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# USPTA Executive Committee

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707-864-0660

## Past presidents

  808-675-3755

  303-278-1130

- **Will Hoag (1997-1999)**  
  954-564-7386
Promote club tennis for college-age players to keep them in the game

In my first board message over eight years ago I told how my daughter Lauren began her competitive tennis career with junior team tennis. Lauren had participated in team sports like soccer, as many youngsters do. So she much preferred that her early competitive tennis experiences come from participation on a junior tennis team (and particularly playing doubles), rather than competing in tournaments.

As she became more comfortable with competition, she did begin playing USTA tournaments. Lauren was a successful player at the highest level of Florida Designated tournaments, but each year she focused on her high school tennis team. She played four years on the top high school team in Central Florida. They qualified for state each year and her team finished No. 6 in the state her senior year.

As Lauren considered colleges, her priority was to choose the best fit for her academically. She was recruited as a tennis player by some smaller schools, but they were not a good fit for her academic goals.

She chose to attend the University of Virginia. She had been exposed to the USTA Tennis On Campus program, which had its national tournament in Daytona Beach, and I had done a promotion for HEAD/Penn at that event. At the time I remember her saying, “This could be something I could do.” So as a freshman at UVA she tried out and was selected for her club team.

UVA’s club program is possibly more structured than most. They have a coach, have regular practice, and play dual matches against other teams in their region. It has been a great transition for Lauren. I visited Lauren in the fall and played in a campuswide tournament organized by the UVA Tennis Club. It was great to see members of the tennis club, their parents, friends, and even a member of the girls’ varsity team playing in this one-day event.

The club team players’ passion for the sport was evident, and I was curious about the success and growth of this program nationwide. I contacted Glenn Arrington, USTA’s national manager of collegiate tennis, to discuss the growth of the Tennis On Campus program. Glenn also is a 20-year certified member of USPTA.

According to Glenn, “There are over 320,000 high school varsity tennis players each year. Less than 10 percent (roughly 20,000) will have the talent and ability needed to compete on a varsity tennis team while attending college. The USTA Tennis On Campus program focuses on the other 90 percent, providing a ‘recovery’ bridge between junior and adult tennis by helping to keep players engaged in organized tennis through their college years.

“Perfect for athletes who have chosen not to make the jump from high school to college varsity, Tennis On Campus offers coed team play and regional and national championship competition while helping students maintain active and healthy lifestyles through their college years,” Glenn says. “The program has been wildly successful and is offered on over 450 college campuses and services over 30,000 students.

“Tennis On Campus is typically coordinated through the recreational sports department at a university in the form of coed intramural leagues or in a more structured environment such as a sport club where students will have the opportunity to develop important leadership skills through the organization and management of their team (an average club team has 70 participants, with some college club teams having over 250 students).

“Club tennis leaders are exposed to many of the same challenges we face as teaching pros,” Glenn points out. “These include coordinating practice and travel schedules for multiple teams, risk management, marketing their club to prospective members, fundraising/revenue generation, budgeting, Web site development and community outreach.

“Many of these sport club leaders develop valuable tennis DNA while in college and the industry needs to pay close attention.” Glenn says. “I wouldn’t be surprised to see many of these young leaders getting inspired to become teaching pros and club managers.

continued next page
in the not-too-distant future.”

Glenn is right: Tennis on Campus provides an exciting opportunity to tens of thousands of passionate young players who might otherwise lose interest in tennis during their college years. Not only does it help grow the game, through club competition, but it also increases the number of new adult members at our facilities.

We tennis pros and coaches need to make our high school students aware of this program, and encourage them to seek out the coordinators at the college they will be attending. Then they can get playing—and stay in the game! ☺

---

**College-level club tennis keeps players in the game**

Amina Doar, who had played Division III women’s tennis, had a lot of good matches left in her after transferring to a major university where making the team was a world-class challenge.

Her then-boyfriend, Will Taylor, shared her passion for the game when they arrived at Washington State University in Pullman, Wash. “We loved tennis and we loved competing,” she said. “But WSU does not have a men’s varsity team and the women’s varsity team is hard to get on. A lot of great high school players want to go there, but they kind of drop tennis.”

Doar and Taylor, who are now both USPTA Professionals, co-founded WSU Cougar Club Tennis, CCT, a coed sports club, was approved by the university’s Sport Club Federation in November 2005. It falls under the umbrella of the USTA Tennis on Campus program.

The club’s motto was and is: “We spread the love of tennis to Washington State University and the city of Pullman through fun, friendly competition, all the while making tennis affordable to everyone in our community.”

Club members pay $35 for the entire school year and receive a free club shirt. “Some join because they get discounts on stringing,” Doar said. “We string a lot of racquets to make money (and through memberships).

“We accept everybody from absolute beginners to former college players. We run the gamut from people who never played before to solid 5.0 players.”

Cougars Club Tennis grew from 67 members its first year to 125 the second year, making it the largest sport club at WSU and one of the largest tennis clubs in the Pacif Northwest, Doar said. This past year membership fell to 87, but CCT is still the largest sport club on campus.

The club would practice three hours a night, three times a week, but practice is optional. Doar and Taylor usually did the coaching on the indoor courts. Practice attracted up to 60 players, although the average was 20 to 30.

In its third year the club achieved its founders’ goal of qualifying for nationals (the USTA National Campus Championships presented by Tennis Warehouse). But they had to pass on the trip to North Carolina because the big tournament fell too close to finals at WSU.

Despite that disappointment, “We really made a splash at WSU—I’d say we did,” Doar pointed out. “We’ve actually really changed the college experience for a lot of people. A lot have gotten so much better at tennis; it becomes a lifetime sport for them.”

Doar, 24, recently left Washington State University, planning to finish her last few classes online and to graduate in May 2009 with an economics degree. She moved to Novato, Calif., to spend the summer with her grandmother. She is going to run the junior camp program at Meridian Rolling Hills Sports Club—“and see where I go from there.”

“I want to stick with tennis,” she said. “I would love to work for the USTA. I love designing programs, getting more people involved in them.”

A number of former Tennis on Campus players have already become USPTA certified, noted Glenn Arrington, USPTA Professional and national manager of collegiate and corporate tennis for the United States Tennis Association.

“Many of these Tennis On Campus players have an interest in becoming involved in the industry as tennis teachers, club managers, sales representatives, etc.,” Arrington said. “They’re interested, they’re passionate. We need an infusion of talented younger people within the tennis industry and this is where we’re going to find it—on college campuses.”

Arrington points to Amina Doar as a good example. “Amina has propagated her leadership skills and determination into a highly successful club because of her passion for and interest in the sport—not only on her campus, but through the things they’ve done for community outreach, even into the instructional side,” he said.

As a team coordinator, Doar helped other clubs, such as the one at Central Washington University, get started. She made some good friends, both on her own team and through contact with other clubs in the Pacific Northwest League.

Even since leaving campus, “I’ve made myself available for questions from the team next year,” Doar said. “I’m good friends with the new president.”

Club tennis “has been a very rewarding experience,” she assured. “It’s what really prompted me to stick with tennis after school and to go get certified. I’m eternally grateful for the program; I really feel like I got kind of lucky.” ✽
Benefits of tennis build momentum for flagship initiative
Tennis – for the health of it™

USPTA first unveiled its newest and most comprehensive push to promote our sport’s unique benefits and our special ability to deliver them in the January 2008 issue of ADDvantage. In the last six months, Tennis – for the health of it!™ has been featured in every subsequent issue of this magazine, and in numerous industry publications through advertisements and articles.

The message, perhaps the most powerful to date, was adopted by USPTA’s board of directors and seeks to publicize the health and fitness benefits of our sport and deliver these benefits to consumers through the unmatched membership infrastructure of USPTA.

This initiative was formally introduced by Jack Groppel, Ph.D., in his January “Ask the Professor” column. Jack, who is also a national board vice president and chairman of our Public Relations Committee, has been passionate about this topic for many years. He authored the “34 specific reasons” for playing tennis and authorized their first printing in the USTA Sport Science for Tennis newsletter in 1997. He has thoroughly documented the research that substantiates the many physical and psychological benefits of playing our sport.

To further strengthen our initiative, USPTA formed a tennis-exclusive strategic alliance with the American College of Sports Medicine, and its initiative Exercise is Medicine™. The ACSM represents doctors and other health professionals who, given the information on physical and psychological benefits of our sport, will be able to prescribe tennis as a path to a healthy lifestyle.

According to Adrian Hurter, Ph.D., vice president of ACSM’s Exercise is Medicine program, USPTA’s infrastructure and certified tennis professionals make the partnership between the two organizations a very “natural fit” and offers “huge potential to make a significant contribution to the health of the American public.”

ACSM is particularly impressed with our members’ ability to provide technically sound tennis instruction and fun – the two keys to a successful exercise program that might be prescribed by a physician or other healthcare provider.

In the coming months and years, we will continue to promote initiatives stressing the health benefits of tennis. Our plans include working with ACSM to provide you with tools geared to communicating with medical professionals within your facilities and communities. We also look forward to providing valuable information to doctors and other health professionals as well, so they can direct patients to tennis activities and the health and fitness benefits they offer. Look for new information in ADDvantage and on our Web site, which already has a link to many valuable resources for both you and the public.

