

WELCOME

I hope everyone had a great summer and as always thank you for your continued support of Wilson.

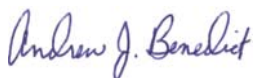
My name is Andy Benedict and I am the National Promotions Manager for Wilson Racquet Sports. I am looking forward to providing you with great information to improve the skill set of your high school players.

This edition will focus on the game of singles strategy and/or singles drills. In the game of singles, high school players learn a great deal about themselves along with finding the determination and fight to win.

I would like to thank the members of our Wilson Speaker's Team for taking the time to write the articles for this edition of WCFL Newsletter.

I would also like to thank Tracy Singian for her hard work and dedication providing a top notch Newsletter. Tracy your devotion to the game is contagious and we all thank you for your commitment to grow the game and make it fun for everyone.

Hope you had a great summer!



Andy Benedict



SINGLES

by Tom Gullikson
*Former US Davis Cup Captain and Olympic Coach.. Currently a USTA National Coach based in Los Angeles.
Proud Wilson Staff Member – too many years to count!!!*



SINGLES STRATEGY AND DRILLS

Bjorn Borg, a former world number one, had a simple and classic comment when asked what strategy he employed to win 6 French Open's and 5 Wimbledon's. He said, "When the ball came to him he hit it back crosscourt most of the time and every great once in a while he hit one down the line." This is very simple and sage advice from one of the greatest player's of all time.

When observing many junior matches, I have witnessed one main strategy. Hit the ball as hard as you can as often as possible. That, for the record, is not a winning strategy!! Tennis is still a game of errors, and the player who makes fewer errors; most of the time will go on to win the match. With the basics of hitting mostly crosscourt shots and keeping the ball in play let's go over a couple simple drills that might help you become a more solid percentage player.

TWO ON ONE DRILLS

Two players are positioned behind the baseline with the coach feeding in balls from behind them. The other player is positioned behind the opposite baseline. The goal for the player's on the two side is to hit every ball crosscourt. The player on the one side will hit two balls crosscourt and the next ball he will change direction and hit it down the line. He/she would then proceed to play two more crosscourt shots before he would change direction again and hit down the line. It is essential to the success of the drill that all three players are focused and hitting solid shots inside the singles lines. The player's should rotate positions every three minutes or so until everyone has been in all three spots.

SITUATIONAL SINGLES POINT PLAY DRILLS

I will set up three different drills that the players can play out with situational point play.

1. Coach feeds a ball toward the backhand court and the player runs around his/her backhand to hit an inside out forehand. The player on the receiving end of this inside out forehand will respond with a crosscourt backhand (assuming both player's are right handed) and then play out the point using the whole court. You can play a game up to 11 points and you can do this drill will multiple player's on the court, rotating in on every point. This drill teaches the players to use a specific shot, in this case an inside out forehand, and respond with a deep crosscourt.

2. Both singles players start in the center of the court right behind the hash mark. The coach feeds a ball wide to the forehand side and the player hits a running crosscourt forehand. The responding player plays a crosscourt forehand back and then they play out the point using the whole court.
3. The second serve is often the weakest part of a junior player's game so this game involves playing singles points out only using a second serve. This will give the server an opportunity to work on hitting an aggressive spin second serve and it will give the receiver an opportunity to work on their second serve return game.

These are just a few basic drills that you can use to accomplish specific goals for the players and note that they all are competitive drills, where score is kept and there is a little pressure. Kids love to play competitive games and this will help keep their interest and their competitive spirits sharpened during practice situations.

Have a great day on the tennis courts and keep swinging those great Wilson rackets!!
I currently swing the Wilson [K]-Blade 98 and I love it!!!

I am a little old school and still use natural gut in my racket, old habits are hard to break!!!

Best regards,

Tom Gullikson

KEY CONSIDERATIONS FOR A PERFORMANCE TRAINING DIET FOR SINGLES TENNIS PLAYERS



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Sport Nutritionist and Certified Tennis Professional*

Because tennis is a sport requiring power, speed, agility, and endurance – all skills requiring high energy stores from, both food energy and fluids, to succeed in games, matches, and entire tournaments, tennis players must eat high energy, preferably higher carbohydrate diets. As a sport nutritionist, just coming from the grass court circuit in England as an onsite nutritionist, outside of dehydration, the most common mistake I see is under consumption of carbohydrate, particularly in the pre-and post match time. The following article will highlight other key areas for players to focus on in their diets to maximize your best performance yet!

An optimal training diet is built over time, training the body's muscles to learn how to store more fuel over-time, just as a runner carbohydrate loads for a marathon. For repeatedly successful games, following these guidelines can help develop winning eating strategies for tennis. The tennis training diet should be focused on high-energy foods and adequate hydration, timed appropriately before, during, and after play.

Pre-game Eating and Hydration

A diet rich in complex carbohydrates is the key to performance and endurance. Carbohydrates fuel high-intensity work, which correlates to the energy required for serving, traversing the court, and returning the ball. Muscles store carbohydrates as glycogen, and consuming small amounts of carbs on a regular basis ensures maintenance of maximum glycogen levels.

Select pre-game meals and snacks that are:

- Familiar and known to settle hunger
- High in carbohydrate to supply energy for muscle reserves, moderate in protein, and low in fat
- Quickly digested (not too high in fiber or fat)

Examples of good pre-game foods include bagels, english muffins, pita bread, pasta, bread, fresh fruit, granola bars, higher carbohydrate energy bars, oatmeal, rice, grits, potatoes, corn, lima beans, black-eyed peas, and beans

Outside of hydrating properly which is described below, tennis players can also benefit from consuming small amounts of carbohydrate during tennis play. New information in sports nutrition research shows that in stop and start sports, particularly those that last over several hours of time, athletes can benefit from small bite size servings of easy to digest quick energy carbohydrate sources such as that seen in sport food products like sport beverages such as Gatorade and Powerade (guidelines for beverage intake are listed below). An important tip is to favor sports drinks, as they contain carbohydrates and electrolytes, like sodium, which is key to minimize heat illness risk. Consuming carbohydrates during training and play has been shown to help tennis players maintain more power and accuracy. Gatorade® contains 14 g carbohydrate per 8 oz, which is quickly absorbed and used by working muscles. Sodium

replacement is also important since a significant amount of sodium can be lost through sweat during a match. If you feel that a regular Gatorade concentration feels like too much carbohydrate in your system, try the new G2, which contains half the carbohydrate content, but the same level of sodium of the regular Gatorade products.

