

# Wilson®

# COACHES for LIFE

Issue 2 • Fall 2008

Welcome to the 2008 Fall Edition Coaches for Life Newsletter!!

We hope that you had a successful and enjoyable spring tennis season.

This edition of Coaches for Life focuses on the different game styles found in today's modern tennis.

After an overview of each gamestyle you will find detailed information and ideas on how to coach each style.

As coaches we have the opportunity to mold a player's game and help them produce their best tennis.

Understanding of each of your player's gamestyles will assist you in giving each player a clear direction on court.

We are fortunate to have the expertise of many great coaches and I'd like to thank all the great contributors for this edition of Coaches for Life Newsletter.

We hope you find this addition of Wilson's Coaches for Life Newsletter informative and helpful.

See you at the courts!!

Sincerely,

Tracy Almeda-Singian



## ITS ALL ABOUT STYLE..

By Paul Lubbers, Ph.D.

The topic of gamestyle is always an interesting one as many factors influence the development of and choice of a primary gamestyle. Typical to this discussion is the understanding that Tennis has four primary game styles:

- aggressive baseliner
- counterpuncher
- all-court player
- serve and volleyer

It should also be noted that countless individual variations are possible within these four broad categories. Players should be encouraged and taught how to develop styles of play that is consistent with their personalities and their mental, physical, technical, and tactical skills. Each player will therefore develop a unique style that is specific to them.

Let's take a brief look at the four primary types of gamestyles.

### Aggressive Baseliner

Aggressive baseliners play close to the baseline and dictate play with aggressive, powerful groundstrokes. Typically, players have at least one real groundstroke weapon. Most aggressive baseliners have a big forehand, with the ability to hit winners from the baseline, even on the weaker side. They move well and can maintain good balance while hitting powerful and aggressive groundstrokes. Aggressive baseliners are effective on all surfaces, but especially those of a slow-to-medium pace.

Psychologically, aggressive baseliners are often risk takers, capable of hitting winners from any point on the baseline. These players are not afraid to attempt to hit winners.

Physiologically, aggressive baseliners will possess elite levels of fitness. They also often have excellent muscular strength and endurance, as well as quickness and agility.

### Counterpuncher

Counterpunchers react to their opponents' play. They usually allow their opponents to dictate play and then counter. They play farther back in the court than aggressive baseliners, often hitting ground-strokes with higher net clearance, depth and more spin. Successful counterpunchers are effective at neutralizing their opponents' power and attacking play.

This type of player is most often found in junior tennis, with progressively fewer such players as the level of play improves. Few world-class players today employ this as their primary gamestyle, but most top players employ this type of play when tactics warrant it.



Psychologically, counterpunchers must have a 'never say die' attitude, with a willingness to stay out on the court as long as necessary to win the match. Counterpunchers therefore have a great deal of patience, and they seldom force the issue during a rally.

Physiologically, counterpunchers must have an elite level of fitness. Consistently winning matches by outlasting opponents requires excellent aerobic endurance, as well as good anaerobic capacity to run down every ball.

### All-Court Player

All-court players are capable of playing the style of play for the situation. They often do not have a single clear-cut weapon, but they do have the ability to use nearly all parts of their game offensively to win matches. Most often their serve is very effective as well as their ability to make tactical adjustments during a match.

Psychologically these players have persistence and are able to work to set up situations where they are best able to win the point.

Physiologically, these players are athletic and have high levels of all round fitness in order to cover the court very quickly.

### Serve and Volleyer

These players have the ability to attack the net through either serve volley and/or approach and volley. The serve is often a weapon or is at least extremely effective in keeping their opponents off balance. They possess high quality volleys and understand net coverage and positioning. Their objective is to constantly put their opponents under pressure by attacking from the net.

Psychologically, these players have aggressive on-court personalities, and they are risk takers. This game style does carry a high risk, and so requires an attacking type of approach.

Physiologically, these players are excellent athletes with speed and quality of movement. The game style demands are for muscular strength and anaerobic power.

## Helping Players establish their own gamestyle

Various factors should be taken into account in helping a player establish an optimum game style.

- A player's game style should evolve naturally as they become more competent technically and tactically
- The age and stage of development is a factor because a game style is based on who they are as a person
- The game style should be incorporated in the player's own personal vision for their game
- The coach should help guide the player in this process, not to dictate the result
- Basic knowledge of growth and development is important
- Consideration of the personality of the player and the mental, physical, technical, and tactical characteristics is essential since this will largely dictate how they play the game

To help players determine their primary game style, consider the players' physical and mental attributes.

