle, Player B closes to net center strap to Poach. Player B should focus on putting Poach Volley away to open spaces and NOT at Player C.
- If the ball goes by Player B low and wide, Player B tracks forward on angle of the ball to protect their alley.
- If the ball goes by Player B as high volley to Player C, Player B stays and attempts to defend Player C's attacking put-away.
- Player B's recognition of Player A's shot should be "low you go" and "high you die".

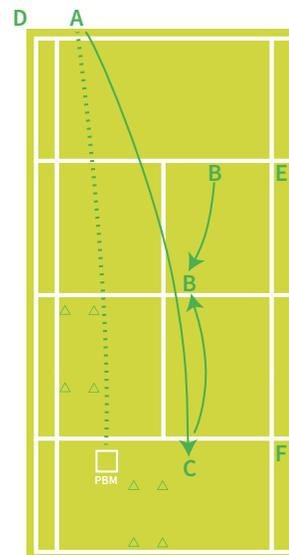
Variation

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