New ideas for during match nutrition:

Other options for players who do not like sport beverages are newer sport food products made from solid food components such as sport energy bars (such as PowerBar or Clif Bar), Sport Jelly Beans or sport energy gels such as Power Gel or Clif Shot. The main limitation of these sport food products over a sport beverage are that none of these contain similar electrolyte levels to current sport beverages that are recommended for rehydration in tennis. Energy Bars for the most part contain complex carbohydrates similar to what is in bread or bagels, in fact a whole PowerBar is similar to eating a whole medium bagel. Eating 1/4 of a bar of this type at a changeover in combination with a sport beverage would be a way to get more umph to get you through a long 3 set match. Sport jelly bean products are mostly sugar without significant electrolytes and Energy gels are composed of combinations of malto dextrins (a starchy carbohydrate substance) and simple sugars coming from sucrose, glucose, and fructose. If you prefer real food equivalents to these newer sport foods, try salty pretzels or saltines with a sport beverage to get a similar effect. Consuming these at changeovers during a 3 set match may be more helpful than consuming a sport beverage alone, particularly if your energy levels are running low.

Food sources of energy aside, Proper hydration during training and on the court is even more critical. Tennis players should drink a half-cup to a cup of water every 15 minutes during exercise and two cups of water for every pound of body weight lost during training or play. Fluid is critical to decreasing the risk of dehydration and heat illness. Water molecules are absorbed into the muscle as carbohydrate feedings are converted into glycogen for storage. Limiting fluid intake limits a player's ability to store glycogen as muscle energy and increases your risk for heat illness.

Tips for hydrating before training or a match:

- Limit/avoid caffeinated beverages (iced teas, coffee, colas), especially right before and after play – they may cause additional fluid loss as urine
- The night before, fill and chill squeeze bottles or sports jugs and bring to training or on the court (have a minimum of 2 liters available courtside)
- Drink 17–20 oz of fluid within 2 hours pre-play
- Drink minimum 4 oz to 8 oz per changeover during play
- Consume enough fluids throughout the day so urine is a light or pale yellow color before starting a match

Remember thirst is not a good indicator of hydration level. Adequate fluid consumption is a tennis player's best bet for beating dehydration and heat illness problems.

After a tennis match, follow these guidelines:

- Eat carbohydrates as soon as possible, preferably within 30 minutes of a game. Begin by drinking a sports drink as you walk off the court.
- Replace 150 percent of body fluids lost or at least 20 oz per pound of weight loss within 2 hours.
- Eat a high-carbohydrate meal that also contains a protein source within 2 hours after play to maximize muscle glycogen recovery (rebuild energy stores) and to support protein synthesis in muscle. Sometimes an energy bar works well here too or a fruit smoothie with protein, or just a sandwich or pasta meal are appropriate choices too.
- During tournament play, be sure to include carbohydrates, protein, fluid, and sodium in the evening meal to accelerate recovery from play. Consider lightly salting foods and consuming foods and beverages that are natural sodium sources.

Following these guidelines is simple and can quickly become part of a tennis player's routine. When this happens, it can help a player maintain strength and concentration during training, a match, or several days of tournament play.

For more information about tennis specific nutrition, visit us at nutrfitga.com.

Gain a better understanding of food choices and servings associated with these guidelines by reviewing the food pyramid and related articles at <http://mypyramid.gov>. The recommended daily number of servings from food groups for the training diet is:

- Grains 10–12 (serving size is 1/2 cup)
- Vegetable Group 3–5 (serving size is 1/2 cup)
- Fruit Group 4–8 (serving size is baseball piece of fruit)
- Milk Group 2–4 (2 for adults, 4 for teens; serving size is 1 cup)
- Meat & Beans 2 – 3 portions (serving size is 3 oz each)
- Oils (fats) at least one tablespoon of vegetable fat per day (oil cooked into food or salad dressing)

ADJUST YOUR STRATEGY FOR SUCCESS!

Mal Washington
1996 Wimbledon Finalist



Playing singles is all about having a game plan and being able to make adjustments on the fly. In tennis there will be times throughout a match when things aren't going your way. This is when you have to be able to recognize what's actually going on at that time. Is your opponent playing really well and just flat out beating you? If so, what are they doing that is hurting you? Are you playing poorly and making a lot of unforced errors and losing confidence in the process? Or are you playing pretty well and they are just winning the big points and just getting the better of you. Regardless of the situation you have to be able to assess what they are doing to hurt you or what you're doing to hurt yourself so you can make the appropriate adjustments to hopefully change the tide of the match. I would say 9 out of 10 times when I walk off the court after a loss I was kicking myself for errors I made and I always felt that a few points here or there would have made a big difference. I think this holds true for most amateurs and the pros.

If you find yourself making a lot of unforced errors (giving away points) try to simplify things and get back to basics. Think about getting a lot of first serves in, even if this means sacrificing pace for a higher first serve percentage. Your confidence will begin to build with each first serve and when you feel you're ready to go for the bigger serve, go for it. I like nothing more than to see my opponent giving me looks at a lot of second serves because they choose to stick with the big first serve that isn't working for them. This reminds me of a match I had against Goran Ivanisevic. He was missing a lot of first serves, but never made any adjustments. Each serve game I had a look at 3-4 second serves. I broke his serve in each set and won the match in straight sets.

Secondly, take a "I'm not going to miss attitude". Forget about hitting winners, forget about trying to do too much with the ball and focus on making your opponent work for every point. Don't give them anything. If you lose a few points or even a game with this approach, so be it. At the very least you are making your opponent work for the points and not just giving the points away. Your confidence will grow as you find yourself cutting down on the errors. When I employed this "don't miss attitude", I focus on 2 things, height and depth. First, getting more height (more arch) on my ball. This gives me a greater margin for error over the net and this helps me to get great depth on my shots.