The physical factors are

- Height and weight
- Physical development
- Muscular strength
- Balance and movement
- Speed, quickness and agility/coordination

The mental factors are

- Personality
- Consistency reflected in stroke tolerance
- Patience
- Level of aggression
- Concentration

Once a player and a coach has determined a primary style of play or has begun to develop a preference, a plan should be put in place that will help that player develop the strategies, tactics, patterns and weapons necessary to implement that style.

*Adapted from USTA High Performance Coaching Program Study Guide*

*Paul Lubbers is the Director of USTA Coaching Education. He earned his Master of Science degree from Indiana University and his Ph.D. in Exercise and Sport Science at UNC Greensboro. He is also a USPTA Professional and PTR certified*



# AGGRESSIVE BASELINER

By Jorge Capestany

Knowing your own game style is one of the most important yet overlooked components in becoming a good high school tennis player. Most players typically know what their *favorite* style of play is. The problem is that their favorite style of play will not always give them their best chances of winning against every opponent. Having a plan A is crucial but so is having a plan B, C, and sometimes even plan D!

This article focuses the one of the most common styles of play for High School players, the Aggressive Baseline.

Aggressive baseliners like to stay back and bang the ball. They typically have average patience and like to hit a lot of winners. They usually have one side that is a real weapon and the other side is usually very reliable and steady. They will come in to the net, but usually only after they have wounded you with a big shot and have an easy ball to put away.



## Technical Reminder:

Since these players have a higher than average risk in their game they must be reminded to use proper amounts of topspin. When these players begin to make errors they may be tempted to start to 'push' the ball but this typically only makes matter worse as they are easily taken out of their rhythm by doing this. To add topspin, make sure the player's racket gets below the ball on the swing path. Having a player drop-feed a forehand to them self is an easy way to allow them to see if that are generating enough topspin.

## Feeding Drill:

An important skill for this style of players is to be able to punish short balls when they receive them. The following drill is effective in teaching this skill.

### Mid Court Crusher:

This drill has the coach tossing short "sitter" balls that force the players off the baseline and they rip a "stinger" type of shot.

Players peel out to the sides and get back in line.

This drill is very tiring and can easily move many players.

The goal is for the player to recognize a short ball and get off the baseline quickly enough to still hit an aggressive shot.

V= Pro feeds high balls and the players move in and hit a swinging volley out of the air.

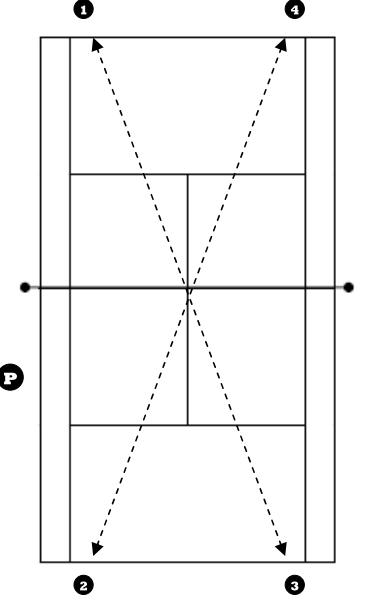
V= Pro feeds a very low ball and the players run up and dig out a save.

Could be large group drill with up to 14 players.

***A video of this drill can be seen live at: [www.tennisdrills.tv](http://www.tennisdrills.tv) (Free sample #4)***

## Live Ball Drill:

Another important skill for this style of player to master is the ability to take power off the ball as well as adding power to an incoming ball. The following drill is very effective in teaching these two skills.



### Absorb and Rip:

This game teaches players to soften their hands to take power off the incoming shot, then take the next shot and rip a mid-court stinger. This tough drill promotes excellent footwork.

Players 1 & 3 play against each other cross court on half of the court while players 2 & 4 do the same.

Either players starts the rally and the receiving player must hit the incoming ball up in the air so it lands into their own no-mans land (must not land inside the service line) and then they run up and rip that next ball.

This pattern continues until one player wins the point. Keep track of the score by 1's and rotate players up and down the court.

**A video of this drill can be seen live at: [www.tennisdrills.tv](http://www.tennisdrills.tv) (Free sample #2)**

## Strategic Tip:

The best strategic tip I can offer this style of player is the 'hunt' for their weapon. This means if they have a stronger forehand, that they work hard and hustle so that they can hit a lot of forehands. Many times this style of player can become complacent with their footwork and they miss many opportunities to hit their weapon.

