



VTC Monthly Times

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Vancouver Tennis Center
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UPCOMING EVENTS

- February 12th - 15th VTC Winter Champs Tournament
- February 18th "Seniors for Juniors" Tennis Camp
- March 5th - 7th Grand Slam Doubles "Australian"

INSIDE THIS ISSUE:

| | |
|----------------------------|---|
| "Dream Big" | 1 |
| "Seniors for Juniors" Camp | 1 |
| Fitness Tips | 2 |
| Manager's Message | 2 |



"Dream Big"

A behind the scenes look at a local U.S Open Champion

By Colby Jager

You don't have to look far to find an outstanding professional tennis player. In fact, a quick trip over the Columbia River will do. Portland is home to Travis Parrott, who just recently, etched his name in history as a U.S Open Champion.

I had the chance to interview Travis about his experience winning the Open, his life on the tour, and his advice to young aspiring junior players.

Becoming a champion:

At last years U.S Open, Travis Parrott, won the mixed doubles title on Arthur Ashe Stadium. He, and his partner Carly Gullickson, were one of the most unlikely prospects for winning the title until they reached the final in which they easily defeated Cara Black and Leander Paes, 6-2, 6-4.

What does it feel like to be a champion?

Travis had experienced victory in past, winning doubles titles at other ATP tournaments. However, this was his first Grand Slam victory. Ever wonder what goes through the head of a player who just went into the history books as a Grand Slam Champion? Travis discusses his experience:

"The first thought that came to my head was 'wow, I just won the US Open...this is real, not a dream...I could get used to this!' Growing up it was always my dream to be on that center court at the US Open and win the championship."

As many juniors do, Travis began as a talented singles player proving himself in local northwest tournaments and national level singles tournaments. Before he started playing doubles, he imagined standing in Arthur Ashe Stadium as the singles champion:

"...when I began playing doubles

full time on tour the dream switched to winning a doubles championship. The idea of winning the US Open in mixed doubles had never really occurred to me but I'm glad it happened and I hope I can have the opportunity to be back on that center court after winning a men's doubles championship sometime in my future."

Life on the tour

Traveling all over the world is an added bonus, but life on the tour is no cruise as Travis describes:

"Life on the tour is never dull.

I have the opportunity to play the sport I love in some of the greatest cities all over the world. I have been able to play on 5 different continents and in over 30 countries. However once I arrive to each city I am far from a tourist. You will rarely see me doing much sightseeing in any of these cities because I am not there to take in the sights, I am there to win a tennis tournament. I try to keep my goal in mind."

Advice to PNW juniors

If you are young, have a passion for the game, enjoy being on stage and broadcasted all over the world, and like the idea of playing in some exciting locations, then perhaps being a professional tennis player is right for you. But how do you get there? Travis gives his advice to PNW juniors:

"My advice to young PNW players is to think big and dream big! Try to have a big goal in mind to keep you motivated and working hard. You can't hit a target if you don't have one." (continued pg. 2)

Below: Travis and Carly being presented their Mixed Doubles U.S Open Championship trophy.



"Seniors for Juniors" Tennis Camp February 18th



Come play games & help us raise money for a good cause

Sign up at the front desk!

Coach's Corner: Doubles Positioning

By: Colby Jager

Are you stuck with the same results over and over again on the doubles court? Losing to the same opponents? Don't have time to take a private lesson, or to change a stroke? Well then read the next few lines, because it will give you instant success with your doubles game.



A successful doubles player does not stand in one position for the duration of the point. They are constantly moving, and more importantly moving towards the net! The closer you are to the net, the easier it is to hit your volley, and the less time your opponents have to react to your shot. In fact, if your opponents see that you are constantly moving aggressively towards the net for every point, they are more likely to play cautiously, nervously, or flat out scared. Your movement can have a huge impact on not only the success of your shots, but also on your opponents ability to hit the ball well. My advice, if you are losing, start to attack the net more!

"To succeed in life on the tour you have to keep your body fit and healthy."

So perhaps "shooting for the stars" is not just some catchy saying everyone says. For Travis, who decided no dream was too big, aiming for his star became a reality, and it can be yours as well if you believe hard enough!

The road to success is never an easy one, and Travis understands that you must be willing to learn along the way if you are to grow and improve. Having coaches to help guide you along the path can certainly be an added benefit, but even for Travis, there are things he would have done differently:

"If I was a junior again and had it to do all over again I would try to learn more about fitness, flexibility, and nutrition. To succeed in life on the tour you have to keep your body fit and healthy. To become a good professional tennis player you have to move extremely well, be able to change directions fluidly, and be able to out last your opponent physically. Focusing on your fitness, flexibility, and your nutrition will help you do this."

If you watch Travis on TV, you will see him run, jump, and change direction with relative ease, but as Travis has found, this athletic

ability takes work to achieve. So maybe there is something to what your coach is always saying about fitness and nutrition after all. According to a U.S Open Champion, it actually does help you become a better tennis player!

It's exciting to know that even though there are amazing tennis players located all over the world, you don't have to look far to find a U.S Open Champion, who like many of us, started right here in the Pacific Northwest competing in local tournaments, dreaming of the day he gets to stand on Arthur Ashe Stadium as a Champion.

"Ball Machine Magic"

Don't have a partner to hit with?...no problem!

Here is the secret to maximizing the impact of your ball machine practice time.

Turn the settings of the ball machine higher than what you would normally face in matches. Forcing yourself to practice against harder hit balls that have more spin will make the shots you see in matches seem like a "piece of cake."

~ HEALTH AND FITNESS CORNER ~

"Stav in shape with interval training"

Burn more calories than ever before

Interval training will not only make your cardio workouts more interesting, it is also proven to show better fat loss and strength building results than any other type of exercise.



Todd Anderson

Interval training is described as working out at a high intensity for a given amount of time followed immediately by a period of low intensity. This format is repeated over a given period of time. Interval train-

ing is also nice because it doesn't take long to do a workout, as long as a high intensity level is maintained.

One other great thing about interval training is the fact that it builds strength as well as cardiovascular conditioning. This means you will be burning calories long after the workout is completed. Not to mention, interval training is also guaranteed to make you faster on the court.

Manager's Message "Budget Concerns"

Rumors have been floating around that the tennis center could possibly be in danger of closing. These rumors are **not true**.

The city is facing a \$6 million budget shortfall in 2010 and an even bigger shortfall in the 2011-2012 budget process, however at this time these shortfalls do not involve closing the doors to VTC. Reduction in services, layoffs, and other reforms will most likely be a part of that process.

The VTCF recently hosted a meeting with the Director of Parks and Rec. as well as members of the Parks and Rec. Advisory Commission. Some of the topics covered at that meeting were: Financial condition of both the City and VTC; The role of the City and P&R; VSD/VTC lease update. Thanks to the 50 members/patrons and staff who attended the board meeting in an effort to show support for VTC!

Brent Waddle - VTC Manager