

# THE PRO APPROACH

a monthly e-publication of the georgia professional tennis association

What do you do during the lull between winter USTA season and spring ALTA season? Some of you may get a jump start on your ALTA clinics to fill the lesson time. We've done this for seasons where we coach teams for five or six weeks before they even play a match. The season seems to drag on and players (and pros) are burned-out half-way through the season; unless of course the team is in playoff contention with hopes of winning a BAG TAG! So this year, instead of starting ALTA clinics so early, we are going to start three weeks before the first ALTA match and fill the lull with "February Tech Time: One Month to Get Your Strokes in Gear." After that, we'll focus our players on the "tactics" of ALTA doubles play during clinics. We feel this is a great way to add variety to our tennis programming and push those private lessons that can be so hard to come by in the busy ALTA team coaching season. Hopefully, our pros will be busting at the seams this month with private and small group lessons. We'll let you know how it goes!

I can honestly tell you that ideas like this stem from networking with other pros at GPTA events. One event program that is new for GPTA and we are really excited about is the "Best of Series" program. We already have a few professionals that have requested to host a "Best of Series" event and we are working to put them on the calendar. All GPTA professionals are encouraged to request to host a "Best of Series" event. The "Best of Series" is simply this:

- A facility hosts a GPTA meeting run by its staff on a Friday afternoon (1:00 – 3:00 PM)
- The staff conducts a drill session highlighting the "best" things they do
- Drill session can have a theme such "cardio" or "junior drills" or can be an assortment of drills

The idea is for GPTA pros to see the best things other facilities do, and learn from them, while allowing GPTA pros the opportunity to showcase what they feel are their top quality features. If you would like to conduct a "Best of Series," contact me at [bhestley@dhgc.org](mailto:bhestley@dhgc.org) with the best thing you and your staff do on court and when you are available to host a meeting. Please note that calendar space is filling as we plan to have three to four "Best of Series" events and are already confirming dates with two facilities.



*Ben Hestley*  
GPTA President

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u p c o m i n g g p t a e v e n t s

## **GPTA Welcomes Patrick McEnroe!** **PRESENTED BY USTA GEORGIA** **The Standard Club, March 12th**

Patrick McEnroe is the General Manager of USTA Player Development, a position he assumed in April 2008. McEnroe's appointment as General Manager of USTA Player Development signaled a new strategic direction for the USTA in the development of future American champions. McEnroe oversees all USTA player development programs including the USTA Training Center headquarters in Boca Raton, Fla., the USTA Training Center-West in Carson, Calif., and the USTA's national coaches and coaching program.



### **Program details...**

**1PM-2PM: Q & A Session with Patrick McEnroe**

**2PM-3PM: On-court Drills with GPTA Pros for 10-and-under guests**

**3PM-4PM: GPTA Member Exclusive Session with Patrick McEnroe**

GPTA members may invite guests to attend the first two segments of this event! Please make your reservation via [www.gpta.com](http://www.gpta.com), indicating the number of guests (children and adults). Many thanks to USTA Georgia for supporting the GPTA and providing this opportunity for GPTA members and the Georgia tennis community!



## **Summer Camp Round Table Discussion** **February 24th, 1PM** **Dunwoody Country Club**

Please reserve your seat at [www.gpta.com](http://www.gpta.com). Each attendee is asked to bring 15 copies of his or her 2010 summer camp brochure to share with the group. This roundtable discussion is a joint workshop with the USPTA Georgia Chapter. All active GPTA members are welcome and encouraged to attend.  
We hope to see you there!

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g p t a t i p s : k e e p ' e m m o v i n g

## How do you keep players from standing around during clinics in these cold months?

Teaching Cardio Tennis I have learned a lot about keeping players moving no matter the season.

1. Have a game plan...run a quick and dynamic warm-up (quick volley drills will get players moving fast).
2. Use the sports ladder...it is the best tool to keep players moving so by the time they are done with the sports ladder, it is time for them to hit the next ball.
3. While running dead ball drills with lots of players on the court, have a station on a corner of the court where they might be doing five jumping jacks, five high-knees exercises or any exercise to keep them moving.
4. If you are running a dead ball drills to warm-up the players, have them hit two or three balls max; this way the players don't have to wait in line too long.
5. Get the players playing games as soon as possible; games in which they have to switch ends of the court is ideal (six or more players).
6. If the levels of the players is low and they struggle to keep the ball going, please bring out the foam balls and low pressure balls and the players will automatically be able to keep more ball going and play games. Carmen Garcia

One of best ways I keep my members from standing around in the cold during the clinics is running through Etcheberry drills or some very quick fast paced games...