USPTA has put considerable resources behind this program and particularly our efforts to promote the health benefits of tennis. We’ve reassessed our PR goals for the Association and its members, ramped up the news release program, more clearly defined our target markets, designed and placed new advertising and developed initiatives that will help us communicate important messages to the tennis industry and the general public on behalf of our members.

To help us reach every tennis teacher, health professional and community with our message, we’ve begun a campaign to recruit ambassadors who will promote Tennis – for the health of it!™ and help USPTA accomplish this initiative’s goals. If you have what it takes to be a USPTA Ambassador, see the ad on Page 9 of this issue or visit our home page at uspta.com, then click on “USPTA Ambassador.” You’ll be asked to apply by filling out a brief form and submitting it online.

Never in our history have we been poised to communicate a more important message through a more dedicated and extensive delivery force: USPTA Professionals delivering Tennis – for the health of it!™
2008 USPTA National Surface Championship Series

It's your call –
clay, grass, hard court or indoor competition.

USPTA Professional-level members in good standing are eligible to compete in any of the following surface championships.

Aug. 22-24
Grass Court Championships
Philadelphia Cricket Club – Philadelphia

Sept. 15-18
International Championships
La Quinta Resort – La Quinta, Calif.

Oct. 24-26
Hard Court Championships
Hollytree Country Club and Tyler Tennis & Swim Club – Tyler, Texas

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Question: There is an incredible amount of excitement around the new alliance between USPTA and the American College of Sports Medicine. Can you tell us more about the relationship and how USPTA’s Tennis – for the health of it! fits with what they are doing?

Answer: Without a doubt, this historic alliance will open many doors for both organizations. But, before I go into that, let me explain how this got started.

When I took my first tennis lesson in 1963, I heard people describe tennis as the sport for a lifetime. Being a dedicated baseball player, I fought my parents when they made me take tennis lessons. They said, “You can’t play baseball your whole life, but you will be able to play tennis your whole life!”

About 20 years ago, I began asking questions about our great sport and reflecting on the health benefits of tennis. Going into an extensive literature review, I developed the 34 reasons to play tennis, which was first printed as “Why Play Tennis” in 1997 in the “USTA Sport Science for Tennis” newsletter. Since then, more research has strengthened the theory that tennis is beneficial to our mental and physical health. The added research and our desire to educate the industry and the public about this news led USPTA to initiate a campaign to communicate this information. Tennis – for the health of it! was born, and to celebrate we published a booklet that greatly expands on the 34 reasons to play tennis with detailed scientific data, and produced complementary collateral material to help our members promote this campaign at the grassroots level.

With the help of fellow USPTA Professional Mike Bergeron, who is also a Fellow in ACSM and on its Board of Trustees, an introduction was made between USPTA and the ACSM leadership. Interestingly, ACSM, in partnership with the American Medical Association, had also begun (in November, 2007) a nationwide initiative called Exercise is Medicine™. A primary goal of this initiative is to change the sedentary behaviors that have caused our current obesity crisis and to promote a more active lifestyle among Americans.

To give you a little more information from the ACSM perspective, I had the great fortune to recently interview Adrian Huber, Ph.D., vice president of ACSM’s Exercise is Medicine initiative. Here are some excerpts from that interview:

JG – Dr. Huber, first let me say how honored we are at USPTA to have this affiliation with ACSM. Could you tell our members a little about your organization?

continued next page
AH – The American College of Sports Medicine is an association of 20,000 members, mostly physicians, fitness professionals, scientists and educators. Our mission is to provide the educational and practical applications of exercise science and sports medicine. Our newest flagship initiative, Exercise is Medicine, has three primary goals: (1) For physical activity to become a vital sign, with physicians routinely discussing it with each of their patients; (2) For the physician to either prescribe appropriate physical activity to each patient or refer the patient to a qualified health and fitness professional to get a physical activity prescription; and (3) For the public to begin to ask for and expect their physician to talk to them about physical activity during each office visit.

JG – Why is ACSM so interested in working with USPTA?

AH – To make the second goal a reality! It’s important to realize that not all patients will want to engage in “traditional” exercise activities like walking, running, or resistance training. There needs to be fun alternatives for both the physician and the fitness professional to offer their patients and clients. The USPTA is in the great position of being able to provide the public with an activity that has the documented health benefits (Tennis – for the health of it!) that coincide with the goals of the Exercise is Medicine initiative. Tennis also provides a lot of fun activities and it will be appealing to people who might otherwise not exercise in a more traditional environment. Most importantly, through USPTA, there is an infrastructure of trained and certified professionals already in place to make our goals a reality.

JG – What are some of the plans being discussed?

AH – Right now, both organizations are ramping up for the delivery mechanisms to fall into place. I would envision ACSM’s physicians and other health care professionals, along with USPTA’s certified professionals, being educated in both initiatives. One goal would be to create community partnerships between the certified USPTA professional and physicians, where they work together to create healthy communities. As we roll out both initiatives to our respective memberships and the American public, it will be exciting to see how this takes hold.

JG – Adrian, on behalf of all the certified professionals in USPTA, let me say how thrilled we are to combine our Tennis – for the health of it! initiative with ACSM’s Exercise is Medicine. Together, we have a huge opportunity to build a healthier American public. ☺️
Do you have what it takes to be a USPTA ambassador?

The strength and effectiveness of USPTA is a direct result of our membership banding together. We’re seeking Ambassadors to:

1. build our brand,
2. improve business for you and your fellow members,
3. enhance your visibility and reputation,
4. increase your market reach,
5. grow tennis, and
6. improve the health of the American public.

As one voice, we can make a difference! The game, the industry and USPTA need you to rise to the challenge.

Characteristics of a USPTA Ambassador:

- Endorses and promotes USPTA brand and values
- Contributes to USPTA growth in addition to his/her own business
- Develops networks with stakeholders (parks & rec, schools, YMCA, etc.)
- Develops networks with media (print, radio, and television) in local community
- Promotes Tennis – for the health of itSM initiative to create meaningful synergies within the community, region and nation
- Creates impact on community alignment with USPTA

If you feel that serving as an ambassador of the USPTA is a fit for you, visit uspta.com and click on the USPTA Ambassadors link to find out more information and to apply. We need your help, and we will equip you for success, so apply today!

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www.ADDvantageUSPTA.com
**USPTA conference registration form**

**Main registrant**

Name _______________________________ USPTA member No. ________ Division ________ Nonmember □

Address ______________________________ City ___________________________ State ________ ZIP ________

Daytime phone number (______) ______________ e-mail __________________________

Please indicate parties you plan to attend:

- [ ] Wednesday night
- [ ] Thursday awards breakfast  [ ] Thursday night
- [ ] Check here for vegetarian meal option.

Specialty courses

- [ ] No. 1
- [ ] No. 2
- [ ] No. 3
- [ ] No. 4
- [ ] No. 5
- [ ] No. 6
- [ ] No. 7
- [ ] No. 8
- [ ] No. 9
- [ ] No. 10

**Guest registration**  
Must be registered to attend parties.

Name _______________________________ USPTA member No. ________ Division ________ Nonmember □

Please indicate parties you plan to attend:

- [ ] Wednesday spouse/guest luncheon
- [ ] Wednesday night
- [ ] Thursday awards breakfast  [ ] Thursday night
- [ ] Check here for vegetarian meal option

**Child registration**  
Child’s menu at parties for ages 5-12.

Child 1 _______________________________ Age ________
Child 2 _______________________________ Age ________

**Payment options**  
Make check or money order payable to USPTA, or charge my:

- [ ] Visa
- [ ] MasterCard
- [ ] American Express

Name printed on card __________________________

Card No. ___________________________ Exp. date ________

Signature __________________________

Arrival date: ________ Departure date: ________

Are you staying at La Quinta Resort & Club? yes [ ] no □

If not, why? __________________________

**Fees**

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<tr>
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**Fees per child**

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Subtotal 4 ________

**Total fees**

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</tr>
<tr>
<td>Subtotal 4</td>
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<tr>
<td>Total</td>
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**Return this form with payment to:**  
USPTA World Headquarters 3535 Briarpark Drive, Suite One, Houston, TX 77042

or fax to 713-978-7780 or register online at www.uspta.com

For airline reservations, go to www.atcmeetings.com and click on Meetings, then Air-Meetings and Leisure (TravelASP). When you register online, enter USPTA in the organization field.
Hotel room reservation

(Please use this form for reservations)

Please complete this form and return it to the La Quinta Resort & Club no later than August 15. You may also make reservations by calling and identifying yourself as a USPTA conference attendee.

Send to:
La Quinta Resort & Club
49-499 Eisenhower Drive
P.O. Box 69
La Quinta, CA 92253
760-564-4111
800-598-3828
760-564-5768 (fax)

Conference: USPTA World Conference on Tennis
La Quinta Resort & Club
Sept. 15-20

Last name (print legibly) ___________________________ First name ___________________________ Middle initial ___________________________

Address ____________________________________________________________

City ___________________________ State ______ ZIP __________ Telephone ( ) __________

Hotel arrival time ___________ Share a room with __________________________

e-mail ___________________________ Fax: ( ) ___________________________

Please indicate choice of accommodations. All rates are European plan (no meals included).