The best players have enough footwork discipline to assure they are hitting their stronger side whenever possible. This is essential for this style of player.



*Jorge Capestany is the Founder of [www.tennisdrills.tv](http://www.tennisdrills.tv) - a video based website that has more than 600 videos of tennis drills and tips for coaches and pros.*



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# COUNTER PUNCHER

By Mark Weil

I must confess right here, at the beginning . . . I absolutely love Counter Punchers!!!

By junior players and parents, the counter puncher is often mistaken as a 'retriever' or 'pusher'. They are intergalactically feared and loathed by opponents!!

To me, players who play the 'counter puncher' style are tennis's version of creative geniuses. Einstein, Edison, Hawking – they have nothing on these on court savants who use deception, trickery and magic to gain their ends. Counter Punchers are exotic chameleons: they adapt to any style necessary to defeat, frustrate and demoralize their opponents. And they do it with a tennis players' least developed muscle: the Brain. These players are creative, crafty, courageous and impossibly patient in tricking their opponents into snatching defeat from the jaws of victory. And they do it successfully while being scorned, insulted & dismissed by the confederacy of dunces of coaches and players that fail to admit these players have executed a winning style against them. Big Mistake – let's take a closer look at why Counter Punchers are so successful, and why it is so difficult to defeat the good ones.

Muhammad Ali was boxing's greatest counter puncher – he invented the now famous 'Rope a Dope' strategy and won the Heavyweight Crown late in his career when none of the experts gave him a chance — and his style can be directly related to a tennis player who uses the same tactics.

Counter Punching tennis players, like the great Ali, will allow their opponents to hit them with big body blows, allow them to take charge of the point, to rush into risky attacking situations trying to throw knockout blows – all the while letting the attacking player feel as if they are in control of the point. Au Contraire, Mon Amis! Just when you think the counter puncher is done, out of position, in great desperation, in serious trouble, they will turn the tables on you and hit the unlikely passing shot, or disarm a net rusher with a shot to the feet, or hit a deft lob, taking the net away from their opponent and hit a winning overhead or volley. Do these instances ring any bells for you now?



## Technical Reminder

The Counter Puncher player needs to develop their middle game off the ground, and their second serve, so that any attack on them will not be too punishing, giving the Counter Puncher just what they want – their opponent salivating as he comes forward to knock off a winner, only to be fooled and passed by a whistling backhand cross court shot.

## Feeding drill:

Learn good defensive shots to disarm the attacker and turn a point around from defense to offense – the sky high lob used by Henin is a great example of this type of shot.

The sky lob is hit straight up in the air pretty much as high as your player can control it without hitting it out of the county. The lob should land within 5 feet of their opponent's baseline and bounce high and over the baseline so any overhead off of this shot will be from 5-10 feet behind the baseline.

Place your player in one corner of the court at the baseline and feed the ball to the other corner— have your player run full speed to the ball and hit the lob as high as they can control straight up in the air to the other baseline, while recovering to the middle of the court to prepare for the answer from the opposite baseline. As they are recovering feed a high ball midcourt.

The player must decide whether to take the next ball in the air as a swinging volley or play a neutral/ rally shot.

This drill will help counterpunchers learn how to transition from defense to offense quickly and with their shot selection.

Again, the crafty counter puncher has turned a bad situation into a good one!

### Live Ball Drill:

To practice the Counter Puncher style play the Attack Game — feed a short ball to an attacking player, he has to call out 'Line' or Cross Court' before he hits his approach shot, then they play out the point to conclusion— the Counter Puncher moves to the side of the court that was called out and can then practice running down attacking shots and turning them into winners for himself. It is great game for both the Counter Puncher and the Attacking player to practice offensive / defensive shots. Play games to 11.

### Strategic Tip:

When coaching the Counter Puncher Style to your players, coach them to play error free, high percentage tennis. Give away no points to your opponent. Play your groundies deep and cross court at about 85% of full speed. Be patient and let your frustrated opponent rush into a risky attacking situation.

Remember, Counter Punchers are calculating and opportunistic players who ENJOY turning a point around from disaster to triumph and crushing their opponent's enthusiasm. To a Counter Puncher, it's the only way to win!

