



Vancouver Tennis & Racquetball Center

VTC Monthly Times

VOLUME 3, ISSUE 3

Vancouver Tennis Center
5300 E 15th St, Vancouver, WA
(360) 696-3123

MARCH 2010

UPCOMING EVENTS

- March 5th - 7th: Grand Slam Doubles "Australian"
- March 26th - 28th: Girls Dual Level 5 Tournament
- March 30th - April 1st: "Spring Break Mini Camp"
- May 28th - 29th: 3A High School State Tournament

INSIDE THIS ISSUE:

- "The Value of Tennis" 1
- Coaches Corner 2
- Fitness Tips 2
- Manager's Message 2



City of VANCOUVER WASHINGTON

"The Value of Tennis"

A look on how junior players balance tennis and life.

By Colby Jager

Walking through the doors to VTC on a weekday afternoon is like walking into the cafeteria of a school. The lobby is filled with junior tennis players of all ages. It is a wonderful thing to see the love for the game of tennis in so many young players today. However, the vast majority of these young tennis players are involved in many other extracurricular activities outside of the tennis court.

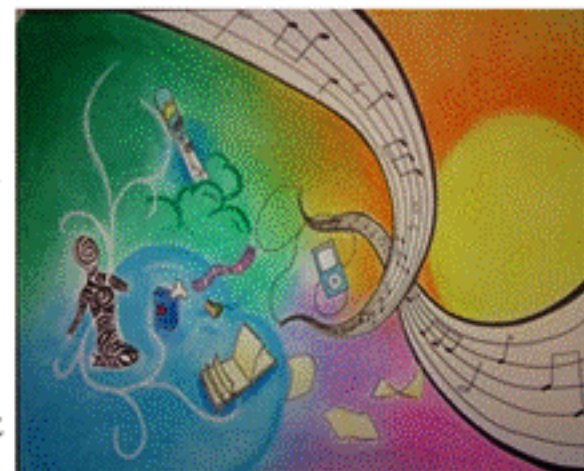
I had the chance to talk with some of the players from the Peak Performance Academy who not only practice 2.5 hours Monday through Thursday on the tennis court, but also involve themselves in many other activities, which serve to define their unique personalities. Trevor Jones for example is a very talented musician, and spends much of his time performing in trombone band concerts, choir concerts, jazz band performances, piano performances, and drum practice. As one of his coaches, I just assumed Trevor spent most of his time at school and on the tennis court. I was amazed to hear all of the events Trevor participates in. It is a wonder that he is able to put as much time and energy into performing on the court with all that he has going on.

As a junior, I always believed that if I was not spending time on the court practicing my tennis game, then I am not getting any better. However, now that I am a

coach, I understand the importance of junior tennis players involving themselves in activities outside of tennis. I realized that Someone like Trevor gains a lot of skills and personality traits that are positive influences to his tennis game. I see where his outstanding work ethic comes from. He has that challenge of balancing school, band, and tennis while excelling at all three, and from what I have seen, he is doing an excellent job.

While having a full schedule of extracurricular activities can benefit a junior player's tennis game, so can tennis be an amazingly effect tool for shaping the personality of a youngster. Tennis is a game that requires much more than a strong physique. You must be able to analyze situations, control emotions, and construct well

planned points. Often times the result of a match can be determined by the emotional state of the individual. I found that tennis helped me better control my anxiety level when involved in a stressful situation in life. As a junior tennis player I gained the skill to take a situation and focus on the solution rather than excessively worry about the problem. In tennis, worrying too much about a



Above: An abstract oil painting by Jack Wang.

"Spring Break Mini Camp" March 30th– April 1st



Register now
at the front
desk

Coach's Corner: Adding MPH to your Serves

By: Colby Jager

I have been asked by a number of individuals lately how to increase the power of their serve. While I tell them the average recreational tennis player is never going to have as big of a serve as Andy Roddick, there are certain things they can do to increase the MPH on their serve by a significant amount.



One thing is the positioning of the toss. The ball should be tossed far enough into the court that you are forced to use your legs to go after it. This allows your body's momentum to be a driving force.

You should also make sure your toss is high enough that your arm is fully extended on contact. An arm that is slightly bent is not taking full advantage of the power the arm creates.

"Tennis helps me work hard at everything in life."

-Andrew Newell

previous point can be the difference between winning and losing the whole match.

I asked my Peak Performance Players how tennis has improved other aspects of their life. Each player wrote something different, yet all their responses were very positive.

Jack Wang, who also enjoys piano, swimming, basketball, and art said, "tennis has taught me to never give up, and has helped me become more creative and better at what I am doing."

Andrew Newell, along with tennis, is also an avid soccer player, band member, and golfer. He said, "Tennis helps me work hard at everything in life, and teach me to face up to different challenges in life."

Both these players are clear examples of the

positive influence tennis has on the building of character among youth tennis players at VTC. But whether you are a junior tennis player, or an adult just starting out, it is very encouraging to know that tennis offers far more than just a good workout. It is a life changing tool that helps shape your personality and character. I for one am grateful for having tennis in my life, and hope to continue to grow with it.

"Eyes on Contact"

Train yourself to keep your eyes on the contact point longer for better results.

I know it's hard not to look up to see where your ball is headed after it hits your strings. But if you get in the habit of looking up too early you can really have a negative impact on your follow through.

Watch a video of Rodger Federer and see that he keeps his eyes on the contact point long after he has hit the ball.

This simple skill will add a lot of consistency to your game without a lot of effort.

~ HEALTH AND FITNESS CORNER ~

"Mixing Cardio and Strength Training" The Perfect Balance

So I'm sure you have been told at some point in your life that incorporating some strength along with cardio training is important if you are going to keep your body in healthy condition. But if you have limited time and want to burn a lot of calories, a simple weight lifting routine is often not the best choice.



This is where doing a workout that incorporates both cardio training and

weight lifting can often be highly beneficial. Next time you're at the gym try running for five minutes on the treadmill then lifting weights for five minutes, and repeating that process for a total of five sets. You will find not only are your muscles and lungs getting a good workout, but the number of calories you are burning is huge! It's also a lot more fun than simply running or lifting for an hour.

Manager's Message

If you attended the VTCF meeting in January, you may have heard that the lease agreement for VTC, between the City of Vancouver and the Vancouver School District, was ending in February of this year and no terms had yet been agreed upon to extend the lease.

I have some positive news to report in regards to that situation... There is now a signed one-year extension to the original lease in order to facilitate an easier timeline to potentially complete a land swap deal between the two entities or work out another long-term lease. As always, feel free to contact me with any questions or concerns.

VTC Manager - Brent Waddle