Rates:
$120 Single or double room

Please reserve _____ room(s) for ______ person(s).

Arrival date: ___________ Departure date: ___________

Requests:
- Smoking room
- King
- Rollaway ($35)
- Nonsmoking room
- Double/double
- Crib

Please note, requests are honored based on availability upon arrival.

Deposit:
- Check
- Credit card: ___ AmEx ___ MC ___ VISA ___ DC/CB

Card No. ___________________________ Expiration date ___________________________

Name printed on card ___________________________

Billing address ___________________________

Authorization signature ___________________________

Check-in time is after 4 p.m. — Check-out time is at noon

General Information

- All reservation requests must be received by August 15, 2008. Requests received after this date, or for dates other than the main conference period, will be accepted on a space-available basis only.

- Please include a deposit for the first and last night’s room revenue and 11.2 percent tax as a deposit in the form of credit card number (with an expiration date valid through date of departure) or check, which will hold your room until midnight of the arrival day.

- Cancellation notice of seven days is required for a refund. Changes and cancellations should be done in writing. When canceling or changing your reservation by telephone, be sure to obtain a cancellation number in writing.

- The hotel will make every effort to honor requests for specific types and locations of rooms. However, on occasions when such requests cannot be met, the hotel reserves the right to provide alternate accommodations.

- Early departures will be charged one night’s room/tax.

The published room rates do not include a 11.2 percent tax. There will be a porterage fee of $5 in and $5 out per person, per room. Any additional gratuity to the hotel staff is at your discretion. Third party in any room is $35 per day.
2008 USPTA Cardio Tennis Feeding Shootout competition set

Qualifying, finals to be held at World Conference

The 2008 USPTA Cardio Tennis Feeding Shootout division competitions have ended and 15 professionals have earned a spot to compete for a $500 grand prize in the finals at the World Conference in La Quinta, Calif.

Division winner scores ranged from 34 to 53. Adrian Games, president of the Intermountain Division, achieved the best score of 53. While last year's national winner, Ricardo Mendivil, scored 66, the 2008 competition has been extremely tough!

If you were unable to attend your division convention, you may still qualify for a spot in the finals on Thursday, Sept. 18, from noon to 1 p.m. The finals will be Friday, Sept. 19, from noon to 1 p.m. For location details, check the World Conference schedule.

There will be a sign-up sheet in the conference registration area. You may also e-mail Michele Krause to register or if you have any questions regarding the competition at michele@cardiotennis.com.

The court diagram and rules are available on www.partners.cardiotennis.com (home page, under announcements). Be sure to check out competition details that will help you practice.

### Division winners:

<table>
<thead>
<tr>
<th>Region</th>
<th>Winner</th>
</tr>
</thead>
<tbody>
<tr>
<td>California</td>
<td>David Schwartz</td>
</tr>
<tr>
<td>Eastern</td>
<td>Dan Casea</td>
</tr>
<tr>
<td>Florida</td>
<td>Robin Denton</td>
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<tr>
<td>Hawaii</td>
<td>Neil Archer</td>
</tr>
<tr>
<td>Intermountain</td>
<td>Adrian Games</td>
</tr>
<tr>
<td>Mid-Atlantic</td>
<td>Carl Clark</td>
</tr>
<tr>
<td>Middle States</td>
<td>Mark Trach</td>
</tr>
<tr>
<td>Midwest</td>
<td>Jorge Capestany</td>
</tr>
<tr>
<td>Missouri Valley</td>
<td>Craig Gansen</td>
</tr>
<tr>
<td>New England</td>
<td>Chris Stevens</td>
</tr>
<tr>
<td>Northern California</td>
<td>Bill Kreger</td>
</tr>
<tr>
<td>Pacific Northwest</td>
<td>Chad Smith</td>
</tr>
<tr>
<td>Southern</td>
<td>Yul Venter</td>
</tr>
<tr>
<td>Southwest</td>
<td>Glenn Gerbino</td>
</tr>
<tr>
<td>Texas</td>
<td>Cary Lothringer</td>
</tr>
</tbody>
</table>
# Conference Schedule

**Sunday, Sept. 14**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 – 5 p.m.</td>
<td>Registration</td>
</tr>
</tbody>
</table>

**Monday, Sept. 15**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 a.m. – 5 p.m.</td>
<td>Registration</td>
</tr>
<tr>
<td>9 a.m. – 5 p.m.</td>
<td>Continuing education for the High Performance Coaching program (by invitation only)</td>
</tr>
<tr>
<td>9 a.m. – 6 p.m.</td>
<td>International Championships</td>
</tr>
<tr>
<td>7:30 – 9 p.m.</td>
<td>Tournament player party</td>
</tr>
</tbody>
</table>

**Tuesday, Sept. 16**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 – 8 a.m.</td>
<td>Cardio Tennis</td>
</tr>
<tr>
<td></td>
<td>TennisCize – early bird tennis aerobics, Donna Bondallian</td>
</tr>
<tr>
<td>7 a.m. – 5 p.m.</td>
<td>Registration</td>
</tr>
<tr>
<td>8 a.m. – 5 p.m.</td>
<td>Executive Committee meeting</td>
</tr>
<tr>
<td>9 – 10:30 a.m.</td>
<td>TennisCize – spouse’s tennis aerobics, Donna Bondallian</td>
</tr>
<tr>
<td>9 a.m. – 6 p.m.</td>
<td>International Championships</td>
</tr>
<tr>
<td>1 – 2:30 p.m.</td>
<td>General session: Nondominant hands and eyes as determining factors of the stroke quality – Dr. Martin Baroch</td>
</tr>
<tr>
<td>1 – 6 p.m.</td>
<td>Upgrades (on court, English/Spanish)</td>
</tr>
<tr>
<td>2:30 – 6:30 p.m.</td>
<td>Specialty course 1: A strategy of excellence: putting a new spin on what life serves up – Dona Yuritic.</td>
</tr>
<tr>
<td></td>
<td>Specialty course 2: Managing a tennis complex – Drew Sunderlin</td>
</tr>
<tr>
<td>3 – 4 p.m.</td>
<td>Tendencies of the top players’ serves – Warren Pretorius</td>
</tr>
<tr>
<td></td>
<td>Cardio Tennis – Michele Krause</td>
</tr>
<tr>
<td>4:30 – 5:30 p.m.</td>
<td>Transforming the life of a child through tennis – Bernard Seawell</td>
</tr>
<tr>
<td></td>
<td>Developing players through energy management – Lorenzo Betrame</td>
</tr>
<tr>
<td>6 – 7 p.m.</td>
<td>Driving stakes in the ground through PR – Jack Groopli, Ph.D.</td>
</tr>
<tr>
<td></td>
<td>Teaching the zone – Scott Ford</td>
</tr>
<tr>
<td>7 p.m.</td>
<td>Division parties</td>
</tr>
</tbody>
</table>

**Wednesday, Sept. 17**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 – 8 a.m.</td>
<td>Cardio Tennis</td>
</tr>
<tr>
<td></td>
<td>TennisCize – early bird tennis aerobics, Donna Bondallian</td>
</tr>
<tr>
<td></td>
<td>USPTA women’s open meeting</td>
</tr>
<tr>
<td></td>
<td>Multicultural division liaisons meeting</td>
</tr>
<tr>
<td></td>
<td>Executive directors/administrators meeting</td>
</tr>
<tr>
<td></td>
<td>Special Populations Committee</td>
</tr>
<tr>
<td>7 a.m. – 5 p.m.</td>
<td>Registration</td>
</tr>
<tr>
<td>8:30 – 10 a.m.</td>
<td>General session: It ain’t easy – Building a “champion” of life – Nick Bollettian</td>
</tr>
<tr>
<td>8 a.m. – noon</td>
<td>CRC (Spanish)</td>
</tr>
<tr>
<td>9 – 10:30 a.m.</td>
<td>TennisCize – spouse’s tennis aerobics, Donna Bondallian</td>
</tr>
<tr>
<td>9 a.m. – 6 p.m.</td>
<td>International Championships</td>
</tr>
<tr>
<td>10:30 a.m. – noon</td>
<td>General session: The secrets to my success – Tracy Austin</td>
</tr>
<tr>
<td>11:30 a.m. – 1 p.m.</td>
<td>Spouses luncheon</td>
</tr>
<tr>
<td>1 – 2:30 p.m.</td>
<td>Panel discussion – Public park pros, Jim Reffkin</td>
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<td></td>
<td>Panel discussion – Resort pros, Cathy Nicolloff</td>
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<tr>
<td></td>
<td>Panel discussion – Commercial club pros, Mike Andrews</td>
</tr>
<tr>
<td></td>
<td>Panel discussion – Country club pros, Jack Michalik</td>
</tr>
<tr>
<td>1 – 4 p.m.</td>
<td>CRC (English)</td>
</tr>
<tr>
<td></td>
<td>CRC (Spanish)</td>
</tr>
<tr>
<td>2:15 – 6:15 p.m.</td>
<td>Specialty course 3: Marketing, promotion and sales – Tom Sweitzer</td>
</tr>
<tr>
<td>Time</td>
<td>Event</td>
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<tr>
<td>--------------</td>
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</tr>
<tr>
<td>3 – 4 p.m.</td>
<td>Why current players don’t vokey and future players must – Bill Tym</td>
</tr>
<tr>
<td></td>
<td>Getting nutrition facts to tennis players – Page Love</td>
</tr>
<tr>
<td>3 – 5 p.m.</td>
<td>National Education Committee meeting</td>
</tr>
<tr>
<td>4:30 – 5:30 p.m.</td>
<td>Big time doubles drills and games – Wayne Bryan</td>
</tr>
<tr>
<td></td>
<td>How to promote your programs/club – Liza Horan</td>
</tr>
<tr>
<td>5 – 6 p.m.</td>
<td>Multicultural Committee meeting</td>
</tr>
<tr>
<td></td>
<td>Division women’s liaison meeting</td>
</tr>
<tr>
<td>9:15 – 7:15 p.m.</td>
<td>HEAD/Penn advisory staff meeting</td>
</tr>
<tr>
<td>6:45 – 7:30 p.m.</td>
<td>International Team Championships captains meeting</td>
</tr>
<tr>
<td>7:30 – 10 p.m.</td>
<td>Welcoming party</td>
</tr>
</tbody>
</table>