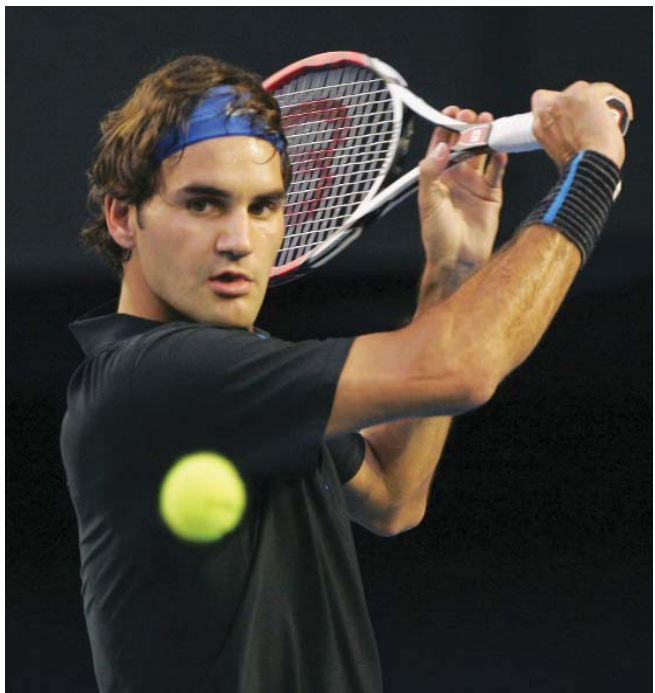


Mark Weil is the Owner and Director of the Weil Tennis Academy in Ojai, California. Mark has proudly been a Wilson Advisory Staff member for over 10 years.

## ALL-COURT PLAYER

By Nick Saviano

The term 'All-court player' is used to describe a player who has a well rounded game and the ability to play equally well from the backcourt and the net. They are problem solvers on a tennis court. They possess a variety of shots and are comfortable using their full array of strokes in a competitive situation. The particular tactics they employ during a match depends on the situation. In other words they can and will adjust how they play tactically depending on the opponent and the situation in a match. At the professional level Rodger Federer and Justin Henin would be good examples of all court players



### Technical Reminder:

One of the keys to being a successful all court players is the ability to transition to the net, therefore the approach shot is a particularly important shot for them.

**Approach shot:** This is a shorter ball which requires the player get up to the ball quickly in order to execute it properly and transition to the net. The tendency is to rush this shot and jump up on or before the hit. *Players need to focus on staying down with their body on the hit and s winging the racket face through the hitting zone before finishing the stroke.*

### Feeding Drill:

In order to incorporate both groundstrokes and net play into a drill the following drill helps accomplish this objective.

**Name:** Five (5) ball baseline, approach and volley drill

**Benefit:** This drill incorporates baseline hitting, transition, volleying and overheads. All of which are keys to success of an all court player.

**Description:** Coach and player start the drill at both ends of the baseline; the player is in the center of the court and the coach is in one corner of the court between the center service hash mark and the singles side line.

**First feed:** deep to the baseline forcing player to move back slightly

**Second feed:** short ball which forces player to quickly move forward, hit an approach shot and come to the net.

**Third feed:** medium difficult first volley

**Forth feed:** lob, which forces player to move back and hit overhead

**Fifth feed:** is a sitter volley which requires player to move forward and hit a finishing volley.

**Option:** Coach can feed more volleys and overheads depending upon how hard they want the player to train.

## Live Ball Drill:

**Name:** Transition drill

**Benefit:** Player hits groundstrokes and look for the opportunity to come to the net to finish off point.

**Description:** Player 'A' is at the baseline in center of the court, Coach/player 'B' is at baseline in one corner of the court between the center service hash mark and the singles side line. Coach/player 'B': starts rally out and moves player around. Player 'A' looks for a short ball and comes into the net and the point is played out.

## Strategic Tip:

One of the most important concepts an All court player needs to employ is trying to move their opponent around either side to side or push them deep in the backcourt with the intent eliciting a weak shorter ball from which the all court player can look to transition to the net.

**Tip:** Attempt to open the court up (pulling opponent out wide) early in the rally then hit to open court. With the opponent on the run, look for the next shot to be a short ball which an approach shot can be hit. Another tactic is playing a higher bouncing ball up to the opponent's backhand side will often elicit a short response which once again allows the All court player to take advantage and attack with the approach and volley.



*Nick Saviano is the founder and director of Saviano High Performance Tennis Academy in Sunrise, Florida. He is widely regarded as one of the top developmental tennis coaches in the World. Nick is the author of the best-selling book 'Maximum Tennis'. He is a certified Master Professional with both the USPTA and PTR and currently resides in Davie, Florida*

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# SERVE AND VOLLEYER

*By Tom Gullickson*

In the 80's most players were serve and volleyers. Today, with the speed of the modern game, they are rare and dying breed.