Regardless of who you are playing if you are able to get good depth on your ball, within 3-4 feet from the baseline, you will be able to keep your opponent in a pretty defensive or certainly a neutral position because you will be pushing them behind the baseline with the depth on your shots. If you think about it, in any match the person who can take advantage of the short ball is the person who will be in control of the point. Better depth on your shots will produce short balls allowing you to take the advantage in the point. Don't confuse "don't miss" with being "passive". If the opportunity presents itself and you get that short ball, then you take it and finish the point.

With regard to your return of serve, the first most important thing is to get the ball back and in the court. Each time you miss a return you are building your opponents confidence. The person or team who can get the most return of serves in play is the one who will get the break of serve. This principal holds true in singles or doubles. So, if you find yourself missing a lot of returns, (this has to do with being in tune with what's going on out there), think about blocking your return down the middle of the court just to get the ball in play. If they win the point, so be it. ALWAYS make them hit another shot. Don't give away anything.

I go into each match with a game plan and the knowledge that my opponent has strengths and weaknesses. I never go onto the court just thinking I'll play my best and we will see what happens. I always have 4-5 thoughts (that I write down on a paper and take onto the court) for how I want to approach the match when I am serving and how I want to approach the match when I am receiving.

My game starts with a high percentage of first serves in. If I am getting the first serve in I am getting my share of aces. Secondly it will produce a good number of short second balls that I have to be ready to attack. It is important to know how I want to approach the match. Am I going to serve and volley one or more times per serve game, or am I going to try to work the point from the baseline and work my way to the net from there. Some of this strategy will be influenced by who I am playing. For example, I will serve and volley more against Sergi Bruguera than I will against Andre Agassi. Bruguera likes to block a lot of his returns whereas Agassi likes to hit through all of his returns. My strategy is fluid and will be tweaked depending on the situation.

From a return of serve stand point I like to show my opponent different looks. I may change my position prior to returning serve. I may stand back on a second serve or stand inside the baseline on a first serve. I want my opponent to feel as uncomfortable as possible. One strategy I like to employ early in matches is to take a second serve return and follow it to the net. This will let my opponent know that I may be attacking his second serve for the rest of the match. It makes them feel uneasy that I would attack their second serve and I always felt that it produced a couple of double faults later in the match when they were feeling the pressure. Always remember that everyone has their favorite shots and every player has tendencies, everyone. So the more you know about your opponent and what they like to do, the better you can formulate a plan that plays into your strengths and their weaknesses.

DEVELOPING AN OPTIMAL SINGLES STRATEGY

Brett Hobden
CEO of Modern Tennis



First let's be clear on what a strategy actually is and how it differs from a tactic. You may often hear both terms used when coaches discuss what happened in a match, or advise a player on what to do in an upcoming match. What's the essential difference between the two terms?

Strategy is simply a broad plan of action to achieve a goal. In a tennis match, the goal is generally to win.

Tactics are the means of carrying out the strategy. In a tennis match, tactics would include the specific shots you choose to execute in pursuing your selected strategy.

In short, strategy looks at the big picture. Tactics specify the details.

For example, if you know that you're in much better physical shape than your opponent, your match strategy might be to wear them down. The associated tactics could include: engaging them in long rallies; using shot sequences that force a lot of court movement on their part (e.g., sending balls wide to both forehand and backhand sides using angles, mixing in some high deep balls that force them to move deep into the back court, throwing in the occasional drop shot forcing them to come in to the net, and so on.

Today we'll focus on selecting an optimal strategy for an upcoming singles match.

Before you develop a strategy, there are several important things you need to be aware of. They include:

- Your gamestyle, and your opponent's gamestyle. Here, players generally fall into one of five categories:
 1. Offensive baseliner
 2. Counterattacking baseliner
 3. Passive baseliner
 4. Serve and volley player
 5. All-court player
- Your current strengths and weaknesses
- Your opponent's current strengths and weaknesses

When you have a clear understanding of the above, it becomes much easier to develop a strategy that will optimize your chances of winning a match.

Here are some possible singles strategies that you should consider:

1. Breaking down an opponent's weaker shot

Your opponent may have an obviously weaker side. If so, electing to hit many shots to that weakness may force errors or give you some very easy balls to attack. The objective here is not to move the player side-to-side, but rather to keep pounding away to the same corner. Occasionally, you will have to hit to your opponent's stronger side, but try to do this on your terms, not theirs.

2. Breaking down their footwork

Here the objective is to challenge your opponent's movement skills, forcing them both left and right, sometimes wrongfooting them by hitting behind them, throwing in the occasional drop shot, and so on. Here, neither the forehand nor the backhand side of the player is a real threat. You can freely hit the ball anywhere, moving your opponent to all corners of the court to elicit errors or create opportunities to attack. You will need to be patient and wait until a breakdown in your opponent's footwork has thrown them off balance. That's the time to end the point.

3. Breaking down their conditioning

This is similar to breaking down footwork, but brings a more physical and mental aspect to the equation. Your main objective is to make the points as physically demanding as possible by maintaining long rallies and hitting shots that have a very high percentage of success. If your skills are fairly evenly matched with those of your opponent, but you are clearly in better shape, you can afford to play long points, showing your opponent that you are

prepared to stay out there all day. Once your opponent's conditioning starts to fail them, errors will abound both physically and mentally. You'll need to be ready for your opponent's occasional last-ditch effort to go for broke. They may hit a few big winners, but it is usually much too late for them to make a real comeback.

4. **Breaking their will**

Even the most talented players can be mental marshmallows. They can play big and hit many impressive shots, but when a few things go wrong, the warrior you saw during the first few games can be reduced to a fragile glass soldier. If you can play the points one at a time and not let your past errors interfere with your emotions, you may only need to save a few break points or break their serve when they think they'll have an easy hold to trigger their mental collapse. This is sometimes all it takes to shatter the will of some players. Strategies 3 and 4 are sometimes interrelated. When you challenge a player's conditioning, in most cases their will becomes increasingly fragile.

5. **Hit to their strength to open up their weakness**

Let's use the example of an opponent that has a big forehand. This player will do almost anything to hit their forehand. They will look for every opportunity in a rally, as well as on most second serves. Your strategy will be to hit to their strength on your terms. Hitting your first serve or an aggressive groundstroke to their strength can be an effective way to open up their weaker side. Another good tactic is to occasionally hit to their strength twice in a row, as they will be expecting the second ball to go to their weakness. This can be very frustrating for the player that is normally hitting their strength on their terms. They are usually surprised when you hit to their strength. But remember that you're only doing this to open up their weakness early in the point, allowing you to take control.