**Thursday, Sept. 18**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 – 10 a.m.</td>
<td>Awards breakfast</td>
</tr>
<tr>
<td>10 a.m. – 5 p.m.</td>
<td>Registration</td>
</tr>
<tr>
<td>10:30 a.m. – noon</td>
<td>General session: Defining technique: analyzing and explaining what you see – John Yandell</td>
</tr>
<tr>
<td>11 a.m. – 3 p.m.</td>
<td>International Championships</td>
</tr>
<tr>
<td>11 a.m. – 4 p.m.</td>
<td>Tennis Buying Show setup (exhibitors)</td>
</tr>
<tr>
<td>Noon – 1 p.m.</td>
<td>National Cardio Tennis feeding contest qualifying</td>
</tr>
<tr>
<td>1 – 2:30 p.m.</td>
<td>General session: Our story around failure – Jim Loehr, EdD.</td>
</tr>
<tr>
<td>1 – 4 p.m.</td>
<td>Manufacturers on-court demos</td>
</tr>
<tr>
<td>2:30 – 6:30 p.m.</td>
<td>Specialty course 5: Little Tennis – Feisal Hassan</td>
</tr>
<tr>
<td></td>
<td>Specialty course 6: Assertive communication and negotiation skills – Barbars Fackel</td>
</tr>
<tr>
<td>3 – 4 p.m.</td>
<td>See it, improve it – Mark Savage</td>
</tr>
<tr>
<td></td>
<td>A system to train coaches, parents and players for winning results – Anne Smith, Ph.D.</td>
</tr>
<tr>
<td>4:30 – 5:30 p.m.</td>
<td>Drills to integrate all-court skills at an early age – Mark Bey</td>
</tr>
<tr>
<td></td>
<td>Can Samurai ethics and tactics strengthen your conduct and mind? – Deansord Coo, Ph.D.</td>
</tr>
<tr>
<td>5 – 10 p.m.</td>
<td>Tennis Buying Show</td>
</tr>
<tr>
<td>6 – 8:30 p.m.</td>
<td>Silent auction</td>
</tr>
<tr>
<td>6:30 – 8 p.m.</td>
<td>Tennis Buying Show dinner</td>
</tr>
</tbody>
</table>

**Friday, Sept. 19**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7 – 8 a.m.</td>
<td>Cardio Tennis</td>
</tr>
<tr>
<td></td>
<td>TennisCize – early bird tennis aerobics, Donnia Bondallian</td>
</tr>
<tr>
<td>8 a.m. – 5 p.m.</td>
<td>Registration</td>
</tr>
<tr>
<td>8:30 – 10 a.m.</td>
<td>General session: Doubles dissected: a comprehensive look – Tom Cullison</td>
</tr>
<tr>
<td>8 a.m. – noon</td>
<td>Written test (English)</td>
</tr>
<tr>
<td></td>
<td>Written test (Spanish)</td>
</tr>
<tr>
<td>9 – 10:30 a.m.</td>
<td>TennisCize – spouses tennis aerobics, Donnia Bondallian</td>
</tr>
<tr>
<td>10:30 a.m. – noon</td>
<td>General session: Stroke production and corrective techniques – Rick Maci</td>
</tr>
<tr>
<td>Noon – 1 p.m.</td>
<td>National Cardio Tennis feeding contest finals</td>
</tr>
<tr>
<td></td>
<td>Past presidents forum (lunch included)</td>
</tr>
<tr>
<td>1 – 2:30 p.m.</td>
<td>General session: Overall perspective to developing players 12 and under – Debbie Graham Shaffer</td>
</tr>
<tr>
<td>1 – 5 p.m.</td>
<td>International Team Championships</td>
</tr>
<tr>
<td>2:30 – 6:30 p.m.</td>
<td>Specialty course 7: The complete professional. Where do you want to be in 5 years? – Alan Cutler</td>
</tr>
<tr>
<td></td>
<td>Specialty course 8: The essentials of shot making – Bret Hobben</td>
</tr>
<tr>
<td>3 – 4 p.m.</td>
<td>Drills; drills; drills – Kim Davis, Rachel Mayer</td>
</tr>
<tr>
<td></td>
<td>Tennis injuries: prevention and treatment – Todd Ellenbecker</td>
</tr>
<tr>
<td>3 – 5 p.m.</td>
<td>Certification exam</td>
</tr>
<tr>
<td>4:30 – 5:30 p.m.</td>
<td>Motivational coaching: optimizing the coach-player relationship – Jeff Greenwald</td>
</tr>
<tr>
<td></td>
<td>Teaching through problem solving and guided discovery – Townsend Gibert</td>
</tr>
<tr>
<td>6 – 7 p.m.</td>
<td>Dynamite doubles – Helle Viragh</td>
</tr>
<tr>
<td></td>
<td>Manage without losing your mind – Ajay Pant</td>
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</tbody>
</table>

**Saturday, Sept. 20**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 a.m. – noon</td>
<td>Specialty course 9: Speed, agility and quickness – Pat Etcheberry</td>
</tr>
<tr>
<td></td>
<td>Specialty course 10: Wheelchaire tennis – Michael Meroier</td>
</tr>
<tr>
<td>8 a.m. – 5 p.m.</td>
<td>Certification Exam</td>
</tr>
</tbody>
</table>
2008 USPTA International Championships
Sanctioned by USPTA and USTA

What: Singles and doubles competition, open and age categories
Where: La Quinta Resort & Club
Surface: Hard courts
Entry fees: $50/singles, $20 each/doubles. Tournament players must register for the World Conference on TennisSM; tournament and convention fees must be paid separately (see conference registration form). Singles entry and fees deadline, September 4. Doubles may register at tournament site, preregistration encouraged.
Match scoring: Regular match scoring, two of three tiebreaker sets.
Rules: USTA. 15-minute default rule in effect. Players allowed minimum one hour rest between singles matches, 30 minutes between singles and doubles matches or two doubles matches.
Dress code: Proper tennis attire. No T-shirts, tank tops or Capri tights.
Player eligibility: Current USPTA-certified professional members in good standing who preregister for World Conference on Tennis. All certification requirements must be completed by July 1 to allow for processing application and grading exam. USPTA
Prize money: Each event will have a minimum fixed amount of prize money. Additional prize money for each event will be based on the number of entries. For more information, go to www.uspta.com, click on the “2008 World Conference” listed under Important dates.
Player/event regulations: Each eligible player is limited to two events. An event is two players or teams competing. Men’s open limited to a 128-draw.
Mixed doubles rule: Players may play regular doubles and mixed doubles.
Starting schedule:
Sept. 15: Monday 9 a.m. Start all singles
Noon Sign-up ends for all doubles
Sept. 16: Tuesday 1 p.m. Start all doubles & MDX

Players are advised to arrive one day before first scheduled match.
Tournament staff: Frank Kelly, tournament director; Todd Ruedisili and Gary Scanlon, Tournament Committee.
Registering online: If you would like to sign up online, go to HTTP://tournaments.usta.com and enter ID number: 651746408

All tournament play will be on site, therefore no transportation will be needed for tournament play.

Name ____________________________
Street ____________________________
City __________________ State _______ ZIP ______
Phone ( ) __________________________
e-mail ____________________________
Birthdate _________ SS No. __________
USPTA No. ___________ USTA No. _____________
Doubles partner
Birthdate _________ SS No. __________
Mixed doubles partner
Birthdate _________ SS No. __________ I, __________________________, hereby release the United States Professional Tennis Association, its officers, directors and employees, including those of the USPTA divisions and tournament sponsors, from any and all liability for injury to me, including illness, resulting from my participation in the USPTA International Championships. I assume all risks inherent in my participation.

Date __________ Signature __________________

Mail this entry, along with your payment, to:
USPTA International Championships
3535 Briarpark Drive, Suite One, Houston, TX 77042

Ranking
☑ ATP/WTA
☑ USPTA
☑ USTA sectional
☑ USTA national
☑ State
☑ W/L record
Attach past and current ranking information if needed.

