

# ontario tennis



Spring 2006  
\$3.00 value to OTA members  
[www.tennisontario.com](http://www.tennisontario.com)



# Health



Canadian Postal Agreement No. 40710521



**We have the balls.**



**Do you have the game?**



**World's #1 Ball™**



800.768.4727



# Features



6

TENNIS IS GOOD



THE PHILPOTT FUND

10



FIT FOR TENNIS

18

# ontario tennis CONTENTS

Spring 2006

## Departments

4 EDITOR'S LETTER

8 VIC BRADEN

12 **PLAYER PROFILE**  
Gaby's European Adventure

14 **HUMOUR**  
Tennis Plus

15 **PLAYER PROFILE**  
Chloe Powell

16 **SPORT SCIENCE**  
Plyometrics for Tennis

20 **COACH PROFILE**  
Andrea Rabzak

22 **OPINION**  
The Coach's Role

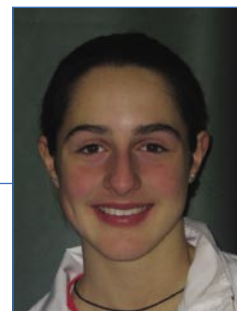
24 **HISTORY**  
Doug Philpott

26 **TENNIS ABROAD**  
British Grass Court Tennis

28 **INSTRUCTION**  
First In!

28 **BOOK REVIEW**  
The Book of Realms by Doug Ing

30 **OTA NEWS**



### Editorial Board

James Boyce, Flora Karsai,  
Pam Olley, Sharon Martineau,  
Rosti Brankovsky

### Editor

Pam Olley  
pamolley@sympatico.ca

### Contributing Editors

Simon Bartram, Jay Neill, Flora Karsai,  
Lawrie Strong, Sharon Martineau, Boris  
Bajin

### Designer

Ivan Ha

### Photo Editor

Jag Gundu

### Advertising Information

Flora Karsai (416) 514-1102  
fkarsai@tennisontario.com

### OTA Club Membership Information

Jay Neill (416) 514-1103  
jneill@tennisontario.com

### Ontario Tennis Association President

Keith Porter

### Executive Director

James Boyce

1 SHOREHAM DRIVE, SUITE 200  
TORONTO, ON M3N 3A7  
TELEPHONE (416) 514-1100  
FAX (416) 514-1112  
E-MAIL: TENNIS@TENNISONTARIO.COM  
WWW.TENNISONTARIO.COM

Ontario Tennis is published three times per year  
by the Ontario Tennis Association. It is Canada's  
longest-running tennis publication.  
— published since 1970.

The Ontario Tennis Association is a proud  
member of Tennis Canada and acknowledges  
the support of the Ontario Ministry of Health  
Promotion.

This magazine is produced to highlight the  
people, events and information that foster the  
continued interest and development of tennis  
at all levels in Ontario.

The views expressed in Ontario Tennis are  
not necessarily those of the Ontario Tennis  
Association unless stated.

(Copyright 2006 by the Ontario Tennis  
Association)

Canadian Publications Mail Product Sales  
Agreement No. 40710521

## Health

WORDS BY PAM OLLEY

*According to the World Health Organization, health is "A state of complete physical, social and mental well-being, and not merely the absence of disease or infirmity."*

*When we seek to maintain our health we can choose to focus on the causes and treatments for diseases or we can focus on maintaining a positive attitude and doing what feels right in terms of generating a strong sense of all round well-being.*

*ParticipACTION, founded in 1971, was extremely successful in achieving its goal of increased national awareness of the health and social benefits of an active lifestyle. Since that boost to the fitness industry, we have seen a variety of exercise fads as the fitness industry has sought to reinvent itself. This has been necessary because, over time, all these forms of exercise become monotonous, and do not fulfil the mental and social aspects of health. Despite this, statistics show that the fitness industry has been booming, while participation in all sports has been relatively static, even though many sports provide a more complete fitness experience. Most sports provide the social context of a team or a club. Sports sharpen the mind through competition and the need for tactical thought. They also develop the skill-related fitness elements of agility, reaction time, coordination, speed and power.*

*I'm always amazed at how many tennis fanatics there are. They may have been playing for five, ten, twenty, forty or even more years and yet they retain an intense passion for the sport and the desire to play better. Tennis has not needed to reinvent itself because, despite having simple rules, there is a huge variety in terms of the possibilities of playing within those rules. Tennis exercises the body, the mind and has always been the epitome of a social sport. Add to this the fact that tennis can be played from close to the cradle to the grave and keep peoples' interest for that long, you must come to the conclusion that tennis is as close to a perfect sport as you can find. However, few of us view tennis alone as a vehicle to promote health and fitness.*

*Getting one's game to the point where playing becomes an integral part of a healthy lifestyle requires an investment of time and a commitment to stay with the game until a certain level of skill has been developed and the individual has the confidence to find their own playing group. U.S. statistics show that on average only 18% of beginner tennis players stay with the game, however, when beginners have enrolled in a program run by a tennis professional, 54% stay with the game. The same research found that only 13% of non-tennis players are aware of tennis programs for beginners. Clearly, high quality beginner programs are needed to help people over the initial hump of learning to play; but good programming in itself isn't enough, these programs need to be marketed and promoted too.*

*Promoting the sport of tennis is an important role for the tennis associations and it has been a high priority of the OTA for the past 10 years. However, the associations can only play a supporting role to the many clubs, communities and individuals who run tennis programming at a local level. We've been working hard to demonstrate the health and other benefits of tennis, as well as the advantages of membership in a tennis club and the association, but perhaps we haven't got the fitness and health message out as well as we should have. And maybe we've missed out on one of the most compelling reasons for playing tennis: it keeps you looking and feeling young.*

*Recently Harrison Ford, aged 63, was asked what he did to keep himself in such good shape for his movie roles. He replied that all he does is play tennis. If the testimonial of this box office draw isn't enough to convince you, check out any senior tennis tournament and you'll be amazed at the youthful looking participants especially in the super senior ranks of the over 60s - you'll never be able to guess their age. Have we in fact found the elixir of youth and is it tennis?*

# Wilson **encode**



P O T E N T I A L  
E L E V A T E D



// nSIX-TWO / 100 / 113 / 10.6 oz / 10.2 oz [STRUNG]

**W** Wilson

THE NAME OF THE GAME™ WILSON.COM ©2006 WILSON SPORTING GOODS CO.





## GOOD FOR YOUR HEART

BY PAM OLLEY

The Heart and Stroke Foundation recommends thirty to sixty minutes of moderate aerobic activity daily to keep your heart and lungs healthy.