6. **Keep points short by making the first strike**

If you have a few big weapons (e.g., a big serve, a big forehand), firststrike tennis can be a very effective strategy against many opponents. If you have the ability to start the point with a big serve, or to go after the first weak ball in a rally, you may be able to end the point in one to three shots. This is very effective against players that like to establish a rhythm and get into long rallies. Playing big "firststrike" tennis means that you will make some unforced errors. However, with this strategy you'll have to accept the increased risk. As long as your winners and forcing shots significantly outnumber your unforced errors, this can often be a very effective strategy.

7. **Applying quick pressure**

Some opponents are not comfortable when put under immediate pressure. There are a few ways that you can do this. You can serve and volley. Or you can look to approach the net off the second serve, or off the first short ball in a rally. Some opponents do not like being forced to make pressure passing shots. They prefer to stay in long points and grind it out. You'll have to weather a few successful passing shots, but if your opponent has a tendency to get a little tight on big points, forcing them to come up with something special at big moments can be very effective. A quick pressure play at the right time can elicit many errors.

When you have a clear understanding of your gamestyle, strengths and weaknesses – and can quickly assess those of your opponent – you can develop a strategy that will optimize your chances of winning the match. Remember that some strategies will be better suited to your gamestyle, strengths and weaknesses than others. Top players are very aware of this, and make subtle but profound strategic decisions to give them an edge in winning each and every tennis match they play.

Of course, some players walk on the court for a match and have the attitude: Well let's see what happens. I hope you will be proactive rather than reactive, and learn to select strategies that will increase your chance of winning.

Remember that it's also important to be flexible during a match. Always be aware of who is doing what to whom as a match proceeds. That way you can stay with a strategy that is working, or change/make adjustments to a strategy that is not. Remember that your opponent may well be doing the same thing, and may at some point make a strategic change that turns the match in their favor. Take time on your changeovers to evaluate what's happening, and make any necessary adjustments.

Even though I have covered only the tip of the ice I believe it is important to understand these general concepts. If you would like to hear about more singles strategies, or have questions on these, feel free to personally email me directly at bhobden@moderntennis.com or visit my website at www.moderntennis.com for additional articles.

Remember, choosing the correct strategy will significantly raise your chances of winning a tennis match.

USTA TENNIS ON CAMPUS

SURPRISE, ARIZ.

As traditions go at the USTA National Campus Championship, it's been pretty much a foregone conclusion that a team from Texas will make the finals. After all, each of the nine previous years either Texas or Texas A&M had come to the event and finished as, at worst, a finalist. Six of those years the two Texas rivals had claimed campus supremacy as champion.



However, in 2009, that Texas stranglehold was broken, and it was Duke University that did it, en route to the school's first-ever USTA National Campus Championship crown. The Blue Devils shot down both Texas powerhouses in successive rounds, besting defending champ Texas 29-19 in the quarterfinals, then following that up with a 25-19 victory over Texas A&M in the semis. Duke completed its storied run with an overtime 26-21 final-round win over the University of Wisconsin.

"It was a little nerve-wracking this week," said Duke standout Greg Van Winkle of the Blue Devils' trip out to Surprise, and the school's tough opponents on their way to the championship. "But it was also one of the best events I've ever been to. It was a blast."

That seems to be the prevailing sentiment of the Tennis On Campus program for all involved. TOC is gaining traction and brand recognition on the nation's college campuses. For the 2008-09 academic year, there are more than 30,000 participants and over 500 schools involved. This year's Championship was bigger and better than ever, as 550-plus competitors from 64 of the country's top programs graced one of the nation's best public facilities, the Surprise Tennis & Racquet Complex in Surprise, Ariz.

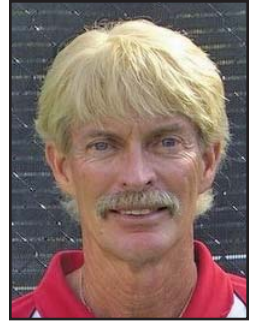
Each player at the '09 event received a number of accessories from various program sponsors, including Wilson Sporting Goods, which distributed team shoes for championship team captains, offered a number of giveaways, and featured a demo booth with the latest Wilson gear all weekend. Participants also received accessories from program sponsor Tennis Warehouse and host section USTA Southwest. This year alone, 40 teams were on the waiting list just to compete in the field of 64.

As the growth of the Tennis On Campus program and the National Campus Championships have proven, the Tennis On Campus Program is an ideal outlet for high school players who may not find a home on a varsity tennis team, but still want to enjoy the camaraderie and competition gained from playing for their school. High school coaches across the country are encouraging their players to seek out Tennis On Campus programs, so that their players continue playing throughout college, with the hopes that their love for the game will carry on into their adult years.

SINGLES – PRACTICE PRESSURE WITH A PURPOSE

By Ken DeHart

Wilson Premier Advisory Staff, PTR and USPTA Master Professional, USA High Performance Coach, and Director of Tennis at the San Jose Swim & Racquet Club in San Jose, Ca.



Practicing match play situations can greatly improve your actual match play skills. Creating pressure in practice by creating situational pressure can greatly help:

- Your ability to stay motivated in practice
- Recognizing and practicing tactical skills for situations
- Dealing with the actual pressure experienced in match play.

Getting warmed up to play:

Use dynamic warm-up routines instead of static stretching: circle a series of cones placed out on the court for fast adjusting steps, jumping jacks get you off your heels and stretch out most body parts, jog with lifting your knees high then kicking your back side, shuffle sideways, skip, do arm circles and lots of rotational exercises as most of tennis is rotation of the body. The USTA has a dvd of warm up routines for competitive players.

The 3 parts of your body you are trying to warm up are: 1. Eyes to track the ball, 2. Quick adjusting steps with the feet for positioning, 3. Relaxed hands and full strokes to a pre-determined target for performance under pressure

On Court Routines:

Short court warm up – Underspin Only - most shots hit from this part of the court are in the category of “underspin” anyhow – volleys, slice approach shots and drop shots.