Scramble: Two lines challenging and two people at the net as the champs. Play one point; if you win the point your team has five seconds to get to the other side. Great for six or more players. With less than six players, you need an outright winner or two points in a row. This is a great warm-up drill and everyone will be very warm by the start of the drills.

Four-ball service line side to side: Have a single-file line behind the service line and feed four balls side to side having the players hit each shot down the line. After four balls, the next person comes in. This is a great drill to run during the middle of the class or at the end of the class when everyone is warmed up. I will make the players practice footwork, drop shots, slices and other variations to ensure it is not the same thing over and over.

There are many things that can be done with the players but hopefully this will help give you a couple ideas to try. Ian Thomson

## Whether you are trying to isolate a skill, or just play games, keep students active by controlling space and time.

- Shorten the court to get more people involved (length and/or width).
- Change the ball so they can rally cooperatively (don't put them in lines and feed).
- Change the scoring or rules ( i.e. one serve, less points takes spot).
- Let them feed to each other.
- Take advantage of space off the court (do athletic development in the grass, put a mini-net in the parking lot).
- Do a teaching station indoors (show video, goal setting, mental toughness). Craig Jones

I use one-and-done rapid feeds, and they keep moving as long as I can keep the feeds coming! Serve and play points out with stations at the hopper between two courts and at each net post to facilitate quick rotations. Bryan Shepherd

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lessons for life™ surpasses \$5 million

In 2010, United States Professional Tennis Association teaching professionals raised more than \$5 million for charity through the association's Lessons for Life™ program. "Wow, look what we have raised over the last 12 years! Our members continually raise money, year after year, helping out our communities," said Diane Selke, Lessons for Life chair, USPTA Master Professional and head tennis professional at Valley Country Club in Aurora, Colo. "That is what it's all about: helping one another through the best sport of all - tennis - the sport of a lifetime!"

Lessons for Life became USPTA's national charitable program in 1999 and since then the USPTA and its members have raised more than \$45 million in an effort to support various charities. Through this program, the USPTA encourages its members to use tennis as a vehicle to help others through fundraisers and other activities in their communities. The fundraisers take many forms including tournaments, programs, auctions, black-tie dinners and clinics. Many of the fundraisers take place at country clubs and commercial clubs, where the majority of USPTA Professionals direct tennis operations and programming.

In 2009 an additional element was added to the program when the USPTA and Rally for the Cure joined forces to raise awareness in the fight against breast cancer through tennis and Lessons for Life under the broader Tennis - for the health of it! initiative. Rally for the Cure has the tools and materials for USPTA tennis-teaching professionals interested in running a Lessons for Life charity tennis event in support of Rally for the Cure. This is just one more way USPTA teaching professionals can give to important causes through tennis and Lessons for Life.

While Lessons for Life is officially celebrated in October, events may be hosted any time during the year. People who are interested in participating in a Lessons for Life event should contact a USPTA Professional in their area. USPTA's Find-A-Pro service is available at [www.usptafindapro.com](http://www.usptafindapro.com) or by calling 800-USPTA-4U for help locating a USPTA Professional.

source: [www.uspta.com](http://www.uspta.com)



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windward to host us open national playoffs

The USTA Southern Section announced last month that the Windward Lake Club in Alpharetta, Ga. will host the US Open National Playoffs USTA Southern Sectional Qualifying Tournament, July 1-6. The USTA also announced the return of the US Open National Playoffs to expand the footprint of the US Open by providing the opportunity for all players 14 years of age and older to earn a berth into the US Open. This year, the tournament will now include mixed doubles in addition to men's and women's singles. The US Open National Playoffs mixed doubles champions will receive a main draw wild card into the 2011 US Open. The US Open National Playoffs men's and women's singles champions again earn a wild card into the US Open Qualifying Tournament, held the week prior to the US Open.

The US Open National Playoffs will again operate as a series of sectional qualifying tournaments, held in 16 USTA Sections throughout the country, including Alpharetta. The 16 men's, women's and mixed doubles champions from each sectional qualifying tournament will advance to the US Open National Playoffs – Men's Singles, Women's Singles and Mixed Doubles Championship. All three tournaments will be held in conjunction with the New Haven Open at Yale, an Olympus US Open Series event. The US Open National Playoffs – Men's Singles and Women's Singles Championship will be held August 18-21. The US Open National Playoffs – Mixed Doubles Championship will be held August 24-27.

Registration for each of the 16 sectional qualifying tournaments begins on March 15 at [www.usta.com/tennislink](http://www.usta.com/tennislink). The entry fee for each of the sectional qualifying tournaments is \$125 for singles and \$150 for each mixed doubles team (\$75 per player). All players competing must have a current USTA membership valid through August 29, 2011.