Aerobic exercise requires lower intensity activities performed for longer periods of time at a fairly even pace. Jogging, running and cycling are aerobic activities. Your heart rate is elevated and remains at that level for a period of time.

Tennis is normally classified as an anaerobic exercise because it requires that you work at high intensity for short periods of time. Your heart rate goes up during a point and then drops between points. Anaerobic exercise increases muscle strength and the capacity to generate short bursts of speed. Both aerobic and anaerobic exercises are needed to develop all round physical fitness.

Last summer, Jim Baugh, President of the Tennis Industry Association and a Director on the USTA Board, spoke at a symposium organized by Tennis Canada. He talked about what the USTA is doing to encourage more people to play tennis and described a new program called Cardio Tennis. Cardio Tennis combines conventional fitness theory and tennis drills to produce an interesting and fun aerobic work out, with the side benefit of improving your tennis skills.

Many clubs already offer some kind of tennis fit program and these programs are popular when they are run by a good motivational leader. The big plus of Cardio Tennis is that it recommends using music as part of the motivation and heart monitors to ensure that the participants are getting a good aerobic workout and keeping their heart rate in the recommended zone. Add to this the exceptional support resources, promotional material and educational programs that are being provided in order to get this program embedded in North American tennis culture and they seem to have a winner. I spoke with



Samantha Ardenfriend and April Herrmann help with heart monitors

Jim Baugh after the session and explained that I wanted to put together an article on Cardio Tennis for Ontario Tennis magazine. Jim could not have been more actively supportive. His commitment and energy for this program spoke volumes about his passion for tennis, the growth of the game and this program, which he believes will make a difference both in tennis participation and the perception of tennis as part of a healthy lifestyle.

While in Sarasota for a week this winter I found out that a Cardio Tennis program was being delivered locally and decided to try it. I was met by two dynamic young ladies, Samantha Ardenfriend, who is an experienced Cardio Tennis leader and April Herrmann, who was a pro at the club and was helping out with the program. We put on our heart monitors, programmed them for our age and weight and took to the courts. With music as motivation to keep our feet moving and Samantha's verbal encouragement we started with warm up tennis drills to get our heart rate into the zone. We didn't have time to get bored: we kept rotating positions and changing drills, so that the time just flew by.

Now I had always imagined that a Cardio Tennis session would take hard work to get the heart rate up. Not necessarily so. Wearing a heart monitor for the first time, I discovered that in fact while doing these drills and being very conscious of my footwork to keep moving, my heart rate tended to rise above the zone. This meant I was working too hard for an aerobic workout.

"If you can't keep talking while you're exercising your probably overdoing it," Samantha explained. It's important to make sure that your heart rate stays in the

zone between 65% and 85% of the maximum rate of 220 minus your age. To figure out your range you can check it on the Cardio Tennis chart or your heart monitor will calculate it for you.

Cardio Tennis was launched in the U.S.A. in the Spring of 2005 and the results in the first year are extremely encouraging. In a poll of sites that had run Cardio Tennis for 3 months or more, 61% reported they will be expanding their programs and 93% reported they would continue their programs. Of the Cardio Tennis participants, 92% thought they would continue with Cardio Tennis, 85% found it to be more fun than their normal fitness routine, 80% felt it was a better workout than just playing tennis and 60% felt that Cardio Tennis was a better workout than their normal fitness routine. The participants also gave the use of music and heart monitors a high rating where they were used.

Some clubs in Ontario have already started delivering Cardio Tennis programs and others are working on using the principles of the program and delivering it under a different name. The important things for a successful aerobic workout are to keep moving and maintain your heart rate in the zone. Cardio Tennis helps your motivation with music and an instructor who knows how to keep the session full of variety, fun and energy.

For more information on Cardio Tennis check out [www.cardiotennis.com](http://www.cardiotennis.com) And for those who want to deliver a sound Cardio Tennis program, take advantage of the [www.partners.cardiotennis.com](http://www.partners.cardiotennis.com) web site. Watch this magazine and the OTA e-magazine for more information on Cardio Tennis and programs being run in Ontario.



## Clay Courts GOOD FOR YOUR HEALTH, GREAT FOR YOUR GAME.

BY FRANK PASTOR

The clay court surface is made of a layer of water saturated aggregate about 3 cms (1.25") deep.

In Europe and South America they use red clay, originally made from brick dust. In North America green colour "fast dry" or Har-Tru, made of crushed basaltic rock, is most common.

This naturally soft, self cooling surface allows the player to slide to stops thus eliminating the sudden jerky impacts to knees, hips and lower back extremities. It is the safest surface to play on for all players, but particularly for senior tennis players.

- It has been medically proven that clay courts cause 80% less injuries to joints and muscles compared to hard court surfaces. (Study by Dr. Benno M. Nigg, University of Calgary)
- It creates a comfortably cooler environment in hot summer weather since the clay surface is self cooling through the constant evaporation of water.
- The soft slower surface lowers the incidence of muscle fatigue and joint problems caused by repetitive activity and extends the

active sport years for the senior player.

- The slower bounce and softer surface allows participants to play longer without fatigue in each session of play.
- By slowing down the game the clay facilitates longer rallies resulting in more entertaining tennis.
- The slower bounce of clay surfaces develop technically sounder tennis players, because they must learn to adjust to varying speeds of the ball and learn to build a point tactically rather than depending on power. Strategy, stamina and mental toughness are all part of the clay game.
- Teaching and learning tennis is easier on the slower and cooler surface.
- In Europe, where playing times are more generous, players are usually responsible for dragging and sweeping the courts after their session, which provides a healthy cool down.

Generally clay courts have a reputation of being an expensive surface. The capital cost of providing the clay surface and sprinklers is comparable to the cost of rolled asphalt and a painted top. However, with proper daily and annual maintenance, clay courts

will last forever and they are not damaged by frost action, while hard courts cracked by the frost need asphalt replacement at a significant capital cost.

Clay courts can provide summer employment to students and seniors, who can handle the daily maintenance. These people can also help with club programming and the provision of a secure and active club environment. Members may need to pay a higher membership fee to support this maintenance but playing on clay courts will extend the life of their tennis shoes and tennis balls, resulting in individual cost savings.