Thanks to racket technology, slower court surfaces and the capability to players to hit over each return, the speed of the game has increased, making it difficult to be a successful serve and volleyer.

However, there still is room for the serve and volley player.

Since there are so many players who like to rally and get a rhythm from the baseline, serve and volley is a great way to force these opponents to get out of their comfort zone.

Serve and volley is a great game style for players who like to dictate play and control the tempo of the match.

Serve and volley players are on a mission to always be on the attack. Constantly moving forward, taking time away from their opponent, and keeping the points short.

Continuing to attack gives the opponent no rhythm, keeping them on edge, and in the process pressuring the opponent into making more errors in the effort to come up with a better shot.

Most successful serve and volley players are good athletes, have an aggressive mindset, and enjoy being in the drivers seat.

Typically, their serve is their biggest weapon. Serve and volley players also tend to be agile, have quick hands and good feel for the ball.

Here are a few tips for your serve and volley players:

## Technical Reminder:

An extremely important component of a serve and volleyer's game is a great serve.

The serve starts with the toss.

It's very important to keep the toss out in front on your serve.

This helps ensure your momentum is going into the court, thus giving you the opportunity to get to the net as fast as possible.

Make sure you are tossing as your weight is transferring forward, so you can use your legs to spring up and out into the court.

## Feeding Drill:

Player starts serving. The coach is in the return of serve position.

The player serves the ball. As the serve goes over the net, the coach feeds the ball to the player's feet.

The player is working on the timing of the split step. A split step is a little hop on the balls of the feet to make sure they are balanced. The player should follow the path of their serve and time their split step to when the ball is hit of the coach's racket.





Start as a one ball drill in order to get the timing of the split step and then continue to add volleys and overheads as the player's timing gets better.

The player must make sure they continue to move forward after the 1st volley and follow the path of each ball they hit.

### **Live Ball Brill:**

1 on 1 doubles/shadow doubles

Play the point half court, cross court.

You must serve and volley on both first and second serve.

Like in doubles, this is a cross court game. Keeping the point to half the court makes it more difficult to get passed. The player will have the opportunity to play plenty of volleys and work on the timing of their split step.

Keep score like a normal game and play a set.

### **Strategic Tip:**

Mix up your serves!!!

Changing the location, speed and spin of the serve keeps the opponent guessing.

For example, the kick serve is a great way to get to the net. A good kick serve keeps the ball out of the opponents' strike zone and also gives the server more time to get to the net.

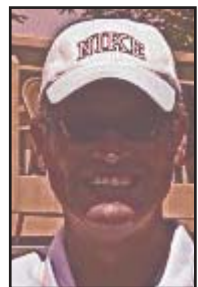
For a serve and volley player it is important to remember that it's all about percentages, winning percentages.

Taking care of their own service games is an essential part to the success of a serve and volley player.

If a player is able to continually hold serve, they are putting the pressure on their opponent.

Hold six times you puts you in the tie breaker, and gives you the best opportunity to be in the match.

*Tom Gullikson is one of the most highly regarded coaches in the game. He is a former US Davis Cup Captain, former Director of Coaching for the USTA and coached top players Jennifer Capriati, Martina Navratilova and Mary Joe Fernandez. He currently serves as Chairman for the Tim and Tom Gullickson Foundation and resides in Palm Coast, FL.*



# RACKET OF CHOICE

By Brad Skoryi

How does a player choose his/her racket?

Much like finding the gamestyle that best suites a player, there are various factors that should be taken into account in helping players find the best racket frame for them.

Consider a players physical attributes, swing speeds and gamestyle when helping them select a racket.

As they continue to grow and progress as players, their equipment should continue to evolve with their games to help them develop.

Finding equipment with the right weight and balance can help a player elevate their level of play.

Here are a few racket suggestions for each type of gamestyle.

**Note:** Balance is defined as: each "point" represents 1/8 inch. A 27 inch racket with a balance point of 12-1/2 inches is 1 inch, or 8 points head light (even balance would be 13-1/2 inches).

## Aggressive Baseline

For the aggressive baseliners, the best suggestion for these players would be either a head light racket or an even balanced racket for maneuverability. These will tend to give the player more racquet speed, which will result in more spin and control.