Depending upon skill level, many players have a hard time warming up with topspin from the service line. They hit too hard, too deep, too much spin, have poor grips for soft balls or are just too inconsistent. Have your player’s only use underspin for short court warm-ups and they will learn to:

Have shorter swings, change their grips, take smaller steps to get into position and be able to be consistent enough to actually keep the ball in play by practicing shots they would actually use from that part of the court in match play. I would encourage players to use the low compression balls to greatly improve their game – several of the top players in the country do use this ball.

Drill – feed the ball in underhanded and play out the point using only the deuce and ad court services boxes with underspin only and no volleys allowed. This helps the players learn to feel more comfortable with the use of underspin. They will also discover how to control the front part of the court with short angles while creating lots of movement and strategy.

One up-One back – have one player start at the net on a half of the court and the other on the baseline.

Drill - The players should attempt to keep a 10-20 ball rally going then the net player moves back to the baseline and the baseline player comes to the net to volley – while keeping the same ball in play. This encourages proper ball speed and placement as well as some transition skills. This is a great drill to use with a transitions orange colored ball.

Baseline to baseline – have the 2 players rally down the line on a half court using the doubles half of the court. They will be playing on a smaller singles court yet bigger than just the singles half of the court and wide enough to encourage angles and moving the opponent side to side as well as up and back.

This makes the transition to a full singles court later on much more successful.

Drill – One player serves a second serve down the line and the player’s play out the point on that half of the doubles court. Play the first to win 7 points then the other player serves and they play out the first to win 7 points on that same side. Next move to the deuce court and serve and play first to 7 cross court with both players serving a first to 7 game. Now go cross court from the ad court with the same rules and finally down the line of the other half of the doubles court not previously used.

They will have played 8 games with second serves. The player winning the most games with the set. If they tie, they spin to see who serves a one point tie-breaker with the receiving player getting to choose the pattern – down the line or cross court for the tie-breaker point.

The players may decide the special rules – serve and volley only, stay back unless ball the ball lands inside the service line or what ever happens – happens.

Pressure scoring – one of the best ways to experience pressure is by altering the scoring. This will also make practices more time sensitive and motivating – especially when you have the same practice partners most of the time.

In a recent book released on what makes successful people great – one of the key factors was that it takes 10,000 hours to be great at anything you do. It helps if that 10,000 hours is spent in a correct and positive way so you become great at a correct skill, tactic or strategy.

As Billie Jean King said in her recent book, “Pressure is a Privilege”. Use the privilege to become the best you can be.

Drills:

Set score: start all sets at 2-all or 3-all. This creates the pressure from the very first game. You cannot cruise along and all of a sudden get in the game. Play with this set score but play best 3 out of 5 sets.

Game score: start all games at love 30, 30-all, 15-40 or 40-15, you make the rules and experience how the score affects pressure in a match as well as your tactics. Play where you can only score when you are serving and if you lose the point, the opponent servers. Someone must win a point to move to the other half of the court to serve (the old method of scoring in volleyball). This forces you to learn how to win on your serve games.

Set score: Play 3 out of 5 sets, play 3 out of 5-10 point tie-breakers to get use to play tie-breakers instead of regular sets.

Special rules: must serve and volley, only 1 serve, underhanded serve only, can't win the point until the serve and return are in play, lose the point if the ball lands in front of the service line – use your imagination to play under pressure.

One of my favorite is called “3 to win a major”. In this game, if you can win 3 points in a row you get 1 major point and the first to win 5 major points wins the set.

In tennis matches it is difficult to win 3 points in a row – so much so that when you are up 30-love the odds are 80% that you will lose the next point at every level of play. The odds are then 65% that you will lose the next point as well, which brings the score back to 30-all. (Try this and see – it holds true even for the pros).

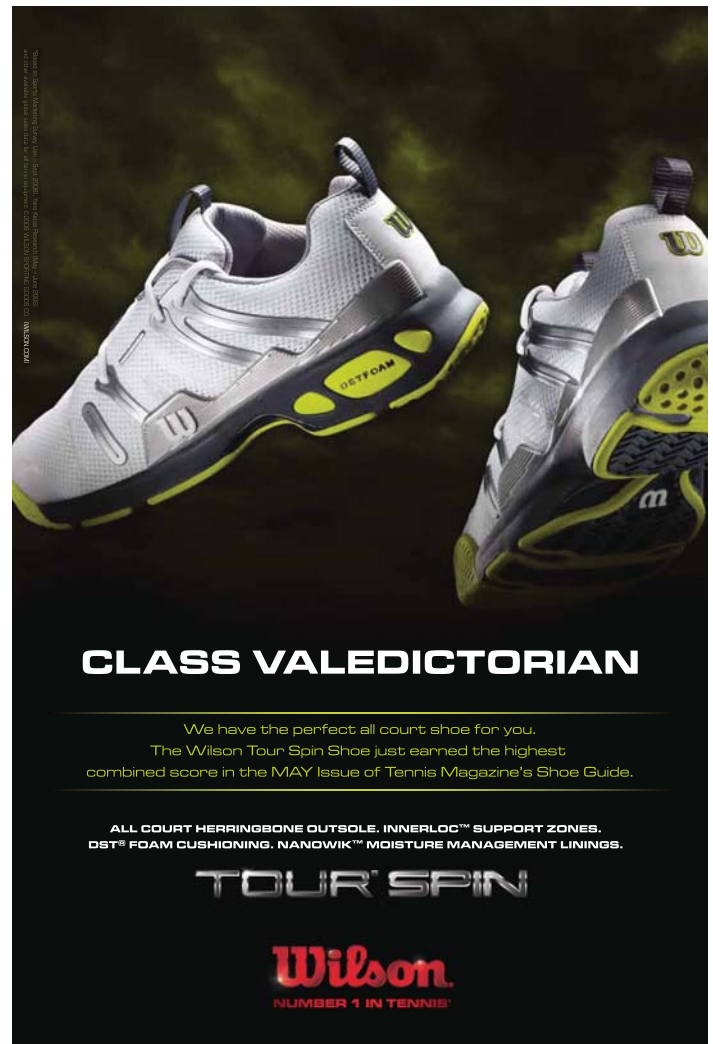


(K)JOBRA™ TEAM FX™

We know you demand exceptional stability for more [K]ontrol™.
We know you are an aggressive player, hitting with a lots of top spin.
We know FX™ (Factor Multiplied), our new Quad Shaft™ frame design, will exceed your expectations.
And we know... this racket is right for you.