*Frank Pastor is an architect and professional engineer who worked on a number of sport related projects including Lamoureaux Tennis Centre and Heron Park Tennis Club in Scarborough and Credit Valley Lawn Tennis Club in Mississauga. He is a promoter of clay court tennis and recently founded Clay Court Tennis Ontario, an association for the promotion of not for profit clay court tennis clubs. He can be reached at pastor.associates@rogers.com*

## Tennis Getaways GOOD FOR YOUR SOUL

BY SHARON MARTINEAU

After 3 days at IMG Bollettieri Boot camp, I need a rest and what better place to get in some beach time, play some social tennis and recover than the Colony Tennis Resort in Long Boat Key, just south of Sarasota?

Here I find everything a tennis player could ever want—21 beautiful tennis courts (hard court and clay), game arranging for singles or doubles, three daily clinics, private lessons with great pros, a full service spa—even the dining room serves tennis racquet shaped pasta!

I check in at the tennis centre, sign up for the morning clinic and let Frank and June know I'm game for singles, mixed or ladies doubles before I head to the beach. When I get back to my room a few hours later, my message light is flashing—I have a skills clinic in the morning, a mixed match

at 4pm and a ladies doubles game at 10 the following morning. How's that for fast game arranging!?

What a fantastic place to take your team to prepare for the next season! Head pros Karim Balagh and Andrea Bonfigli will set up clinics to work on team skills and can accommodate large or small groups with the same level of care and concern. They even have a female pro, former top 100 ranked Maya Palaversic, who can hit the ball as hard as any guy and who offers women players a unique perspective on playing tennis competitively (more on the topic of women pros in the next issue). The full service spa can cater to every whim you may have from manicures to sports massages. And let's not forget the beautiful beach--7 miles of white sand right on the Gulf of Mexico.



At the Colony, you can play tennis all day, or just have a social game after a day of shopping in St.Armand's Circle; play social tennis in the morning and hit the beach for the afternoon, enjoy fine dining at the superb restaurant overlooking the beach (where Tullio Stefanatto will take care of you), or just hang out at the piano bar where rock icon Robert Plant has been known to drop in and bang out a few tunes. Whatever you choose to do, the staff at The Colony Tennis Resort will make sure you're happy doing it.

# No Player Left Behind

In 1967, I was giving coaches' clinics in Buenos Aires, Argentina. The theory, at that time, was to start children playing tennis when they were ten, or eleven, years old. I still have film of the first classes for five and six year old children I conducted to prove that little kids could love, and benefit, from the game.

I also have film from a 1980 trip to Shanghai, China, where I also conducted the first classes for five and six year old children. It was a real joy watching the little kids go crazy for tennis. The Chinese also felt that it would be best to expose tennis to children at age 10 or 11.

But, I may have done a disservice to some children whose growth and development maturation schedules reach their pinnacle much later than most others. Bill Tilden didn't win his first major championship until he was in his late twenties. Californian, Bob Sherman, started playing tennis in his late twenties and not long after that, he won the U.S. national 35 and over championship. I've been told that tennis is played at such a high level today that late starters in tennis have no chance to succeed on a national level. I wonder about that. I love to point out that Stan Smith couldn't even get better players to practice with him when he was fifteen years old. As Stan puts it, "I used to get my feelings hurt when players wouldn't even consider practicing with me because I wasn't up to their playing level". But Stan got the last laugh as he won the U.S. National Juniors at eighteen and followed that feat with championship trophies at the U.S. Open and Wimbledon.

My interest stems from observations of super stars in several sports that convinced me that champions are products of 50% genetic components and 50% environmental forces. The fact that other countries on this planet have discovered the great sport of tennis, and are encouraging their most genetically talented athletes to try tennis, has resulted in shoving many young talented American players to the sidelines. It doesn't mean the United States lacks potential champions, it simply means that there are too many sports in America waiting to drain the talent pool. For example, tennis is the number two sport in the Netherlands. Though tennis is the world's greatest sport, it ranks

behind billiards in the United States. That means there are many other sports grabbing potential tennis champions to their game. We know that recent "all out" efforts by all U.S. tennis organizations have boosted the number of active tennis players. But a major question to be answered is: "Are our efforts successful in getting a major share of the genetically wired potential champions?"

I suspect there are many potential super tennis talents out there and I would like to conduct an experiment to prove my theory. Right now, I have been organizing a team of top U.S. scientists who can help me quantify human athletic potential. As I am 76 years old, I'm not interested in a ten year plan to prove the reliability and validity of my theory.

But I am interested in establishing a facility where such a theory of late development can be quantified. At this point, I haven't found many supporters. As a matter of fact, some think the theory is bizarre. I can't get it out of my head that Michael Jordan had a difficult time making his high school basketball team for lack of talent. I still have memories of Satchel Paige pitching a major league baseball game when he was 50 years old.

The U.S. High Performance Program, now called the "Player Development Program", can't afford to waste time with such a theory. The administrators, Eliot Teltscher and Jean Nachand, are under great pressure to produce American Champions. Yet, I see in the United States, a diminishing number of genetically wired potential champions, while other countries have an increase of talent.

No one wants to produce champions more than Eliot Teltscher and Jean Nachand, but they can only work with people who are sent to them. They also have to focus more attention on younger children in order to have sufficient time to guide them to glory days.

Eliot and Jean need our help. If there is another Stan Smith out there, I would like nothing better than to prove that, an older player who has the right gene pool, can make it to the top with the right environmental guidance. It doesn't hurt to dream. No potential tennis champion should ever be left behind.

## Laugh and win with Vic Braden.



### Tennis College Package Includes:

- 3 day/3 night getaway at a luxurious resort including daily breakfast
- Personalized on court instruction and video analysis
- Wine & cheese reception with informative lecture by Vic Braden
- Official Student Handbook, Video, and T-shirt

### 2006 Resort Locations & Schedule:

#### Green Valley Spa & Resort St. George, UT

September 22-24 ■ September 25-27  
October 20-22 ■ October 23-25

#### Star Island Resort & Club Kissimmee, FL.

November 3-5

For more information or to make reservations: 1 800 CALL VIC (225-5842) or visit [www.vicbraden.com](http://www.vicbraden.com)



YOU HAVE TO APPLAUD THE PLAYER  
WHO FIRST USED THE OVERHAND  
TO GET THE UPPER HAND.