Rackets for an aggressive baseliner to try:



### [K]Tour 95

**Unstrung Weight:**  
10.2 oz  
**Balance:** Even Balance  
1 pt Head Heavy  
**Swing Speed:** Medium  
World #1 WTA Tour player Justine Henin's racket of choice



### [K]Pro Open

**Unstrung Weight:**  
10.6 oz  
**Balance:** Head Light 4 pts Head Light  
**Swing Speed:** Fast & Long  
ATP Tour player Feliciano Lopez's racket of choice



### [K]Blade 98

**Unstrung Weight:**  
10.7 oz  
**Balance:** Slightly Head Light 3 pts Head Light  
**Swing Speed:** Fast & Long  
ATP Tour Player Paul-Henri Mathieu's racket of choice

## Counter Puncher

A Counter puncher would generally be a player that would be looking to play many groundstrokes and often is found in a neutral position until they find the opening to attack.

For Counter Punchers, more weight toward the racket head (head heavy) can give the player more depth, power, and better stability (twisting on off-center hits).

Rackets for a counterpuncher to try:



### [K]Four 105

**Unstrung Weight:**  
9.3 oz  
**Balance:** 1 pt Head Heavy  
**Swing Speed:** Medium  
WTA Tour Player Tatiana Golovin's racket of choice



### [K]Sting

**Unstrung Weight:**  
9.2 oz  
**Balance:** 1 pt Head Heavy  
**Swing Speed:** Medium



### [K]Five 98

**Unstrung Weight:**  
9.6 oz  
**Balance:** 9pts Head Heavy  
**Swing Speed:** Medium

## All-Court Player

An All-court player would be a player that likes to play from both the baseline and the net. They will serve and volley some points or finish some points off at the net and they will hit aggressively from the baseline. One option for this player is a head light or even balanced racquet for maneuverability. Racquets with a head-light or even balance are usually most maneuverable.

Racquets for an all-court player baseliner to try:



**[K]Blade Team:**

**Unstrung Weight:**  
10.2 oz  
**Balance:** 4 pts Head Light  
**Swing Speed:** Fast & Long  
WTA Tour Player Venus and Serena Williams' racket of choice



**[K]Six.One Tour**

**Unstrung weight:**  
12 oz  
**Balance:** 9 pts Head Light  
**Swing Speed:** Fast & Long  
World #1 ATP Tour Player Roger Federer's racket of choice



**[K]Six.One Team**

**Unstrung Weight:**  
10.2 oz  
**Balance:** 1 pt Head Light  
**Swing Speed:** Fast & Long

## Serve and Volleyer

If you are a serve and volley player and strive to finish the point at the net, maneuverability is going to be the thing you would be looking for. Reaction time at the net is so short that you need a maneuverable racket in order to be able to get the racquet into position for the volley in that short timeframe. So, if it is easier to move a racquet through the air, you will have a better chance of getting the racquet in the correct position to hit that crisp volley. Racquets with a head-light or even balance are usually most maneuverable.

Racquets for a serve and volleyer to try:



**[K]Blade Tour**

**Unstrung weight:**  
11.4 oz  
**Balance:** 7 pts Head Light  
**Swing Speed:** Fast & Long  
ATP Tour Player Jo-Wilfried Tsonga's racket of choice



**[K]Six.One 95**

**Unstrung Weight:**  
11.7 oz  
**Balance:** 9 pts Head Light  
**Swing Speed:** Fast & Long  
ATP Tour Player Max Mirnyi's racket of choice



**[K]Pro Tour**

**Unstrung Weight:**  
11.1 oz  
**Balance:** 7 pts Head Light  
**Swing Speed:** Fast & Long  
ATP Tour Player Michael Llodra's racket of choice

Please remember at the end of the day, a racket is a personal preference and there are many more rackets that would fit into each of these categories. Just a few have been listed, so that you would have a good place to start.

Wilson does recommend that the player should demo the rackets to find out what may work best for the individual.

*Brad Skoryi is the Lead Technician of Wilson Racquet Sports and is based at Wilson Headquarters in Chicago, IL.*





# HEALTH AND FITNESS

## Preparing for Tournament Travel

By Page Love

How well do you eat when preparing for travel? Take this self-quiz:

1. Do you tend to skip meals or allow long periods of time to elapse without eating before or during travel?
2. Would you consider packing a bag of safe performance snacks to take with you so that you can stay on track with your training plan?
3. Do you go to the grocery store or stock up on perishable items once you arrive?
4. Do you put more effort toward drinking hydrating fluids and less caffeine when traveling?
5. If you travel into a new time zone, do you readjust your eating plan immediately to that time zone.
6. Do you plan ahead for dining out when you travel? Would you order with modifying your menu plan (for example, would you ask for grilled options and/or extra veggie sides?)
7. Would you consider splitting a meal with a coach or teammate if needed?
8. Do you fall into the trap of feeling you don't want to train as much because you are traveling?