Fees
Singles $50 $ ________
Doubles $20/person $ ________
Mixed doubles $20/person $ ________
Total enclosed $ ________

Entry deadline
September 4
Convention registration and hotel reservations by August 15

Men’s
☐ MOS ☐ M0D
☐ M35S ☐ M35D
☐ M40S ☐ M40D
☐ M45S ☐ M45D
☐ M50S ☐ M50D
☐ M55S ☐ M55D
☐ M60S ☐ M60D
☐ M65S ☐ M65D
☐ M70S ☐ M70D
☐ M75S ☐ M75D
☐ M80S ☐ M80D
☐ M85S ☐ M85D

Women’s
☐ WOS ☐ W0D
☐ W35S ☐ W35D
☐ W40S ☐ W40D
☐ W45S ☐ W45D
☐ W50S ☐ W50D
☐ W55S ☐ W55D
☐ W60S ☐ W60D
☐ W65S ☐ W65D
☐ W70S ☐ W70D
☐ W75S ☐ W75D

Wheelchair
☐ MOS ☐ M0D
☐ WOS ☐ W0D
☐ Mixed doubles
☐ Mixed 75 doubles
Visit Fromuth at the USPTA National Convention
September 15th - 20th

Limited product available for purchase.
Samples will be available to try on for sizing.

Get a “one-on-one” tutorial of the Nike Online Store.

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Nike Fall Collection

Women’s Athlete Task (CN530L) and Athlete Skirt (CN753T)
Men’s UV Control Polo (CN023K) and Anytime Short (CN2007)

Fromuth is the official distributor of Nike footwear and apparel to the USPTA
Patrick McEnroe and Tracy Austin earn USPTA certification

Patrick McEnroe and Tracy Austin, former players on the ATP and WTA professional tours respectively, have become certified Professional 1 members of the United States Professional Tennis Association.

They were certified in May by the head tester of the California Division, Lee DeYoung. McEnroe, who played on the ATP tour from 1988 to 1998, is currently based in New York, and was just named general manager of USTA Elite Player Development. He also recently coached the U.S. Davis Cup team to its first title in 12 years. Austin, who played on the WTA Tour from 1978 to 1994, lives in California. She was the youngest player to win the U.S. Open at the age of 16 and was the youngest inductee into the International Tennis Hall of Fame at the age of 29. Now she works frequently as a tennis commentator for NBC and USA Network.

“We’re extremely proud to have Patrick and Tracy join the ranks of many of the famous players as members of USPTA,” said USPTA CEO Tim Hecker. “We’re honored to now call them professional tennis coaches.”

The USPTA certification process provides assurance that the tennis-teaching professional’s knowledge and abilities have been tested thoroughly. There are three rating classifications for each newly certified USPTA member, which are Professional 3, Professional 2 and Professional 1. Professional 1 represents the highest tested level in USPTA certification. A candidate must be at least 22 years old and have at least three years or five seasons of teaching experience. The candidate must pass the on-court and written portions of the Certification Exam.

Pictured from left: Robin White, Tracy Austin, Patrick McEnroe, Kim Po Mosseri and Lee DeYoung.
The kids are on fire!
Heat and hydration tips for junior tennis players

by Mark Kovacs, Ph.D., USPTA, and Dr. Michael Yorio

Your 12-year-old tennis player has just finished a three-hour match in 95-degree weather in the middle of July and the first words out of your student’s mouth are, “I was on fire today!”

As a coach you hope this means that your student played at a high level, executing forehands and backhands perfectly and that he or she truly felt in the “zone.” However, all too often this statement may mean that the young tennis player was overheated and had a difficult time combating the oppressive heat; this is common during summer junior tournaments. The goal of this article is to provide some tips to help prepare your junior competitive tennis players for the long, hot summer that is approaching.

Children regulate their body temperature much like adults, but use different mechanisms. However, in extreme environments, such as most summer days throughout much of the country, their ability to maintain a “normal” temperature range is challenged. Also, it is important that both children and adults attempt to acclimate to hot and humid conditions, as a lack of acclimatization increases the chance of heat illness and also reduces on-court performance.

Various behavioral and physiological mechanisms are used to maintain a safe core body temperature. However, during exercise and/or in hot and humid conditions, the human body may not adequately dissipate heat, resulting in a progressive increase in both core temperature and skin temperature. As children experience a smaller absolute blood volume than adults, there is a greater reliance on blood flow to the skin (away from the core) to aid in heat dissipation. This is one major reason that children are more prone to the ill effects of extreme temperatures.

Compared to adults, children who have not gone through puberty have the following physiological differences that affect their ability to control body temperature and handle hot and humid conditions:

- Greater surface-area-to-mass ratios.
- Vastly different body compositions.
- Small total blood volume, which results in lower amount of blood pumped per minute.
- Larger amount of heat produced per pound of body mass during tennis.
- Less efficient sweating mechanism.
- Children move less efficiently than adults on the court. This results in more relative energy needed for each step compared to adults. Developing children’s movement skills and technique on court will translate into helping them conserve energy.

Although playing in hot and humid weather is physically and mentally draining, here are 10 practical tips that can help your junior players prepare for the fun but challenging summer tournament schedule.

continued next page
1. Train hard now to get in phenomenal physical shape before competing during the hot summer months. Physically fit athletes handle the hot and humid conditions better because they are able to consume and utilize more oxygen per breath. Their ability to handle mild increases in core temperature gives them a distinct on-court advantage over opponents who are not in the same physical shape.

2. Hydrate, hydrate, hydrate — Drinking high volumes of electrolyte-enhanced fluids will prepare the athlete and help limit the severe loss of fluids and electrolytes during play. Since tennis players can lose between one-fourth of a gallon and three-fourths gallon per hour it is important to make sure they do not go onto the court already dehydrated. As much as 50 percent of tournament players go into matches already dehydrated. We as coaches need to educate our players on the importance of hydrating not only during the match, but also the night before and the morning of the match. For every 1 percent of body weight that is lost due to sweating, the athlete’s heart rate rises five to 10 beats per minute. This means that the athlete’s body will need to work much harder to produce the same result. It is important to remember that the fluids consumed need to have appropriate levels of electrolytes, specifically sodium, so as not to dilute the electrolyte levels in the body (hyponatremia, see tip 3).

3. Consume high-sodium food and drink. Sodium is the major electrolyte lost in the sweat, and it is directly related to an athlete’s likelihood of cramping. An easy way to tell if your players are “salty sweaters” is whether a white residue is left on dark-colored clothing or hats. This white residue is salt deposits released from the sweat. The higher the athlete’s salt concentration in the sweat, the more this white residue will show up on their apparel during and after a long match or practice session in hot and humid conditions. Another important reason to consume enough sodium in the diet and fluids is that athletes who consume large amounts of plain water without enough sodium may experience a condition known as hyponatremia, or “water intoxication.” Diluting the body’s sodium stores can have potentially life-threatening consequences. Make sure that rehydration is performed with sodium-enriched fluids (sports drinks, vegetable juices, pickle juice, etc.). However, if the athlete has a medical condition that affects the kidneys, heart or blood pressure, it is important to speak to a physician prior to increasing the sodium in the diet.

4. A balanced diet is important for all athletes from a general performance standpoint and especially in regard to heat-related issues. A balanced diet with the needed carbohydrates, fats and protein, as well as the required vitamins and minerals, ensures that the tennis player is not deficient in any one area. It may also be beneficial for athletes to have their blood work analyzed once or twice per year to make sure they are consuming appropriate nutrients (especially vitamins and minerals).

5. Use ice and other cooling mechanisms to keep the core body temperature cool before, during and after practice and competition. Individuals who go into hot and humid environments with lower core body temperatures to start with have been shown to perform better than when they go into situations with slightly higher core temperatures. This process of pre-cooling has shown positive results and is something that can be accomplished by tennis players before they go onto the court for matches during the hot and humid summer months. Vests are available that can store ice for a long period of time and cover the core of the body to help lower body temperature. If pre-cooling techniques are used before practice or competition, it is advised not to put ice directly on the joints or limbs (arms and legs), but instead focus on the core of the body to help reduce core body temperature.

6. Maintain blood glucose (sugar) levels throughout a match/practice. If an athlete does not consume enough carbohydrates before and during the match,
USPTA meets the Sony Ericsson

by Susie Brown, USPTA

T

he USPTA Florida Division earned publicity and created playing opportunities for USPTA members when it teamed with the Sony Ericsson Open at Key Biscayne in the spring. The joint event was initiated by John Joyce, regional vice president of the division, who had previously helped organize similar USPTA involvement in the Delray Beach International Championships.

After Joyce met with Butch Buchholz, the two decided to work together at the Sony Ericsson to promote the game of tennis. The result was a USPTA night featuring a free First Serve children's clinic, and a USPTA tournament.

Joyce organized USPTA's events with the help of Jeff Cohen, Florida Division vice president, and Pat Anderson, the division's executive administrator.

Activities began on a Wednesday with the First Serve clinic led by Mike Baldwin Jr., USPTA. Following the clinic, the Sony Ericsson recognized local teaching pros with a USPTA Appreciation Night, reduced-rate tickets to the matches and a ceremony that acknowledged USPTA's efforts in the areas of dedication to, and education and promotion of the game.

