



Vancouver Tennis & Racquetball Center

# VTC Monthly Times

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Vancouver Tennis Center  
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## UPCOMING EVENTS

- June 4th-6th - Grand Slam Doubles French Open
- Ladies Flights: June 7, 14, 21
- July 18-22nd, Grand Slam Summer Tennis Camp featuring Greg Patton
- July 21st - Grand Slam Adult Camp - Featuring Greg Patton.
- July 16-18 VTC Wimbledon Singles.
- July 30—Aug 2 Wimbledon Doubles

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## Member Spotlight: Pam Lagielski ~ A Newcomer Jumps in with Both Feet ~

Pam Lagielski is no stranger to VTC, having spent plenty of time in the lobby watching her son, Stefan, play tennis, and now she has made the transition to getting out on the court herself.

Pam's tennis history is typical of many women her age. Pam first tried tennis as a teenager at her father's insistence, but the game didn't stick with her. Later, living in Eureka, California, she started playing tennis, but quit the game soon after to raise her children. 10 years ago she joined VTC when Stefan was playing, hoping to be able to play herself while he was in his junior lessons, but the court schedule didn't accommodate her play during his classes. Working fulltime as an elementary teacher, there wasn't time for her to come to VTC on her own to play. Now, after retiring from her teaching career, it's Pam's turn on the courts!



Above: Pam chases down a forehand during Ladies' Day doubles.

Last December, Stefan, who works and trains at the John Newcombe Tennis Academy in Texas, gave her a racket for her birthday and told her she needed to play tennis. Taking advice from her son better than she did from her father, Pam began taking the Ball Machine classes at VTC in January.

Unlike when she was a teenager, this time around tennis has captured her full attention. Pam describes tennis as the "violin of sports" calling it an art form that requires good internal discipline. She has wasted no time in taking advantage of many of VTC's offerings— She purchased a ball machine card, has progressed through the Silver & Gold group classes, takes a private lesson weekly, and regularly plays doubles on Ladies' Day. In May she rejoined VTC as a member.

The move from taking lessons to actual match play is a daunting one for many newcomers, but Pam is embracing the challenge. She is concentrating in her lessons on learning to play the game, rather than focusing solely on stroke



technique. Her goal is to move on to City League play in the fall. Watching her work on her serve & volley in her private lesson, it seems that the years spent watching are paying off now, as she quickly picks up playing skills.

When you see Pam around VTC, welcome her to the game. And if you have been watching but not playing yourself, get out and join her!

### Grand Slam Summer Camp with Greg Patton

#### It's Not Just for Kids!

Adult event with Greg  
Wed, July 21 6-8:30pm  
Sign up now at the front desk or online

On the net: for results of all 3A state HS playoffs go to [vancouvertenniscenter.com](http://vancouvertenniscenter.com)

## ~ COACHES CORNER ~ Playing through Pressure

Laurel Cripe  
VTC Professional



At all levels of play, from beginners to the pros, players must learn to play under pressure. Generally pressure builds as soon as you have to tell someone your score after the match.

The best way to play through pressure is to focus on executing a game plan. At beginning levels, the strategy may simply be to get the ball back into the court until your opponent makes an error. Often players in this situation think to themselves, "don't miss", which causes them to hit tentatively.

Studies show that our minds don't process the "don't" in negative statements, so you need to frame your strategy in a positive manner to be effective. Translate a "don't miss" strategy into positive actions to perform; for example "hit crosscourt" or "hit 3 feet over the net".

Similarly, when communicating with your doubles' partner, make strategy suggestions in a form of something to do. "Let's return deep crosscourt" will get better execution from a partner than "Don't go down the line!"

As you go into your next competition, make your action plan positive to achieve positive results!

## ~ FITNESS CORNER ~ A Recipe to Beef Up That Serve!



Todd Anderson—VTC Personal Trainer

Have you been wanting to add some pop to your serve or to crush those floaters with your overhead? Here are some exercises that can help get that job done.

Start by once or twice weekly adding 2-3 sets of 8-12 repetitions of squats at about 70-85% of your max. Then add into your workout some Plyometrics by doing squat jumps and hurdle hops. This extra work on the lower body will help your explosive movement up through

## Shark Attack II at VTC!

Just when you thought it was safe to go back into the water, Kelly Sharkey has returned for her second stint as a pro at VTC.

Kelly taught at VTC from 1996 to 2002

under Kevin Young. She remembers VTC manager Brent Waddle and co-Director Mike Mon as players in the junior programs, and also taught alongside Brent in his first years as a pro. Knee surgery forced Kelly to quit teaching, and she has spent the intervening years working in the school system. Now she is very excited to return to the court on a part-time schedule. Kelly will be at VTC on Monday evenings through Thursday, and you will find her in many of the Adult Group Lessons.

Kelly came to tennis relatively late for a teaching pro, taking up the sport in high school. Sports come naturally

to Kelly, being the middle of 7 kids in a family of athletes. She went on to play tennis at Green River Community College and University of Nevada at Reno. In the 1990's she began

teaching tennis for Parks & Recreation in Reno, and then went on to teach in Olympia and at Mint Valley before coming to VTC. She also coached high school teams at Ridgefield, Battleground, and Mountain View along the way.

Kelly still enjoys working on her acreage and hiking with her dogs. For members who remember her son, Duncan, he is now 27 years old and completed 4 years in the Air Force.

"Kelly is an extremely talented teacher", says VTC manager Brent Waddle.

"I admired and looked up to her as a co-worker, and I'm thrilled to have her back".



## Grand Slam Summer Camp Registration Sign up now—Some space still available!



### Featuring: **Greg Patton!**

NCAA Coach of the year in 1997, and coached the St. Louis Aces WTT, including Andy Roddick and Anna Kournikova.~

**July 18th-22nd, 2010**

**Ages 7-18 years old**

**Rookies to Champs**

**Call or go online to register now!**



the ball.

Now, mix in some upper body movements like tricep extensions and overhead presses to help with that extra strength. Blend in medicine ball overhead throws against a wall to help build your core. Now you are ready to serve your opponent an extra helping of pace!

Remember a little extra work in the weight room can help create great gains on the tennis court and also cut down the risk of injuries.