**SOME PLAY THE GAME. SOME CHANGE THE GAME.**

Rogers gives you the upper hand in business

- The latest time-saving devices
- Dedicated technical support
- Global voice and e-mail roaming



GO TO [ROGERS.COM](http://ROGERS.COM), 1-866-852-3655, A ROGERS WIRELESS, ROGERS PLUS OR ROGERS VIDEO STORE FOR DETAILS



Visit [rogers.com/roaming](http://rogers.com/roaming) for roaming details. The RIM and BlackBerry families of related marks, images and symbols are the exclusive properties of and trademarks or registered trademarks of Research in Motion Limited – used by permission. © 2006 Palm, Inc. Palm and Treo are among the trademarks or registered trademarks owned by or licensed to Palm, Inc. © 2006 Hewlett-Packard Development Company, L.P. All rights reserved. All other brand names mentioned herein may be trademarks or registered trademarks of their respective holders. © 2006 Rogers Wireless Inc. All rights reserved. ™Rogers, Rogers Wireless, Your World Right Now and the Mobius Design are trademarks of Rogers Communications Inc. Used under License.

# The Philpott Fund



## The Beginning

Monies had been set aside in memory of Doug Philpott. What should it be used for? Lloyd Brooks, a past President of Toronto Lawn Tennis Club, and a few other friends, Red Sheedy, Jim Galloway, Sharon Arnold and David Dinelle, met and decided to use the funds to introduce tennis to children in disadvantaged areas. Community centres linked with Parks and Recreation Departments that had tennis courts at their location seemed to be obvious places to set up the program. The program was to be free to all children who registered through the centres. Junior racquets would be provided, generously donated by Wilson Sports, and used donated racquets would be passed out to the children at the end of the summer's session.

The first location was at John Innes Community Centre, where David Leavers and his staff responded enthusiastically. The committee hired David Lea, then a school teacher and now heading the Floor Tennis program delivered in schools for the OTA, to supervise the summer program. David hired university and high school students, including his daughter Amy, to teach the program.

As more money was raised through various fund raising events, two new sites were opened in the second year, Trinity Bellwoods and Wallace Emerson. Ron Wynn and David Dubois, Parks and Recreation supervisors at these two new sites were both tennis enthusiasts. They believed that the more tennis programs run on courts near these centres, the better. A winter program was initiated in one of the early years at J.J. Piccinini Recreation Centres on Sundays, but had to be discontinued due to lack of funds and accessibility to the children.

The programs produced a remarkable effect in the community. The locals on the streets gave support to the program in their own way. In some cases they gave protection to the instructors and the kids if their program was threatened by local yahoos, in others they provided assistance in more tangible ways with donations. The instructors and kids became increasingly connected with the community too. For example when Trinity Bellwoods Community Centre was turned into the Saigon, Vietnam pavilion for Toronto's annual Caravan festival, the kids and instructors in the Philpott program pitched in to help with the community celebration.

The program also caught the attention of Robert Lear a well-known photographer who took photos of the kids. Journalist, Peter Worthington wrote about the Philpott program and encouraged people and government to support it. Tom Tebbut and Mary Ormsby also championed Philpott.

## Today's programming

The Philpott Fund has a very committed Board of Directors with nine volunteer directors, chaired by Coulter Wright, whose mother Ellen Wright has been a previous chairperson. The Program Committee, chaired by Sharon Arnold, involves a great team of volunteer workers, Simon Bartram, Eleanor O'Gorman, Jenny Somerset and Beth Dea. This committee plans the programs, hires the instructors and communicates with all the sites.

In 2005, nine sites participated, each with a Head Instructor and an assistant. The sites were Prairie Drive, Flemingdon Park, Jimmy Simpson, John Innes, Cabbagetown Youth Centre, Dovercourt Boys and Girls Club, Trinity Bellwoods, Parkdale CRC

and San Romano Way. All the instructors and assistants have great leadership skills and are excellent role models for these deserving youngsters. Several instructors return each year because they are so committed to the program.

The San Romano Way site, in the heart of the Jane-Finch corridor is just one of the nine sites where Philpott camps were held in 2005.

Stephnie Payne of the San Romano Way Revitalization Association talked about Armin Milani, the head instructor at the site. "The kids round here treat Armin like a god. Armin goes and sits under a tree for a break and he is surrounded by kids, they talk and chatter and dance around him, tweaking his beard, perhaps braiding his hair." she explained.

When Stephnie was approached about the possibility of running a Philpott tennis program in conjunction with the day camp run by the association, she not only welcomed it, she made sure the courts were resurfaced, the fences were mended, and new posts and nets installed.

Stephnie, a tennis enthusiast herself, has been a formidable force and a strong advocate on behalf of the kids in the Jane Finch community for more than forty years. "The program means a lot to the community. Kids develop self esteem through the program - when they go on court they see themselves as tennis players. When they need to have shorts and running shoes to participate in the program they feel special. The discipline tennis requires is also beneficial and the physical releasing of hitting the ball helps works out frustration in a safe way. I only wish we could have a year round after school tennis program." she added.

Most Philpott tennis programs run for





six weeks, but the San Romano Way day camp runs for eight weeks and so the S. R. R. A. fund the extra two weeks of tennis programming. This site also partners with the local Boys and Girls Club, who have kids in the tennis program 3 days a week.

Armin Milani, met Sharon Arnold at the University of Toronto tennis team field house in 2002. At that time he was teaching at clubs which were not quite his scene. She told Armin about the Philpott Fund and that they needed someone to teach at a new site in the Jane-Finch area. Armin was up to the challenge. Now he can't think of a better way of giving back to the sport he loves.

The tennis program runs for 4 hours a day and is divided into one hour sessions with at least 20 kids in each session. The program is run on just two courts. Armin explains the balance that he must maintain "The program must be fun, yet disciplined; the instructor must be friendly, yet firm and clear. Each individual has their own attributes. Their specific positives have to be exploited to get the best response. Tennis is a tough sport to teach because it only becomes fun after a certain stage and there are only a few naturally good players."

Armin finds this camp to be a challenge because the community is tight-knit and tough to penetrate. Hip hop music is a big influence and basketball is marketed very well to this audience (There are two basketball nets on the tennis courts.)

Armin thinks tennis would reach more kids if it had a cooler image. He has seen how Chela works with kids and what that has done for popularity of the game in South America. He hopes that one day the best kids from the program can be supported and given a chance to make Canada proud, just like Serena Williams and James Blake have emerged from the U.S.T.A. Parks programs. Armin finds that, although many of the kids he teaches are talented athletes, very few of them have the ambition and drive to pursue sport as a potential way of improving their situation. Armin has tried to provide extra coaching to talented kids but has found that the financial limitations

and the lack of logistic support from parents form real barriers.

The high spot of the program is when Tennis Canada hosts a group of children from San Romano Way and two other sites at the Rogers Cup with lunch, an on-court clinic and seats at Centre Court to watch a match. This is a privilege afforded to only the best kids in the group. Armin suggests his students watch tennis on TV so they can see how they should behave as well as being able to recognize and relate to some of the top stars in tennis.