USPTA's invitational prize-money tournament began Wednesday for men and Thursday for women and continued through the finals on Saturday. Julien Link won the men's competition, while Marine Nizzi-Spiegel took the women's title. 

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uspta World Conference

Etcheberry Certification Clinic
September 20 & 21
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La Quinta, CA

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Eight years and growing:
Community tennis program steers at-risk youth toward success

by Jill Phipps, USPTA staff writer

Tennis Success Inc., like its founder, has proved that it can do more than survive under pressure; it can turn the score around.

Ronald Elizondo, founder and director of this nonprofit corporation, was once a promising young player in Corpus Christi, Texas. But off court he hung out with a bad crowd – gang members. One day when they wanted some quick cash, he suggested a familiar place – the H.E.B. Tennis Center – as a target.

At 17, Elizondo was sent to county jail for robbing a tennis center employee at gunpoint. Today he is grateful to those who stood by him. His grandmother, who had raised him, hired a lawyer and helped him avoid a prison sentence.

Also in his corner were some caring USPTA Professionals, including the late Dr. Shelby Torrance of the Al Kruse Tennis Center, and her daughter, Susan Torrance, as well as Bob Mapes, Steve Denton and Ken de Koning, who visited the teenager while he was in jail for eight months.

Their guidance, he said, was a “huge motivation” for him. After he got out of jail he went back to high school, played on the tennis team, and even made it to the district finals. For the next few years after graduating, though, he stayed out of tennis, worked odd jobs, and lost hope – until he realized what he had to do.

“I wanted to give back to my community because I didn’t want those kids going through what I went through at such a young age,” the 33-year-old Elizondo said. “Also, I saw some kids competing in

Ronald Elizondo, founder and director of Tennis Success, focuses on teaching and mentoring youth in need of positive role models. Photo credit: Paul Iverson/Texas Coastal Enthusiast
high school tennis and they couldn’t hit the ball over the net” because they didn’t have proper instruction nor the means to take private lessons.

So Elizondo started Tennis Success in 2000 with help from his wife, Teresa. The former junior player is back at the 21-court H.E.B. Tennis Center, this time offering free lessons to inner-city children ages 8 to 18.

He also conducts after-school tennis and education programs, using portable nets, in two Corpus Christi elementary schools.

Tennis Success began with 24 kids, his personal van for taking players to out-of-town tournaments, and $3,800 worth of donations from the tennis community. Elizondo wanted to raise $10,000, but said the shortfall inspired him to work even harder.

Elizondo’s fellow teaching pros recognized him with the USPTA Star award in 2004. In 2005 he also received approximately $10,000 to participate in a Hispanic Outreach Pilot Study through USPTA and USTA.

Tennis Success now benefits from $120,000 a year in grants and proceeds brought in by the director and the participants themselves. The young players hold barbecues and other fundraisers in order to be able to travel to tournaments.

“We currently have 120 (participants) per week with the after-school program; 60 compete consistently,” Elizondo said. “We have 40 advanced kids at the H.E.B. Tennis Center four days a week, 59 students playing competitively in high school, and 34 in middle school tennis. Eighty-five percent of the kids started from scratch, never having played in their lives.”

Elizondo has presented USTA assemblies and introduced the game of tennis through P.E. classes at the local elementary schools, and several hundred of those kids have gone through the Tennis Success program since its inception.

This past school year, five students made it to district and advanced to the regional level of University Interscholastic League competition. “Eight years of hard work is paying off,” the director said.

In addition, some of the players compete in USTA tournaments. Premier Tennis Academy trains several of the program’s Super Champs and Champs players free of charge.

Elizondo believes academic achievement is every bit as important as success on court.

Tennis Success currently offers a tutoring program for elementary and middle school players, but Elizondo’s goal is to hire a full-time educational director to help establish a successful after-school educational program for the high school students.

“I want every kid that comes to Tennis Success to graduate and go to college,” he said. “We have four kids that graduated from Tennis Success that could have played Division II college or junior college tennis but didn’t have the grades. So it is my biggest dream to make this happen for our organization and for our kids to become successful in life.

“I never thought this program would grow this big and be so much work, but I enjoy every moment of it, especially watching kids compete in tournaments or against each other,” Elizondo said.

“The most rewarding thing is seeing the kids being part of a family and taking care of one another,” he said. “The kids don’t wait for the program; they call each other to play tennis or just hang out and go to the movies or bowling. I didn’t have that growing up.”

For more information on Tennis Success, contact Ronald Elizondo at 361-739-9241 or TennisSuccess@aol.com.
LITTLE TENNIS

A.

USPTA Little Tennis T-shirt - blue, 100% preshrunk cotton. M, L: $5

B.

USPTA Little Tennis T-shirt - pink, 100% preshrunk cotton. S, M, L: $5

C.

USPTA Little Tennis wristband. Great to use as prizes. Sold individually. $2

D.

USPTA Little Tennis nametags. 25 per package. $8.50

Little Tennis items not pictured:

- USPTA Complete Guide to Little Tennis - The most comprehensive manual for teaching 3- to 10-year-old tennis players.
  USPTA member price - $29.95
  Nonmember price - $44.95
- USPTA Little Tennis lapel pin - $2.75
- USPTA Little Tennis T-shirt - white, 100% preshrunk cotton. XS, S, M, L, XL: $5

To order or for more information, go to usprotennisshop.com or call 1-800-877-8248
hydration tips
from Page 20

energy that can be used for the working muscles is reduced, and this will result in the body using other processes to generate fuel for the working muscles. These other processes are not as efficient and require more steps to produce usable energy for the body. These extra steps require the body to work harder, resulting in greater core temperatures.

7. Wear sunscreen! Sunburn increases skin temperature and makes the body less efficient at body cooling. Most of us have been sunburned and had the feeling of heat dissipating from the skin. This process limits the amount of heat that will be moved from the core to the periphery (skin) and limits the ability to cool as efficiently as possible.

8. Acclimatization to the heat and humidity (seven to 14 days prior to competition). It is known that children take a longer period of time to acclimatize to hot and humid conditions compared to adults. If it is practical, it is recommended to practice the week before a tournament in conditions that are similar to what the conditions will be like during the tournament.

9. Reduce contact with direct sunlight — wear light-colored clothing, hats and sunglasses whenever possible. Many times during junior tournaments the players are waiting for matches sitting in direct sunlight and this not only increases core temperature, but also increases the athlete’s subjective feelings of fatigue.

10. Focus on tips 1 and 2 (train hard and stay well hydrated). These are two of the most important aspects of being able to compete effectively during the hot and humid summer months.

Good luck with your preparation for a successful summer tournament season.

REFERENCES

Mark Kowes, Ph.D., USPTA, is manager of sport science for the USTA. He is a former All-American and NCAA tennis champion. His background involves tennis-specific research and he is the co-author of a tennis training and conditioning text titled “Tennis Training: Enhancing On-Court Performance.”

Michael Yorio, M.D., is an internist with specialized training in sports medicine and is a member of the USSTA Sport Science Committee and a tournament physician for the U.S. Open. He received his M.D. from SUNY Health Science Center at Syracuse. Yorio trained in internal medicine at Carolinas Medical Center in Charlotte, N.C., and in sports medicine with the University of Maryland in Baltimore.
**Consistency and direction**  
prepared by Urmang Chadda, USPTA

**Type:** Singles  
**Levels:** Intermediate/adv.  
**Category:** Groundstrokes/volley  
**Time/players:** 10 minutes/1-4

**Description and goals:**  
Players focus on consistency and direction of groundstrokes and volleys. Ball control is key so that players can execute all three shots required in the drill.

**Organization:**  
Player A is on the baseline with player B at the net. Pro feeds ball to player A, who hits groundstroke down the line to player B. Player B hits volley crosscourt. Player A runs and hits groundstroke down the line into target area marked by the singles sideline and a cone. If either of the first two shots is missed, then pro feeds a wide ball to player A so he can hit the running shot down the line. Rotate baseline players after third shot. Rotate players to net position after a couple of minutes. Variations: Have players placed crosscourt from each other to hit the third shot crosscourt. Do the drill for the backhand.

**Key points:**  
The drill can only be effective if everyone is being consistent and keeping the ball in play.

**Dip and rip**  
prepared by Paul Marcum, USPTA

**Type:** Singles  
**Levels:** Intermediate/adv.  
**Category:** Passing/volley  
**Time/players:** 15 minutes/1-4

**Description and goals:**  
A drill to set up the passing shot. The idea is to hit a two-shot combination to pass the net player.

**Organization:**  
One player starts in middle at baseline and one player starts in middle at net. The pro stands off the court to one side. Pro feeds baseline player who hits the ball low at the net players feet. When the net player hits a defensive volley, the baseline player steps in and drives the passing shot into the open court. Rotate one or both player’s after the passing shot. Variations: Player B has to hit low ball either down the line or cross-court.

**Key points:**  
First ball has to be hit at the net player’s feet. Then baseliners must creep in expecting a weak volley.

**Offensive/defensive lob drill**  
prepared by Paul Marcum, USPTA

**Type:** Doubles  
**Levels:** Intermediate/adv.  
**Category:** Lob/overhead/volley  
**Time/players:** 15 minutes/1-5

**Description and goals:**  
A drill to recognize when to hit an offensive or defensive lob. The goal is to take the net away from the other team.