(K)FACTOR FX™
TAKE [K]ONTROL

Wilson
NUMBER 1 IN TENNIS™



CLASS VALEDICTORIAN

We have the perfect all court shoe for you.
The Wilson Tour Spin Shoe just earned the highest combined score in the MAY Issue of Tennis Magazine's Shoe Guide.

ALL COURT HERRINGBONE OUTSOLE. INNERLOC™ SUPPORT ZONES.
DST® FOAM CUSHIONING. NANOWIK™ MOISTURE MANAGEMENT LININGS.

TOUR SPIN

Wilson
NUMBER 1 IN TENNIS™

[K] Six.One 95
JUAN MARTIN DEL POTRO

Racquet Specs:

Head Size: 95"
Length: 27"
Strung Weight: 12.3 oz.
Unstrung Weight: 11.7 oz.
Strung Balance: 9 pts. HL
String Pattern: 16x18

Player Bio:

Born: Tandil, Argentina
Lives: Tandil, Argentina
Age: 20
Plays: Right-handed; two-handed backhand
Current Ranking: #6

Career Highlights:

- 2009 Australian Open Quarterfinalist
- 2009 French Open Semifinalist
- Youngest player ranked in the top 10 in 2008
- 23 match winning streak in the summer of 2008
- 5 career singles titles, 1 career doubles title
- Career high ranking #5 (2009)



[K] Six.One Tour
ROGER FEDERER

Racquet Specs:

Head Size: 90"
Length: 27"
Strung Weight: 12.5 oz.
Unstrung Weight: 12.0 oz.
Strung Balance: 9 pts. HL
String Pattern: 16x19

Player Bio:

Born: Basel, Switzerland
Lives: Wollerau, Switzerland
Age: 27
Plays: Right-handed; one-handed backhand
Current Ranking: #1

Career Highlights:

- Record 15 Grand Slam Singles Titles
- One of 6 men to complete career Grand Slam by winning all four majors
- Holds record for most consecutive weeks at number 1 (237)
- Won Olympic Gold medal in Doubles in Beijing in 2008
- 60 career singles titles, 7 career doubles titles



[K] Six.One 95
DANIEL BERTA

Racquet Specs:

Head Size: 95"
Length: 27"
Strung Weight: 12.3 oz.
Unstrung Weight: 11.7 oz.
Strung Balance: 9 pts. HL
String Pattern: 16x18

Player Bio:

Born: Helsingborg, Sweden
Lives: Helsingborg, Sweden
Age: 16
Plays: Right-handed; two-handed backhand
Current ITF Jr. Ranking: #2

Career Highlights:

- 2009 French Open Jr. Singles Champion
- 2009 Wimbledon Jr. Singles 3rd Round
- 2008 Jr. Davis Cup Sweden Team member



[K] Six.One 95
MARDY FISH

Racquet Specs:

Head Size: 95"
Length: 27"
Strung Weight: 12.3 oz.
Unstrung Weight: 11.7 oz.
Strung Balance: 9 pts. HL
String Pattern: 16x18

Player Bio:

Born: Edina, Minnesota
Lives: Tampa, Florida
Age: 27
Plays: Right-handed; two-handed backhand
Current Ranking: #22

Career Highlights:

- 2008 U.S. Open Quarterfinalist
- 2009 Wimbledon Doubles Quarterfinalist
- Won a Silver Medal in singles at the Athens Olympics
- 3 career singles titles, 7 career doubles titles
- Career high ranking #17 (2004)



[K] Pro Open KAIA KANEPI

Racquet Specs:

Head Size: 100"
Length: 27"
Strung Weight: 11.1 oz.
Unstrung Weight: 10.6 oz.
Strung Balance: 4 pts. HL
String Pattern: 16x19

Player Bio:

Born: Tallin, Estonia
Lives: Haapsalu, Estonia
Age: 24
Plays: Right-handed; two-handed backhand
Current Ranking: #25

Career Highlights:

- 2008 French Open Singles Quarterfinalist
- 2009 Australian Open Singles 3rd Round
- 2009 Wimbledon Doubles Round of 16
- 2009 Rome Singles Quarterfinalist
- First ever Estonian to reach quarterfinals of a Grand Slam
- #1 ITF Junior in 2001
- Career high ranking #19 (2009)



[K] Pro Open FELICIANO LOPEZ

Racquet Specs:

Head Size: 100"
Length: 27"
Strung Weight: 11.1 oz.
Unstrung Weight: 10.6 oz.
Strung Balance: 4 pts. HL
String Pattern: 16x19

Player Bio:

Born: Toledo, Spain
Lives: Madrid, Spain
Age: 27
Plays: Left-handed; one-handed backhand
Current Ranking: #38

Career Highlights:

- 2008 Wimbledon Singles Quarterfinalist
- 2009 Queen's Club Round of 16
- 1 career singles title, 1 career doubles title
- Career high ranking #20 (2005)



[K] Blade Tour DMITRY TURSUNOV

Racquet Specs:

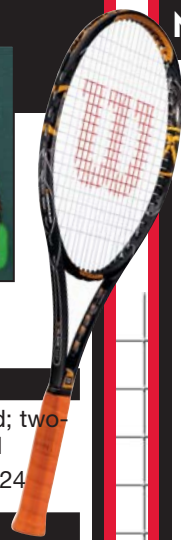
Head Size: 93"
Length: 27"
Strung Weight: 12.0 oz.
Unstrung Weight: 11.4 oz.
Strung Balance: 7 pts. HL
String Pattern: 18x20

Player Bio:

Born: Moscow, Russia
Lives: Roseville, California
Age: 26
Plays: Right-handed; two-handed backhand
Current Ranking: #24

Career Highlights:

- 2009 French Open Doubles Quarterfinalist
- 2009 Dubai Doubles Champion
- 2009 Eastbourne Singles Champion
- Best Grand Slam result was Round of 16 at Wimbledon in 2006
- 6 career singles titles, 3 career doubles titles
- Career high ranking #20 (2006)



[K] Blade Tour MELANIE OUDIN

Racquet Specs:

Head Size: 93"
Length: 27"
Strung Weight: 12.0 oz.
Unstrung Weight: 11.4 oz.
Strung Balance: 7 pts. HL
String Pattern: 18x20

Player Bio:

Born: Marietta, Georgia
Lives: Marietta, Georgia
Age: 17
Plays: Right-handed; two-handed backhand
Current Ranking: #70

Career Highlights:

- 2009 Wimbledon Singles Round of 16, defeated #6 seed Jankovic in 3rd Round
- 2008 U.S. Open Jr. Singles Semifinalist
- Member of the U.S. Fed Cup Team
- 3 career singles ITF titles
- Career high ranking #70 (2009)



[K] Blade 98

FLAVIA PENNETTA

Racquet Specs:

Head Size: 98"
Length: 27"
Strung Weight: 11.3 oz.
Unstrung Weight: 10.7 oz.
Strung Balance: 3 pts. HL
String Pattern: 18x20



Player Bio:

Born: Brindisi, Italy
Lives: Verbier, Switzerland
Age: 27
Plays: Right-handed; two-handed backhand
Current Ranking: #15

Career Highlights:

- 2008 U.S. Open Singles Quarterfinalist
- 2009 Acapulco Singles Finalist
- 2009 Stuttgart Singles Semifinalist
- 2005 U.S. Open Doubles Finalist
- Italian Fed Cup Team member
- 6 career singles titles, 4 career doubles titles
- Career high ranking #11 (2009)

[K] Blade 98

PHILLIPP KOHLSCHREIBER

Racquet Specs:

Head Size: 98"
Length: 27"
Strung Weight: 11.3 oz.
Unstrung Weight: 10.7 oz.
Strung Balance: 3 pts. HL
String Pattern: 18x20



Player Bio:

Born: Augsburg, Germany
Lives: Altstaetten, Switzerland
Plays: Right-handed; one-handed backhand
Current Ranking: #26

Age: 17

Career Highlights:

- 2009 French Open Round of 16; upset #4 seed Djokovic in the 3rd Round
- 2009 Wimbledon 3rd Round
- 2009 Halle Singles Semifinalist and Doubles Champion
- 2 career singles titles, 6 career doubles titles
- Career high ranking #24 (2008)

[K] Blade 98

SORANA CIRSTEA

Racquet Specs:

Head Size: 98"
Length: 27"
Strung Weight: 11.3 oz.
Unstrung Weight: 10.7 oz.
Strung Balance: 3 pts. HL
String Pattern: 18x20



Player Bio:

Born: Bucharest, Romania
Lives: Targoviste, Romania
Age: 19
Plays: Right-handed; two-handed backhand
Current Ranking: #29

Career Highlights:

- 2009 French Open Singles Quarterfinalist; defeated #5 seed Jankovic in the 3rd round
- 2009 Wimbledon 3rd Round
- 2009 Marbella Singles Semifinalist
- 2008 Tashkent Singles Champion
- 2007 French Open Jr. Doubles Finalist
- 1 career singles title, 2 career doubles titles
- Career high ranking #27 (2009)

[K] Blade 98

ANDREY KUZNETSOV

Racquet Specs:

Head Size: 98"
Length: 27"
Strung Weight: 11.3 oz.
Unstrung Weight: 10.7 oz.
Strung Balance: 3 pts. HL
String Pattern: 18x20



Player Bio:

Born: Tula, Russia
Lives: Tula, Russia
Age: 18
Plays: Right-handed; two-handed backhand
Current ITF Jr. Ranking: #7

Career Highlights:

- 2009 Wimbledon Jr. Singles Champion
- 2009 ITF Pro Circuit Italian F14 Singles Champion
- 2009 ITF Pro Circuit Egypt Futures Singles Finalist
- Career high ITF Jr. ranking #7
- Career high ATP ranking #542 (2009)

[K] Blade Team
SERENA WILLIAMS

Racquet Specs:

Head Size: 104"
Length: 27.25"
Strung Weight: 10.8 oz.
Unstrung Weight: 10.2 oz.
Strung Balance: 4 pts. HL
String Pattern: 18x19

Player Bio:

Born: Saginaw, Michigan
Lives: Palm Beach Gardens, Florida
Age: 27

Plays: Right-handed; two-handed backhand
Current Ranking: #2

Career Highlights:

- 11 career Grand Slam Singles Titles, 9 Grand Slam Doubles Titles, 2 Grand Slam Mixed Doubles Titles
- Only the 5th woman to hold all 4 Grand Slam titles at once (2002-03)
- 34 career singles titles, 14 career doubles titles
- 2 Olympic Gold Medals-2000, 2008 doubles
- Ranked #1 on four separate occasions



[K] Blade Team
VENUS WILLIAMS

Racquet Specs:

Head Size: 104"
Length: 27.25"
Strung Weight: 10.8 oz.
Unstrung Weight: 10.2 oz.
Strung Balance: 4 pts. HL
String Pattern: 18x19

Player Bio:

Born: Lynwood, California
Lives: Palm Beach Gardens, Florida
Age: 29

Plays: Right-handed; two-handed backhand
Current Ranking: #3

Career Highlights:

- 7 career Grand Slam Singles Titles, 9 Grand Slam Doubles Titles, 2 Grand Slam Mixed Doubles Titles
- 41 career singles titles, 13 career doubles titles
- Holds the record for the fastest serve by a woman at all 4 Grand Slam events
- Record 3 Olympic Gold Medals-singles and doubles in 2000, doubles in 2008



[K] Tour
ALONA BONDARENKO

Racquet Specs:

Head Size: 95"
Length: 27.25"
Strung Weight: 10.8 oz.
Unstrung Weight: 10.2 oz.
Strung Balance: 1 pt. HH
String Pattern: 16x20

Player Bio:

Born: Kryvyi Rih, Ukraine
Lives: Kharkiv, Ukraine
Age: 24

Plays: Right-handed; two-handed backhand
Current Ranking: #26

Career Highlights:

- 2009 Australian Open Singles 3rd Round
- 2008 Australian Open Doubles Champion
- 2009 Warsaw Open Finalist
- Ukraine Fed Cup Team member
- 1 career singles title, 3 career doubles titles
- Career high ranking #19 (2008)