### Moving Forward

As past volunteer Chair, Jim Boyce, Executive Director of the OTA, was able to formalise many of the administrative aspects of the Philpott Fund. The happy face logo, the web site and his promotion of the work of the Philpott Fund have helped to boost the program. A successful grant application was made to the Ontario Trillium Foundation and in 2005, Beth Dea was hired as part-time manager of the fund.

Beth is responsible for planning and developing the Fund, both in terms of revenue and the relevance and effectiveness of its programming. In 2006 two new sites will be added, including Lawrence Heights and another Jane-Finch location, but Trinity Bellwoods will be dropped as the area has now been heavily redeveloped and gone up-market. "Building sound partnerships with the local people, especially Parks and Recreation staff, is vital," explained Beth. "If the staff at the local level aren't supportive, the program can't be successful." She also believes that corporate partnerships are key to the sustainability and growth of Philpott's programs. "There are a number of corporations in our city that want to be identified with grassroots organizations like ours that promote a healthy lifestyle to children and families. They can see immediate and direct results from their investments."

Michael Downey, President and CEO of Tennis Canada, has also volunteered to join the Philpott board. He sees this as a tangible way of making Tennis Canada relevant

in the local community. In 2006, Tennis Canada has given the fund a \$5,000 donation to boost programming in the Jane-Finch area. Currently, Tennis Canada and the OTA operate a Floor Tennis program in schools during the school year, which gets children hooked on tennis. Students are then referred to the Philpott sites for summer tennis.


The Philpott Fund is a shining example of how a volunteer driven and supported organization can make a demonstrable contribution to the lives of our city's children in a far more cost-effective and relevant way than through more formal programming.

## PHILPOTT FACTS

The Doug Philpott Inner-city Children's Tennis Fund relies on the generosity of the Ontario tennis community to organize and finance its programs. Members of the all-volunteer Board of Directors take it upon themselves to organize fund raising events at their respective tennis clubs, thus combining tennis fun with tennis philanthropy. In 2005, more than 2500 children benefited from the tennis camps that the fund organizes at nine sites around the city.

The major fundraiser, the Doug Philpott Ladies' Invitational Tournament and Banquet is hosted alternately by our 5 major club partners each January: Badminton and Racquet Club of Toronto, The Granite Club, The Toronto Lawn Tennis Club, Toronto Cricket Skating and Curling Club, The Boulevard Club.

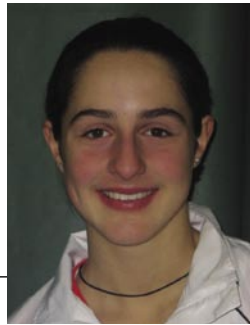
Other fundraising events include: The Doug Philpott Clay Court Classic - a tennis tournament for under 12 and 14 players, a tennis evening hosted by Sharon and Robin Arnold, a Calcutta at the Toronto Lawn.

More information on the Philpott fund, including information on how to make a donation and how to run a fundraiser at your local club, is available at [www.tennisontario.com/philpottfund/](http://www.tennisontario.com/philpottfund/) just click on the .



## Gaby's European Adventure

BY GABRIELA DABROWSKI



I was very excited and yet a bit anxious about my trip to Europe in January. It was the first time I had traveled without one of my parents, but I was looking forward to being more on my own.

I met up with Sonja Jeyaseelen (the Tennis Canada coach, and former WTA player) and my team-mate Katerena Paliivets in Toronto, and then we flew together to the first leg of our trip: Bolton, England for the U14 Teen Tennis tournament.

I had been to Teen Tennis the year before so I knew a little what to expect. It's a really well organized tournament. We stayed in a nice hotel right beside the tennis facility. It was fun to see many players who I had seen the year before and also down in Florida at the Junior Orange Bowl. But I have to say that I was also kind of lonely. I missed having my Dad's energy and advice...even though I'd call him at 3:00 am just before going on court! But I knew I had to keep going on my own. I was disappointed that I only reached the second round in England, but huge encouragement and assistance from Sonja helped me changed things around for the Les Petis As tournament in France.

Les Petits As is a tournament like no other. They really go all out to put on a great show. This time I wanted to be at the centre of it. There are many, many excited people watching the matches...I think around 5,000 people watched the final. It really helped that I spoke French as there were lots of media people asking for interviews. If you ever go there, remember to bring warm clothing... it's kind of cold in the tennis building – you don't notice when you're playing – but otherwise...brrr!

After I beat the #1 ranked player in Europe, I was hoping to get as far as possible. In the semis I played very smart against Yana Buchina and made her make

a lot of mistakes by slowing down her game and throwing in different types of shots she wasn't expecting. Normally I would have been nervous now about my final match, but honestly I was more excited to play in the exhibition match that evening against Rafael Nadal and Fabrice Santoro. That was totally cool!! Nadal is very tall with the biggest muscles I have ever seen in my life. He is incredibly focused on and off the court, and hits balls with powerful spin which were very difficult to play against. But I think maybe he was more nervous than me, because he missed more shots than I did!

I have to admit that my final match wasn't my best. Both my opponent and I were nervous and made a lot of unforced errors, but somehow I managed to stay cooler until the end and came out the victor. The ceremony at the end was awesome – the best moment was when they played the Canadian national anthem!!

The key to my success really started when I trained at Saddlebrook in Nov-Dec – especially the week of training with Maria Vento-Kabchi from Venezuela – it gave me a little bit more perspective about what it is like to play in the WTA. You cannot only hit hard...you have to play incredibly smart and clever. Maria was not overpowering the ball but created a lot of pace and she was very consistent. Her shots were landing right where she wanted them to go. She had amazing control. In order to keep up, I had to be ready in position to hit the ball and incredibly focused all the time. Also a big part of improving my game was to let specialists balance my racquet and add some weight for more power and better control. I hit my shots much deeper and with more confidence. My Dad, Yurek, will explain a little more about this as he was more involved in the technical matters.

### Yurek's Technical Note:

While at the Saddlebrook Academy, we were able to join in an equipment testing session presented by Prince. Gaby has been using Prince for quite some time so she had the chance to hit with different racquets and learn about them technically. Last year Prince introduced a new creation: 03 Engineered Racquets. When Gaby started to play with this new racquet, she thought "...those big holes in the frame are cool..." but now we know their purpose is very important. These giant 0-ports help expand the traditional sweet spot by over 50% -- and that is exactly what Gaby has experienced since using this racquet. "With 03 I am hitting more consistent shots. Even when I am missing the sweet spot, the ball still has a good solid takeoff from the strings." Technically, 03 is the first racquet technology to combine a larger sweet spot with a faster, explosive swing speed without enlarging the racquet head – increasing its length or adding weight.