**Organization:**  
Two players start at net and two in one corner at baseline. The pro stands off the court to one side. Pro feeds a ball to the two baseline players as they move across the baseline as a team. The first player hits an offensive or defensive lob based on the feed. Play point out and feed second ball to other baseline player. Keep score. Variations: Volleyers start with racquet on net or lob winner is double the points.

**Key points:**  
Important to vary the feeds to see both offensive and defensive lobbs attempted.
**Figure 8 (crosscourt, down-the-line)**

**Type:** Singles  
**Category:** Groundstrokes/strategy and tactics  
**Levels:** Intermediate/adv.  
**Time/players:** 15 minutes/1-6

**Description and goals:**
This drill emphasizes shot selection, court coverage and footwork. The goal is to have players recognize the results of their shot selection and how to cover the court.

**Organization:**
Place a cone on each side of the court in line with the alley and near the baseline. One is in the forehand corner and the other in the backhand corner. Player A feeds ball down the line (and then recovers to center of court) to player B, who hits a backhand crosscourt (and then recovers to center of court). Player A then hits backhand down the line, moves around the cone and goes to the back of the line. Player B then hits a forehand crosscourt and moves around the cone and goes to the back of the line. Players C and D rotate in and repeat the steps. Switch so other side is hitting crosscourt. Variations: Have players rotate from only one side while leaving the player on the other side by him/herself.

**Key points:**
Players must have cooperative mindset in order to keep the rally going. Focus on proper footwork for recovery and court coverage.

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**Line game (Little Tennis)**

**Type:** Doubles/singles  
**Level:** Beginner  
**Time/players:** 5 minutes/1-12

**Description and goals:**
Teach children the lines on the court with a fun and exciting game.

**Organization:**
Players line up at the fence. Pro yells out a line. The players then run to the line. If players go to the wrong line, they are out. As players get to know the lines better, increase the difficulty of the game by eliminating the last player to get to the line. Variations: Players skip, hop or balance balls to the lines.

**Key points:**
Instructor makes this drill fun by being enthusiastic and full of energy.

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**When rally meets alley**

**Type:** Doubles/singles  
**Category:** Backhand, forehand, groundstrokes  
**Levels:** Intermediate/adv.  
**Time/players:** 10 minutes/1-6

**Description and goals:**
This drill emphasizes placement, consistency, concentration and footwork.

**Organization:**
Place a cone at the center hash mark along each baseline. Players should be on the baseline and must rally hitting groundstrokes within the alley. Players A and D must hit forehands with players B and C hitting backhands. Players must recover to the cone after each shot to assist in proper preparation and recovery footwork. Have players switch positions so they all get to hit forehands and backhands. Variations: Players hitting backhands must use slice. Allow approach shots. Make players hit beyond the service line to work on depth. Play it as a team game for longest rally.

**Key points:**
Emphasize placement and consistency with strokes, and preparation and recovery footwork.
conventions
(division conventions, 5 credits; World Conference, 8 credits)

Aug. 21-23  Texas Division
            Houston

Sept. 15-20 USPTA World Conference on Tennis
            La Quinta, Calif.

TEENI for the health of a T

Oct. 4-6   Hawaii Division
            Honolulu

Oct. 24-25 Southwest Division
            Scottsdale, Ariz.

specialist
degrees

- Little Tennis®
- Facility Management
- Computer Technology
- Sport Science
- Competitive Player Development
- Pro Shop Operations
- Wheelchair Tennis

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For more information about USPTA's specialist degrees, including applications, please visit our Web site at www.uspta.com or contact the USPTA Education Department at 900-USPTA-4U or education@uspta.org.

cardio tennis

Please visit www.growingtennis.com (workshops) to register online.

exams, upgrades & certification review courses
(4 credits for CRC segment)

July 20  Marchfield, Texas
July 20  Birmingham, Ala.
July 13  The Villages, Fla.
July 14  Frederick, Md.
July 20  San Diego
July 21-22 Houston*
Aug. 2   Corpus Christi, Texas
Aug. 2   Hamden, Conn.
Aug. 2   Cincinnati
Aug. 3   Denver
Aug. 7-8  flushing, N.Y.
Aug. 9-10 College Park, Md.
Aug. 9-10 Boca Raton, Fla.
Aug. 10  Jackson, Miss.
Aug. 10-11 Los Angeles
Aug. 11  Westfield, N.J.
Aug. 16  Pittsford, N.Y.
Aug. 16-17 Atlanta
Aug. 21  Des Moines, Iowa
Aug. 25-26  San Francisco
            Sept. 6-7  Aurora, Ill.
            Sept. 7  Greensboro, N.C.
            Sept. 14  Mandeville, La.
            Sept. 14  St. Paul, Minn.
            (upgrades only)
            Sept. 15  McLean, Va.
            Sept. 16-20  La Quinta, Calif.
            Oct. 2-3  flushing, N.Y.
            Oct. 4  Hilton Head Island, S.C.
            Oct. 10  Oklahoma City
            Oct. 11  Seattle
            Oct. 11  Fort Worth, Texas
            Oct. 12  Hot Springs, Ark.
            Oct. 19  Pensacola, Fla.
            Oct. 25  Brunswick, Maine
            Oct. 25-26  College Park, Md.
            Oct. 26  Fayetteville, N.C.

* This course is held at the USPTA World Headquarters.

Exam reservations must be made at least 21 days prior to the dates listed. Each date includes an exam, upgrade and CRC unless noted. Exam cancellations must be received no later than 14 days before the exam, or a cancellation fee will be charged accordingly. Applicant: late cancellation fee = $75; failure to cancel – application fee is forfeited. Certified members: late cancellation fee = $25; failure to cancel – $25 plus the upgrade fee is forfeited. Registration for another exam will not be accepted until cancellation fees are paid.

specialty courses

No troubles in this doubles, Aug. 23, Houston, F. Viancos
A strategy of excellence, Sept. 16, La Quinta, Calif., D. Yuritic
Managing a tennis complex, Sept. 16, La Quinta, Calif., D. Sunderlin
Marketing promotion and sales, Sept. 17, La Quinta, Calif., T. Switzer
Advanced stroke production, Sept. 17, La Quinta, Calif., S. Oley
Little Tennis, Sept. 18, La Quinta, Calif., F. Hassan
Assertive communication and negotiation skills, Sept. 18, La Quinta, Calif., B. Fackel
The complete professional, Sept. 19, La Quinta, Calif., A. Culver
The essentials of shot making, Sept. 19, La Quinta, Calif., B. Hobden
Speed, agility and quickness, Sept. 20, La Quinta, Calif., P. Etcheberry
Wheelchair tennis, Sept. 20, La Quinta, Calif., M. Mercier

The deadline to register and/or cancel a course is 15 working days before the event. Anyone canceling late or failing to cancel will forfeit one-half the course fee. Schedule subject to change. Call the USPTA Education Department for more information or e-mail education@uspta.org.

Earn education credits from World Conference DVDs
(Seminar DVDs, ½ credit/specialty course DVDs, 2 credits)

Receive your education credit report card via e-mail by visiting the members-only section of uspta.com.
USPTA is the world’s largest producer of broadcast-quality tennis instruction on DVD. These are just a few of the more than 100 titles available. For easy ordering, go to www.usprotennisshop.com.

NEW! World Conference seminars – $19.99 each. Bonus! Earn education credits while watching!

NEW! World Conference series
- The 10,000-hour journey to becoming a player
  Jack Groppel, Ph.D., Jim Loehr, Ed.D., and David T. Porter, Ed.D.
- Help! I have it all, but I have no life!
  Barbara Braunstein
- Footwork, focus and flow
  Michael Friedman
- The journey of molding a player from day one to the pros
  Rick Macci, USPTA
- Dynamite doubles – play winning tennis today!
  Helle Viragh

Specialty courses – $44.95 each. Bonus! Earn education credits while watching!

- USPTA Specialty Course Series
  - Creating and running a small business
    Drew Sunderlin
  - Doubles strategies and patterns
    Hank Plister
  - Using your coaching skills in a manager’s role
    Jill Fonte
  - Modern tennis techniques
    Brett Hobden
  - Stroke analysis using high-speed video
    John Yandell
Members
Fred Stolle, USPTA. Zna Garrison and Mary Pierce were among the sports luminaries attending the third annual Celebrity Golf and Tennis Invitational sponsored by the Laureus Foundation USA. The event, hosted by NFL legend Marcus Allen, was held May 17 and 18 at the Indian Creek Country Club in Miami. Stolle and Garrison hosted the Laureus Celebrity Tennis Pro-Am. More than 30 stars of tennis, golf, football, basketball, hockey and the Olympics attended the weekend festivities to raise money for Camp InterActive, a nonprofit organization that provides outdoor adventure and technology programs for at-risk teens. Proceeds will help form a South Florida chapter of the New York-based Camp InterActive.

USPTA Professional Chris Langdon began serving as director of tennis for the Maine Golf and Tennis Academy in Belgrade, Maine, on June 1 and will continue through the end of August. Voted America’s best tennis camp by Sports Illustrated for Kids, the academy offers tennis camp programs for boys and girls ages 8 to 17. For more information, visit www.tenniscamp.org.