"We again expect the top junior players, collegians, teaching professionals, 'weekend warriors' and other recreational players to come out in large numbers to compete this year in singles and now mixed doubles," said Jim Curley, Chief Professional Tournaments Officer & US Open Tournament Director. "The New Haven Open at Yale will be a great host for the championships and the winners will be close to New York for the US Open."

A player may only enter and compete in one sectional qualifying tournament during a calendar year; players competing in men's singles or women's singles and mixed doubles may opt to compete at different sectional qualifying tournaments (one for singles and one for mixed doubles). The draw size at each sectional qualifying tournament will be a maximum of 256 for each singles event and a maximum of 128 teams for mixed doubles. Participants can be of any playing level, from aspiring novice to seasoned professional, giving everyone an equal opportunity to advance.

source: [www.southern.usta.com](http://www.southern.usta.com)



# THE PRO APPROACH

a c s m   a n n o u n c e s   r e a c h   w e b s i t e

This month the American College of Sports Medicine Strategic Health Initiative on Youth Sports and Health committee launched a new website to provide adults with a robust, searchable database of reliable information on youth sports and health. The ACSM REACH website will help parents, coaches, health care providers, educators and others find credible, expert-reviewed information on youth sports and health. Experts on the committee review and approve all material included in the database, ensuring that all content on the site is medically accurate and provides sound advice.

“It is absolutely essential that parents of youth athletes have medically sound information at their disposal,” said Anthony Luke, M.D., M.P.H., chair of ACSM’s Strategic Health Initiative on Youth Sports and Health. “Our committee of 15 medical professionals thoroughly reviews all of the content on the ACSM REACH website, so we can be sure visitors are getting the very best and most accurate information available.”

The site is a product of ACSM’s Active Nation™ initiative, which promotes youth health and fitness and combats childhood obesity through research, education and initiatives. “The ultimate goal is to allow our children to safely participate in physical activity and sports,” said Dr. Luke. “By making these resources available to everyone from parents to coaches to health care providers, we can empower adults and young athletes to make informed decisions and safeguard themselves from injury.”

Visitors to the ACSM REACH website can search the database either by sports-related keyword, such as “tennis” or “injury,” or by their relationship to the youth athlete, such as “parent” or “coach.” The website’s content – comprising information from ACSM as well as organizations such as the Centers for Disease Control & Prevention and The Injury Prevention Program – is split among the following categories which reflect the keywords in the REACH acronym:

“Research” content includes references to scientific articles and important websites.

“Education” content includes specific scholarly information such as position papers, tips, and recommendations.

“Access” content includes links to relevant organizations, health professionals and websites.

“Community” content includes links to information on local youth sports programs and events.

“Health” content includes articles and links related to the health issues of young athletes.

The public can access additional ACSM expert-reviewed resources by visiting [www.acsm.org](http://www.acsm.org) and viewing the College’s brochures or Current Comments fact sheets.

source: American College of Sports Medicine

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as heard on the courts...

## USTA Georgia Moves...

Effective February 18-March 31, please send all correspondence for USTA Georgia to:

Georgia Tennis Association

P.O. Box 93246

Atlanta, GA 30377-0246.

The new offices will house USTA Georgia, The Georgia Tennis Foundation and The Georgia Tennis Hall of Fame.

## Agassi Preps for Hall of Fame Induction

Andre Agassi, a former world No. 1 and one of the most revered athletes in the world, will receive the highest honor available in the sport of tennis, induction into the International Tennis Hall of Fame. Agassi's induction was announced in a pep rally style event at Andre Agassi College Preparatory Academy, the public charter school that Agassi founded in 2001 in Las Vegas' most at risk community. "I'm truly honored to be recognized alongside the greatest players of tennis," said Agassi. "My tennis career afforded me the opportunity to make a difference in other people's lives and it was truly special to share this exciting moment with the students of Agassi Prep."

## Celebrate youth and grow tennis in your community

When you plan your early spring calendar, consider participating in Tennis Night by hosting a Youth Registration event to put tennis on center stage and use this as an opportunity to further educate your players and parents on the new 10-and-under tennis rules (find complete details at [www.10andundertennis.com](http://www.10andundertennis.com)). You'll jump start tennis sign ups for spring and summer programs and get parents involved. Register at [www.tennisnight.com](http://www.tennisnight.com) to partner with the USTA and bring a Youth Registration event to your community.

- Host your event anytime during March
- Event packs for the first 700 facilities signed up by February 31, 2011
- National marketing plan promoting events throughout March
- Revised turnkey marketing materials for local use

Do you have some news to share? Pictures? Tips? Drills? Please email us at [editor@gpta.com](mailto:editor@gpta.com) today!