We also learned how to customize a racquet from Craig Brotman of Pro Circuit Stringing in Bradenton, Florida. There are three main components: weight, balance and swingweight. Adding a strip of adhesive lead tape to the tip of the racquet will add power but slow down your swing. You can increase the sweet spot and make the racquet less twisty by adding lead to the sides of the frames.

Bigger head racquets are gaining popularity because they twist less and generate more power. Professional players very often customize their racquets because even if they are the same model, they are never identical. The technical aspect of racquets are a big part of tennis these days and quite complicated to understand. A good book I've learned from is "Technical Tennis" by Rod Cross & Crawford Lindsey.

*the art of sport.*



**FILA**

## TENNIS PLUS... By MAURICE POWER

Some tennis clubs do not confine themselves to the game of tennis. There are many "racquet clubs" that feature tennis, squash, racquetball, badminton and aerobics. There appears to be a trend in providing more options to club members.

We have received promotional material from some new clubs that are diversifying into areas other than the traditional activities. As a public service, we ask you to think twice before joining some, or even any of these "tennis clubs":

RALPH'S RIFLE RANGE AND TENNIS CLUB

(We provide safety vests for the tennis players)

THE BEEF -N-BOOZE RESTAURANT AND TENNIS CLUB

(Here you can enjoy slow, poorly played, but *fun* tennis)

THE NUCLEAR POWER PLANT TENNIS FACILITY

(We have the lowest membership fees in the area!)

THE TORONTO LAWN BOWLING, LAWN TENNIS AND LAWN MOWING CLUB

(Retired into a condo? Miss mowing grass? Every Sunday 6 to 8 AM. Reel type mowers only)

THE NORTH AND SOUTH KOREAN TENNIS CLUB

(Tennis tournaments. Guerilla warfare. Like there's a difference?)

THE BELLEVUE TENNIS CLUB AND ASYLUM

(Tennis driving you crazy? Come and find out you're not alone)

THE TORONTO AMATEUR DRAMATICS AND TENNIS CLUB

(Don't miss Shakespeare's "*The Comedy of Tennis Errors*" TUES.7 PM on court 3)

THE EAST VILLAGE TENNIS AND BOOK OF THE MONTH CLUB

(Coming up in May: *The Scarlet Letter*. Was Hester Prynne really an "A" player?)

THE FULLY ARMED TENNIS PLAYERS CLUB

(Line call disputes settled quickly here. New members not only welcome but needed)

THE SHADY ACRES TENNIS CLUB AND BURIAL GROUNDS

(At last, a nice quiet club, providing long-term peace of mind)

2447 BLOOR ST. W (AT JANE)  
416-763-4176  
INFO@BROWNSSPORTS.COM



GREAT SELECTION  
GREAT SERVICE  
GREAT PRICES

*Located in the heart of Bloor West Village*

### SHOE SPECIALS

Wilson Men's Prostaff 610  
Reg \$99.99 Sale \$49.99

Adidas Ladies Tirand  
Reg \$119.99 Sale \$49.99

### CLUB SPECIAL

Wilson U.S. Open Tennis Balls  
24 Tins for \$77.00  
Buy 10 cases of 24 tins and  
receive 6 free Wilson JR  
racquets!

**-SAME DAY STRINGING ON OUR  
STATE OF THE ART PRINCE  
ELECTRONIC MACHINE  
-DEMO RACQUET PROGRAM  
-OVER 100 MODELS OF  
RACQUETS  
-OVER 50 TYPES OF STRING  
-LARGE SELECTION OF SHOES,  
CLOTHES  
& ACCESSORIES**

### RACQUET SPECIALS

Wilson N Vision-----\$100.00  
Wilson N Six-One-Team-\$100.00  
Wilson N Tour-----\$100.00  
Head Liquidmetal 1-----\$100.00  
Head Liquidmetal Rave-\$100.00  
Prince More Attack-----\$100.00

### MAY SPECIAL

Buy a Babolat Pure Drive at  
\$189.99 and we will string it  
free with luxilon string, a \$50  
value!

WILSON HEAD BABOLAT PRINCE YONEX LUXILON



# Chloe

BY GLENNA POICK



CHLOE POWELL WITH MONICA SELES

**T**here is one thing you need to know about Claudette (Chloe) Powell. She loves to play tennis and in so many ways, Chloe is a fighter both on and off the court.

Born in New Providence, Nassau, Bahamas in 1952, Chloe was adventurous as a young girl. Much to her family's chagrin, she had a spirit for sports that would carry her through life. In her high school years, she was seen as a natural athlete. She participated in volleyball, basketball and track & field. Mrs. Schillings, her gym teacher, recognized her athletic abilities and encouraged her to get more involved.

Going forward without stopping, Chloe went on to participate in the Pan American Games, the Commonwealth games and the 1972 Olympics as a track and field athlete. This was all accomplished without the help of a coach. The local coaches were only interested in training the male athletes.

Chloe was the only female track and field athlete from Bahamas to participate in these Olympics. She entered those 100 and 200 metre races and unfortunately pulled a ham-string during the 100 metre race, which eliminated her from the event.

With the terrorist attack at the 1972 Olympics, Chloe had mixed emotions about seeing the recently released movie

"Munich". As a nineteen year old at the Olympics, in her mind she tried to obliterate what was going on in order to focus on her events. The Olympics were an experience she will never forget.

After the Olympics, Chloe moved to Canada and married an athlete (long jumper) from her native home. The marriage was a short one lasting only two years.

Chloe was introduced to tennis through her second husband, Warren, whom she married in 1983. Chloe played tennis on a recreational basis for more than ten years. She then hooked up with Ben Armstrong. "I realized that if I wanted to continue with the game, I needed to take lessons", Chloe explained. She quickly learned that she needed determination and hard work to improve her game. Ben was a great help in honing her skills.

Currently, Chloe plays at the Eglinton Flats in the winter and is a member at Winston Churchill and Howard Park during the summer months. She participates in the Ontario Tennis Association and National Senior events.

In August 2004, while taking part in the National Seniors at the Granite Club, Chloe was diagnosed with a malignant tumor of the abdomen. After five weeks of radiation,

the eighteen pound tumor was surgically removed in January 2005. With this operation she lost her right kidney, gall bladder, appendix and part of her intestine.