### Travel Tip

Call ahead or check on the internet about what restaurants are in the area of your tournament city and pre-plan some of your dining out choices

Plan to eat more high complex carbohydrate meals (lots of grains, starchy vegetables, bread, rice, or pasta) to keep your muscles well fueled and help with quicker recovery between matches.

Limit high intakes of fat and meat (these have a dehydrating effect).

Drink more fluid than usual to help compensate from extra sweat losses.

Avoid caffeinated and energy drinks before, during, and after matches.

Choose water, sport beverages, or sports waters on court.

Pack a healthy performance snack to take with you – see suggestions below.

Once you arrive, live by the destination's clock and try to keep meals on schedule. Eat at least three meals per day, have plenty of fluids, and eat high-carb snacks as needed.

Follow basic training diet guidelines: high complex carbohydrates and low fat.

Continue to stay well hydrated and maintain your fluid intake.

Plan ahead for dining out. Use the restaurant survey guidelines when deciding on your choice and call ahead if possible for special requests.



### Tournament Travel food options

#### Bring with you for car travel:

apples	bread	sandwiches
bananas	oranges	raisins
baby carrots	yogurt	water

#### Have on the court or at tournament:

pretzels	tomato juice	sports beverages
crackers	string cheese	energy bars
sports water	peanut butter	sport jelly beans

Page Love, MS, RD, LD, is a leading sports nutrition expert and owner of Nutrifit, Sport, Therapy, Inc., a company dedicated to helping clients reach wellness goals. Page served on the national U.S. Tennis Association Sport Science Committee, the Sport Science Advisory Board for PTR, and has recently served as a consultant for the Sony Ericsson WTA Women's Professional Tennis Tour.  
[www.nutrifitga.com](http://www.nutrifitga.com)



# BREAK POINT

By Luke Jensen

A massive hello to all of you reading the Wilson Coaches for Life Newsletter!

As the Head Coach at Syracuse University for the past two years and being fairly new to coaching, I wanted to share my experiences as a player. I believe that my life experience has had a direct impact on how I view the game and my approach to coaching.

My entire life has been how I prepared and how I played the game. These days tennis is just a small part of what I do. I teach the HOW in life to my tennis players.

How we prepare....How we compete...How we adjust....How we learn.....

Everything I have done as a player in my life seems easy compared to the communication skills needed to lead a team. Winning a French Open and beating Sampras or an Agassi was EEEEEEEasy.....Trying to get Katlyn "The Flash" Haycock not to hit EVERY ball as hard as she can EVERY TIME is a challenge.

In my life I had amazing coaches that never quit on me and instilled the values of a champion.

My life coaches....my parents and tennis coaches taught me that no one is born a champion.

Champions are made from hard work and desire.

The key is to find that type of kid for your team. I really enjoy hearing from the person. I want to learn their story. Who are they and what do they want to do in life?

The key for me is PASSION! If I do not sense passion when they talk about tennis and their goals in life, this person has not found what they want to do yet. Mom and Dad have taken them to the tennis court and that is why they do it.

Competition is what I am all about. All four kids in my family played on the pro tour because of that love for competition. That garbage feeling when there was a lost and most importantly doing something about that loss the next day on the practice court.

Our team motto at Syracuse University is IMPROVE!!!

Do we improve from rest? Have we improved from last month or last year?

In life there is no staying the same. Business, Sports or Politics.....You get better or you get worse....

Look at the game of tennis from Laver to McEnroe, then Sampras to Federer—they are all champions that took what was at the top of the game and made it better.

So many players want to win so badly but are they willing to pay the price for victory? That price that will prepare them for victory. Syracuse Tennis defines winning and many ways. Not just the score card. It is the effort and enthusiasm when you play or practice.

Prepare for victory. Did you get enough sleep and eat right to be ready for victory. Did you have a scouting report on your opponent and a game plan going into the fight? Or did you just wing it and hoped you would win or you opponent would get stuck in traffic?

Coaches, I wish you all the best. It is such a great challenge we all face – To make our players be the best they can be.

So now is the time to stop crying about a loss and start sweating to make the game better. Set a massive mountain of a goal and begin the climb to the top of that mountain!!