[K] Tour
KRISTINA MLADENOVIC

Racquet Specs:

Head Size: 95"
Length: 27.25"
Strung Weight: 10.8 oz.
Unstrung Weight: 10.2 oz.
Strung Balance: 1 pt. HH
String Pattern: 16x20

Player Bio:

Born: Saint-Pol-Sur-Mer, France
Lives: Boulogne-Billancourt, France
Age: 16

Plays: Right-handed; two-handed backhand
Current ITF Jr. Ranking: #2

Career Highlights:

- 2009 French Open Jr. Singles Champion
- 2009 Wimbledon Jr. Singles Finalist
- 2009 Wimbledon Jr. Doubles Finalist
- 2009 ITF Pro Circuit \$100,000 Cagnes-Sur-Mer Challenger Semifinalist
- Career high ITF Jr. ranking #1 (2009)
- Career high WTA ranking #338 (2009)



Baiardo

Customizable Stringing Machine

Lance Holm – *Player's Racquet Shop East (Oregon)*
“One of the best features of our new Baiardo is the ability to customize the machines position for each of our stringers.”

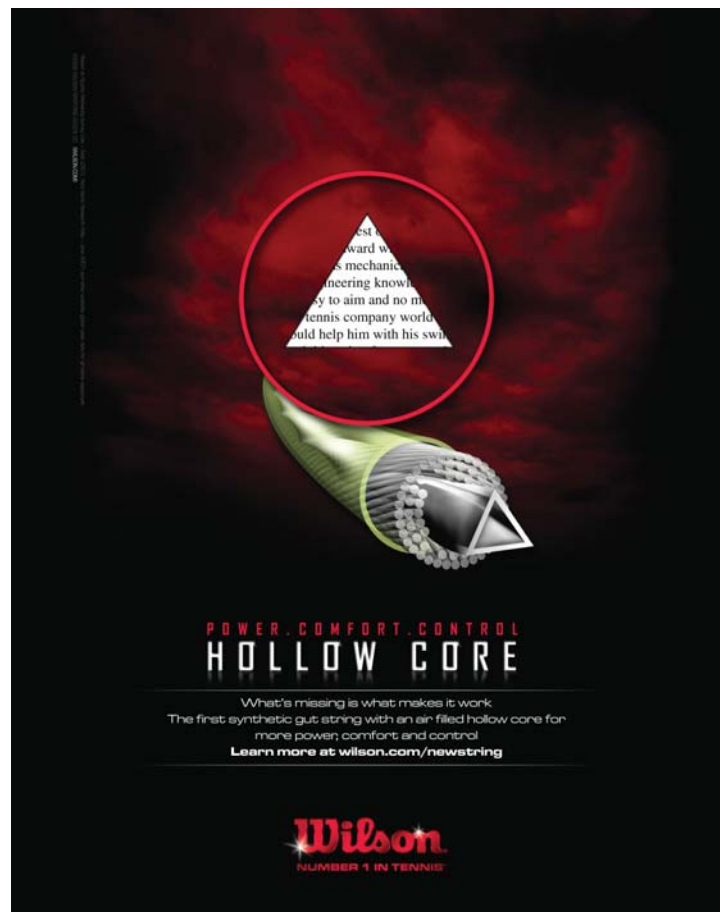
Vincent Pham – *Tenniscentral (Australia)* “Baiardo is a hi-tech and revolutionary stringing machine, which catches the interest of all customers who have been very happy with their restrings. It's a ten out of ten machine.”

George Wrigley – *Wrigley's Tennis (Florida)*
“Outstanding piece of equipment. It looks like Wilson spent extra time to look at every aspect of the stringing process when making this machine.”

- Baiardo is the most customizable stringing machine in the world. Over 13 customizable settings to ensure an optimal string job and experience.



- Baiardo offers perfect ergonomic comfort through Wilson's B.E.S.T. (Biomechanically Efficient Stringing Technology) system. The B.E.S.T system adjusts 3 times during each string job (mounting the frame, stringing the mains, and weaving the crosses) to the most ergonomically efficient height and tilt for you.
- Easy Set-Up Base and Top only require six screws apiece. You will be up and stringing in no time!



TOUR UPDATE

2009 Year in Review

2009 Wilson Records

Roger Federer breaks Pete Sampras' all time record of most Grand Slam singles titles, winning his 15th Championship at Wimbledon.

Federer also now holds the record for the most consecutive Grand Slam semifinal appearances with 21.

Serena Williams won her 11th Grand Slam Singles title at Wimbledon, tying her with Margaret Court for the fourth most all time in the Open Era.

Serena Williams 4th title Down Under, tied her for the most Australian Open Singles wins.

Serena Williams took her 3rd Wimbledon Singles title and currently owns more Grand Slam titles than any other active player on the WTA Tour with 22.

Venus and **Serena** are now tied with one another for 4th in the Open Era for reaching the most Grand Slam Singles finals at 14 each.

By winning their 9th career Grand Slam doubles title at Wimbledon, **Venus** and **Serena** now have the 6th most Grand Slam doubles titles in the Open Era.

206 players used Wilson rackets during the 2009 Wimbledon Championships.

8 of the 2009 Wimbledon Championship winners were Wilson players, which is twice as much as the next leading brand

Wilson players have won a total of 471 Grand Slam titles

Wilson players represent 35.5% of all players, which is nearly double the next competitor

Wilson remains the popular racket of choice with juniors. In the Wimbledon Junior draw, over 40% of the junior competitors were using Wilson rackets

Wilson Racquet Sports has created a revolutionary new stringing machine taking the process of stringing rackets to the next level. Wilson's new machine, "Baiardo", is the first stringing machine designed using Wilson's exclusive B.E.S.T. system (Biomechanically Efficient Stringing Technology)

At the 2009 Australian Open in Girls' Singles, 5 of 8 quarterfinalists were playing with a Wilson racket

By winning the French Open Singles title **Federer** also completed his career Grand Slam, winning each Grand Slam at least once, only the 6th player and 3rd in the Open Era to accomplish this feat.

Wilson.
NUMBER ONE IN TENNIS*

15

15 TIME GRAND SLAM CHAMPION
ROGER FEDERER
THE GREATEST OF ALL TIME