Chloe continued to play tennis on a regular basis and played until the day before surgery. "I did not want to feel sorry for myself and I chose to stay active rather than dwell on my medical problems". The medical team recognized that Chloe was in excellent physical condition and credited her speedy recovery to this. In April 2005, Chloe was back on the tennis courts swinging her racquet and is now playing in full form.

In August 2005, as a spectator, Chloe attended the Canadian Open at the Rexall Centre in Toronto and had the opportunity to meet Monica Seles. Chloe has always admired Monica's focus and determination on the courts and the fact that she never gives up. "Monica put in the hard work and always played her best, even when the score was against her". Chloe has followed Monica's example.

With the government's mandate to provide opportunity and encouragement to Ontarians to live healthy, active lives through the development of positive role models, Chloe is a fine example for all of us to follow.

## Plyometrics for Tennis

### BENEFITS AND RISKS

BY ALEX BAJIN AND DR. BORIS BAJIN

Recently Plyometrics has been acclaimed as a “new” and miracle method for developing explosive and powerful movements. Although this method could be applied to any muscles in the human body, it is most popular for developing leg power, through jumps, hops, and bounding up from the ground. In fact these exercises have been an integral part of physical development since the beginning of athletics. Today we call this type of exercises plyometrics.

#### The Biomechanics of Plyometrics

When any dynamic exercise is performed, one or a group of muscles is involved in concentric (muscle shortening) or eccentric (muscle lengthening) contraction. The more weight a muscular contraction can move, the stronger the muscle is. The faster that same weight is moved, the more powerful the muscle is.

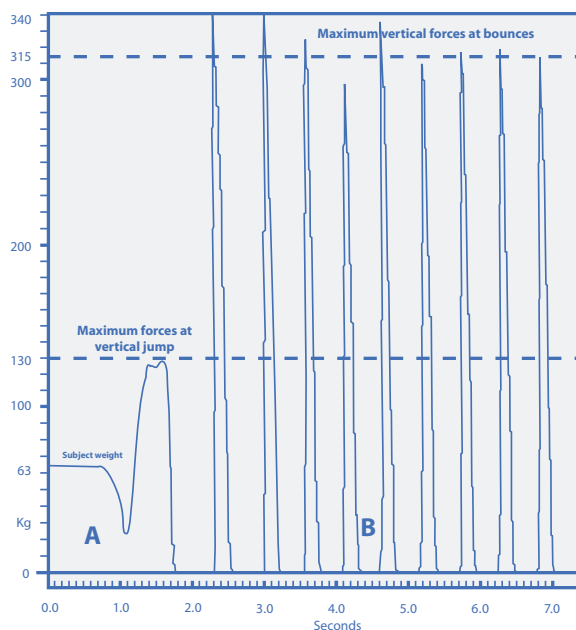
In plyometrics, the execution of any exercise includes an additional natural source of energy which is stored in the muscle. This is the elastic component of the muscle. If the muscle is first stretched and released from tension, it will try to return to its natural length, and will produce an initial motion in the body segment involved. That initial motion of the body segment enhances the effectiveness of a fast concentric contraction of the same muscle, and produces more power. It is important that the entire process of the “stretching and shortening cycle” (SSC) is performed in the shortest amount of time possible. Boris' research for his doctoral dissertation, concerning the analysis of kinetic and cinematic parameters during the take-off (jump) phase of the gymnastics vault, showed that the SSC was as short as 80 milliseconds. Considering that world class gymnasts reach speeds of around 8 meters per second before take-off and have a body weight in the range of 60 - 70 kilos, it's easy to understand the incredible force produced at impact. In fact, a well known Russian sports scientist in gymnastics, L.P. Semenov (1956) registered that the vertical ground reaction force, during jumping over the vaulting-horse, comes close to 1000 Kg (2204 pounds.). Fortunately such power is partially absorbed by the elastic spring-board used for take-off, and reduces the risk of serious injury.

The Plyometric method for developing power is complex, especially because the pre-stretch phase in the SSC involves another important component of fitness - dynamic flexibility. If the pre-stretching phase of SSC is not done properly, it can, in itself, injure the muscle involved. Keep in mind that it is the rate rather than the magnitude of the stretch that requires special attention. The design of a Plyometric program requires an adequate knowledge of Functional Anatomy, Physiology and Biomechanics. Any mistake in the design of the program could be very costly, because the high intensity of such exercises produce enormous stress on the human body and can cause serious injury with long term effects.

Most common Plyometric exercises are used to develop leg power for sports which consist of a lot of jumping, like gymnastics, basketball and volleyball. Quite naturally the force produced by people jumping on the ground is greater than any other force produced by the athlete. Therefore, most of the research relating to plyometrics refers to the “Ground Reaction Force” (GRF) during jumping. As we mentioned earlier, Semenov found the GRF during vaulting in gymnastics to be more than 15 times body weight. Track & Field studies, especially in the triple jump, indicate the GRF to exceed 12 times the body weight of athletes. At the same time worrying information comes from research by Wilhelm (1974), which indicates that the maximal tensile strength (possible breaking point) of the Achilles tendon is about 9 times body weight.

In our studies concerning the GRF during jumping exercises, conducted at the Biomechanical Laboratory in York University, Toronto in 1992, with top Canadian tennis players, we found the following results:

- A - A single vertical jump produced a GRF of 2 to 2.8 times body weight.
- B - Repetitive vertical bouncing jumps of 2 feet produced a GRF of 5 to 6 times body weight (See below for A & B).
- C - During the split step, when reaction and movement is initiated in a lateral direction (one leg push), the GRF produced is between 1.6 to 1.8 times body weight.



The data from this and many other studies, indicates that the amount of force imposed on the athlete's body during jumping exercises in some cases is reaching the limit, or even exceeding the natural strength and resistance which the body can handle. In these cases, serious injury is possible.

Considering that the GRF produced by jumps in tennis is not very high, when compared to other sports, instant acute injury is rare. The problem in tennis is that although players produce less GRF during jumps, they repeat the jumps so many, many times: In one practice session, in one week, month, years. When that many shocks on our body are repeated and accumulated, they can result in repetitive motion or overuse injuries. In this situation, at the beginning of the problem there are often no warning signs, pain or discomfort. Later, after many repetitions of jumps, players may start to feel pain, but at a tolerable level. Sometimes, instead of listening to their body, kids, parents and coaches want to emphasize their "toughness" and they continue to play. Unfortunately, when the pain becomes too much, and the injury is obvious, the damage is already done and more serious treatment is required. At the best, a long rest is necessary, and in more serious cases players may need medical treatment, permanent use of orthotics and the injury may become chronic.