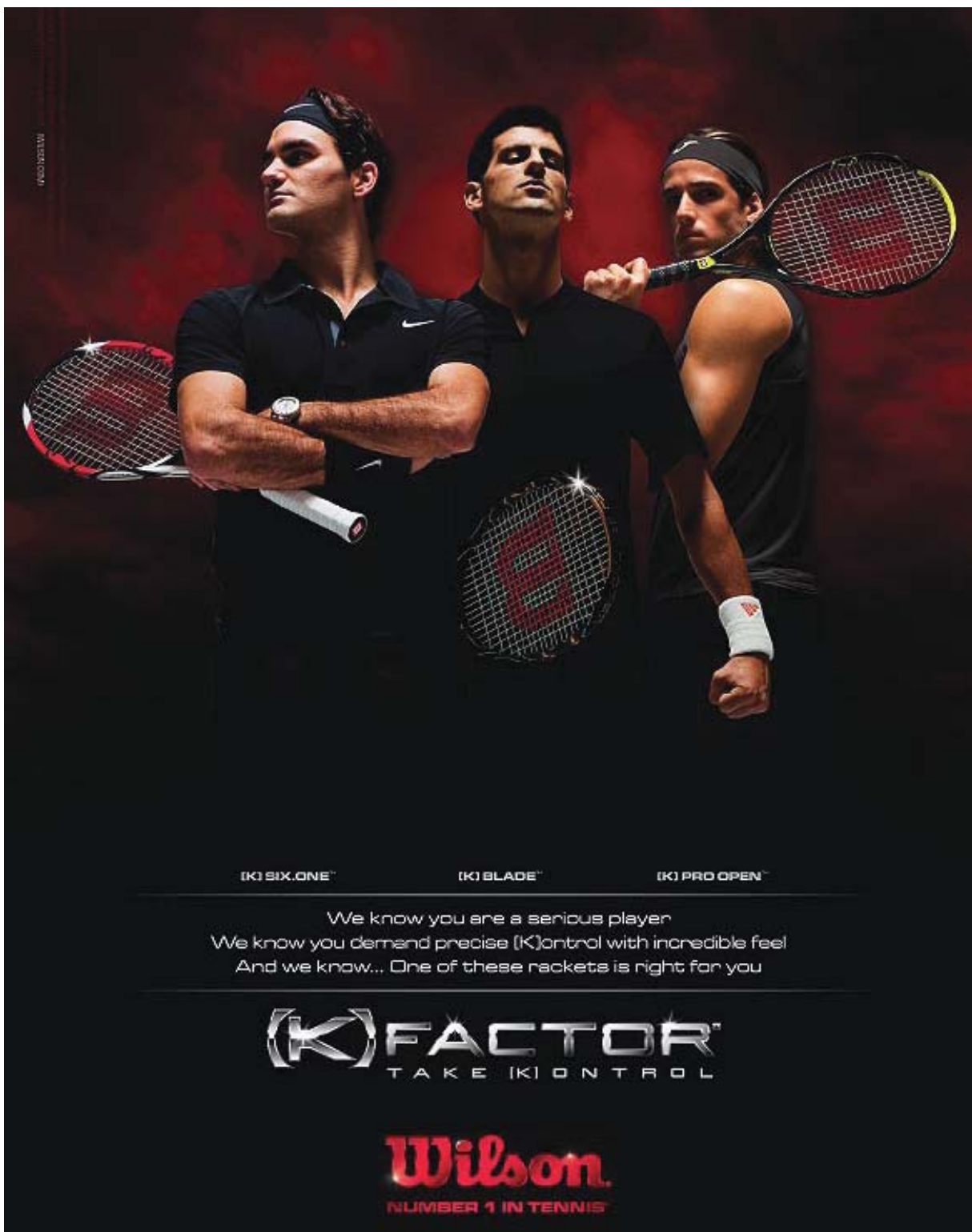
My goal is simple. Bring American Tennis back to the top of the world rankings with kids that have guts, grit and determination to be the very best.

Coaches, keep hitting aces and remember – there is no company in the history of the game that has won more Grand Slam titles than Wilson.

The Best Never Rest!!!!

*Luke Jensen is the current Women's Head Tennis Coach at Syracuse University. He is a former ATP Tour player with 10 Doubles titles including 1993 French Open Men's Doubles Title with brother Murphy Jensen.*





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The goal of our page is to keep you more informed on our latest products, update you on our players, and have some fun in the process.

In upcoming months we will have some video blogs, on location photos at our ATP & WTA events, message boards and contests.

It is a great way for you and your players to keep updated on the latest from Wilson and we are excited to hear your feedback: <http://www.facebook.com/pages/Wilson-Tennis/26577873656>