Sheri Norris has joined Balle de Match as national sales and promotions manager. A former touring pro and All-American collegiate player at Arizona State University, where she also coached briefly, Norris is a certified USPTA member, as well as lifetime USTA member. Norris spent 18 years with HEAD/Penn Racquet Sports, holding both promotion and sales positions. She was named Sales Rep of the Year multiple times and even received the prestigious TIA Industry Sales Rep of the Year award, which is voted on by retailers around the country.

USPTA Professional Mike Carter was selected as the 2007 Recreational Coach Workshop Trainer of the Year. This award honors an RCW trainer who went above and beyond to provide an ideal experience for workshop attendees. Carter will receive an all-expenses-paid trip to the next USTA Tennis Teacher’s Conference in New York City in late August, where he will be formally honored.

USPTA Professional Corey Bowlin was recently the tournament director for the first-ever Pro Circuit $50,000 men’s challenger held in the USTA Caribbean Section. The tournament was held at Palmas del Mar Country Club in Humacao, Puerto Rico. This tournament brought singles and doubles players from more than 20 countries across the world. The highest-ranking international player in the tournament was Rainer Schuettler, who at the time was ranked 89. The highest-ranked American player was Bobby Reynolds, who was ranked 104. The tournament will return to Palmas del Mar in March 2009.

Percy Hughes, USPTA, was named the winner of the 2007 USTA National Seniors’ Service Award. The award recognizes career service to senior tennis. The 85-year-old Hughes did not start working with tennis until he was well into his 60s. Among his many contributions is serving as one of the founding fathers of the Twin Cities Senior Tennis Players Club, which is the largest organized group of senior tennis players in the United States. Hughes has taught weekly lessons for the club for the past 20 years, while also organizing tennis tournaments and social outings for the group. Hughes was inducted into the Senior Tennis Players Club Hall of Fame in 1989, and the USTA Northern Hall of Fame in 2003. He was the 1988 and 2004 recipient of the USTA Northern Jack Dow Senior Development Award and he writes a monthly column for Senior Tennis Times.

USPTA pros and identical twins Angelo and Ettore Roscelli already hold the American record for the longest sustained tennis rally. On Aug. 9 they will attempt, for the second year in a row, to break the Guinness world record of 24,696 consecutive strokes. In fact, they’re shooting for 27,000 strokes. Their two-man hitting marathon will raise donations for four charities: the ALS Association (in memory of USPTA Pro Scott Wilson), the Tim and Tom Gullickson Foundation, Save the Children and Rally for the Cure. The rally will begin at 9 a.m. Eastern time, and, if the brothers reach their goal, will end about midnight. The site will be Milford Indoor Tennis in Milford, Conn., where Angelo is the head professional and Ettore is an assistant pro.

Member product showcase
Imagine playing tennis with a giant-sized racquet as tall as you, a ball that is three times bigger than normal, on a court that is double the standard size. That is exactly how kids feel when we subject them to adult-sized courts and equipment, says David Minihan, USPTA, author of “Coaching Your Tennis Champion.” Instead, scale down the game for kids. Use smaller courts, youth-sized racquets, lower-bouncing balls and simplified scoring similar to models successfully tested in other sports such as youth baseball. In “Coaching Your Tennis Champion” Minihan draws on years of grassroots experience working with kids, ranked juniors...
and collegiate players. His progressive tennis plans are organized day-by-day and
organized for players ages
5-7 and 8-10. "Coaching
Your Tennis Champion" is
available at http://Mansion-
Select.com, leading tennis
retailers and bookstores
worldwide.

USPTA member Hans Romer
has posted a new tennis
tip on YouTube. His last tip
received almost 12,000
hits. To view his newest tip,
visit www.youtube.com/
watch?v=cbzNjtdBAq0.

At the recent annual USPTA
Florida Division confer-
ce, the important topic
of sportsmanship and char-
acter development was ad-
dressed by sport psychology
consultant and tennis-teach-
ing professional Robert
Heller, Ed.D., USPTA,
who highlighted the "Sports-
manship Tennis Quiz" as an
aid to developing character
and sportsmanship in play-
ers. As a service to the ten-
nis community, a free copy
dem of the survey is available.
To request your copy, e-mail
Heller at heller2007@com-
cast.net.

Manufacturers

Traci Bags, proudly carried by
pro tennis player Vince
Spadea, recently designed
the first and only tennis
bag using real hair-on-hide
leather in vibrant animal
prints such as Tribal Tiger,
Midnight Panther and
Jungle Jaguar. Each Traci
Bag features multiple lined
pockets storing up to three
tennis racquets, water
bottles, balls, etc. The large
racquet pocket is lined with
a soft micro-suede and the
clothing pocket is lined with
durable, waterproof nylon.
Each Traci Bag is designed
with a long, adjustable,
braided leather strap and
features ornate, rustic hard-
ware. The luxury Traci Ten-
nis Bags can be purchased
online at http://www.traci-
bags.com and cost $695
plus shipping. Designer
Traci Kennedy, a member of
the United States Ten-
nis Association, has played
tennis for more than 30
years. The Traci Bags col-
lection is also expanding
to include matching laptop
bags, handbags and belts.

Miscellany

This year’s Racquet Stringers
Symposium will feature pres-
teations by some of the
industry’s best professional
racquet technicians in one
of the world’s most popular
vacation cities. The United
States Racquet Stringers
Association will present the
2008 GrandSlamStringers.
.com Racquet Stringers
Symposium on Oct. 11-14
at the Regal Sun Resort
in Orlando, Fla., an official
Walt Disney World® hotel.
Attendees will receive a
special group rate on Dis-
ey tickets that extends to
days before and three
days after the symposium.
Attendees also will earn
USPTA continuing educa-
tion points while learning
more about racquet string-
ing and improving the bot-
tom line of their stringing
business. The schedule has
been increased to three full
days and new seminars have
been added to the lineup.
The symposium cost is $495
per person. The Regal Sun
Resort will offer GSS at-
tendees room rates starting
at $115 per night within
two days of the beginning
and end of the symposium.
For more information on
this event visit www.grandslam-
stringers.com.

The new Sixth Sense Tennis
Academy at Mission Inn
Resort and Club in Hovey-
in-the-Hills (Orlando), Fla.,
will sponsor a mini-tennis
workshop Aug. 15-17. The
workshop will familiarize
tennis professionals and
coaches with the QuickStart
Tennis Play Format, which
helps children learn the
game on smaller courts with
modified equipment. The
course costs $150. Those
interested must register
before Aug. 2. The nightly
rate at Mission Inn Resort
will be $90. Earlier this year,
USPTA Professional Cesar
Villarreal helped launch
the Sixth Sense Tennis
Academy in conjunction with
Justine Henin and coach
Carlos Rodriguez. Henin
founded the academy in
Belgium in November 2007.
For information on the
mini-tennis workshop, call
Alain De Vos at 203-470-1441
or Cesar Villarreal at 352-324-
2024, ext. 7145.

The Sonoma State men’s tennis
team was honored as April’s
men’s recipient of the Inter-
collegiate Tennis Association
National Team Sportmans-
ship Award. The ITA National
Team Sportmanship Award
is a monthly award that goes
to one men’s and one wom-
’en’s team that has exempli-

died outstanding sportmans-

ship, character and ethical

culture in the true spirit of
competition and collegiate

tennis. The winners are se-
lected by the ITA Ethics and
Infractions Committee from
nominations received from
all ITA member institutions
(NCAA Divisions I, II and
III, NAIA and junior/commu-

nity colleges). Sonoma
State is coached by Steve
Cunningham. USPTA,
and is a Division II school
located in Rohnert Park,
Calif. More information is
available at www.ITAtennis.
.com. In addition to the obvi-
ous reasons, sportsmanship
and fair play are considered
important in college tennis
due to the fact that players
make their own line calls dur-
ing a match.

Youth Tennis San Diego has
named one of its junior ten-
nis awards after USPTA
Master Professional Angel
Lopez. The Angel Lopez
Outstanding Sportsman-
ship Award will recognize
the male participant in
YTS’s After School Ten-

nis program who displays
outstanding sportsmanship.
This is one of three awards
the organization give to
juniors participating in the
AST program. These
awards have been named
after program donors or
outstanding members of the
tennis community. YTS, also
acknowledges juniors
throughout the San Diego
area for their tennis and
academic achievements.
They are honored at the
annual YTS Junior Awards
Banquet held in April at the
Barnes Tennis Center with
awards for most improved,
highest rank for age, etc.
Youth Tennis San Diego is a
nonprofit organization that
promotes the educational,
physical and social develop-
ment of all children through
tennis activities, owns and
operates the Barnes Tennis
Center.
PLEASE STRING RESPONSIBLY.
EVERY FIBER OF YOUR BEING IS DEDICATED TO IMPROVED PLAY. SAME WITH US.

Our player reviews are in and they’re proof positive. The Pro Penn’s proven Encore core technology PLUS a new, longer lasting felt cover equals a ball without equal. One that spends more time in play – and in your basket. We think you’ll agree, the new Pro Penn+ is a welcome addition.

The Ball Matters™