The controversy regarding the implementation of Plyometrics is a constant topic of discussion among the experts involved. On the one hand, most medical people and sport scientists oppose plyometrics because they consider the benefits do not outweigh the possibility of injuries. Some serious scientific studies have been conducted and many authors have very strong statements.

E. Quinn in her article "Building power or causing injury?", quotes Fred Hahn, an Orthopedic rehabilitation instructor saying: "Recommending Plyometrics for any reason is nothing less than insanity".

Dr. Ken Leistner: "...Plyometrics are dangerous stuff and it is not fair, right, or ethical for a coach to impose on athletes...I'm waiting for a lawsuit to occur because of Plyometrics".

I. King suggests "The coach should not fall into the trap of rushing into specific Plyometric training".

On the other hand some coaches recommend the application of Plyometric training very strongly.

D. P. Beal, volleyball coach stresses "The single best method for improving an athlete's vertical jump is simply to perform repeated jumps."

The National Strength and Conditioning Association (USA), has a positive stand in favor of Plyometrics.

A third group of experts expresses compromising thoughts and suggestions.

Smith recommends: "Great care needs to be exerted when prescribing any training procedure for pre-adolescent children. Because of the relatively immature bone structure in pre-adolescent and adolescent children the very great force exerted during the intensive depth jump should be avoided".

B. Tabachinik and R. Brunner stress "Plyometric training is effective only when used properly in complex with other training methods, including both sport specific and generalized training".

The authors of this article also agree that jumping exercises could be useful if all precautions are in place. That includes complete testing and examination of many factors before a Plyometrics program is designed. Some of those factors are:

- Age of the players - growth and development
- Body weight
- Status of the feet - orthopedic considerations
- General strength relating to the body mass and height of the jump which will be performed during exercising
- Number of the jumps performed, daily, weekly, monthly
- Level of flexibility in related joints - active and passive
- Level of coordination - considering multi-joint activities
- Surface on which jumps are performed
- Type of shoes

These are just some of the obvious factors. During years of studying this subject we have developed a complex formula which proportionally deals with each factor. This has come to be very helpful when we design programs for a variety of players. Some of them are as young as 4 years old, and others are 50 or older.

*Dr. Boris Bajin is a long time professor of Biomechanics. In the last 10 years he has specialized his work more on injury prevention and designing fitness programs for many professional and junior tennis players in Canada and abroad. He coaches at Mayfair Racquet and Fitness Clubs in Toronto.*



*Alex Bajin is a tennis coach at the Players Edge tennis Academy. His focus is mostly with young players between 5 - 10 years old. 3 of his players have been selected to play in the National Training Centre Program at Tennis Canada.*



### Players Edge Tennis Summer Camps

- All levels of play
- Certified coaches w/ international experience
- Full or half day camp
- Private lessons available
- Free pizza on Fridays
- Co-ed ages 5-18
- 1-8 week options
- Free t-shirt
- Rexall Centre/ York U campus

**416.665.2885    [www.playersedgetennis.com](http://www.playersedgetennis.com)**



# Fit For Tennis

BY: RICHARD CROWELL CFC, CPTN

**T**here are four main areas of concern that a tennis player must address during training. They are: 1) muscular imbalance in the shoulder. 2) Strength and stability of the knee and surrounding musculature. 3) The lower back, specifically during rotation. 4) Wrist and forearm muscles.

## 1) The Shoulder:



Many coaches and trainers emphasize training the chest muscles and the internal rotators of the shoulder to maximize power during the forehand and serve. Often overlooked are the muscles of the upper back and external rotators which serve to decelerate the arm during follow through. The term muscular imbalance is often used and rarely explained. In this example, the muscles at the front of the body are able to create more force than the muscles at the back of the shoulder are able to withstand, thus causing injury to the shoulder.

The following exercises can be used to strengthen the shoulder, specifically the muscles responsible for decelerating the arm:

- 1) Wide grip row
- 2) Back Fly
- 3) External rotation

The flexors and internal rotators of the shoulder should also be stretched on a regular basis (arm on wall stretch).

There are several signs that indicate that a player may be at risk for a shoulder (imbalance) injury. The following list outlines some of the obvious signs. It is important to note that training the back and external rotators are important even if you don't experience any of the following signs.

- Arm and shoulder get sore after playing catch
- Shoulders are hunched forward (kyphosis)
- When doing exercises for the shoulder (shoulder press) you are unable to keep your back from arching
- Over emphasis on training the chest and shoulders

Please seek the advice of a trained professional when starting a tennis specific program, many of the exercises listed above if done improperly can cause further damage to the shoulder.

## 2) The Knee:



The knee must be strengthened both in a linear fashion, with exercises such as the leg extension and leg curl and in a non-linear fashion as well. With this in mind a player should choose exercises that force the knee to stabilize while strengthening the major muscle groups. Lunges onto a Bosu ball or plyometric exercises force the knee into positions which may occur during a match.

Whenever possible pay special attention to

keeping the knee bent no less than 90 degrees and do not allow the knee to extend beyond your toes. Although this is not always possible during a match, the added stress of training continuously with your knee in these positions can weaken the joint.

Players who have had previous knee injuries and who don't have good alignment, meaning they are "knock kneed" or "bow legged", are more susceptible to injury. Choosing a softer surface such as clay can help prevent some of the impact damage created by the harder surfaces.

## 3) The Back:



There are many potential injuries to the back that can be associated with tennis however for the purpose of this article we will focus on injuries that occur through twisting of the mid section. This motion is common to all tennis strokes and may result in injury to the Quadratus Lumborum (lower back) muscles and damage to the spine.

The first priority here is to understand the difference between the abdominal muscles (external) and the core muscles (internal). The external abdominal muscles are primarily dominated by the rectus abdominus and do the majority of the work during a standard crunch. During tennis specific training, we are not trying to focus on this muscle; we are more interested in working the internal musculature (core). These core muscles include the transverse abdominus, the quadratus lumborum, erector spinae and the lower musculature of the pelvis.

The core muscles are closely linked to

the hips and back muscles and should not be isolated during training because they are never really isolated during tennis. Those who isolate the abs by doing an excess of crunches daily can be susceptible to injury through over training. They may also develop an imbalance between the external abs and the internal core muscles, much like in the shoulder.

Players should focus on exercises that:

- Use stabilization
- Involve rotation
- Focus on the back and external rotators

**4) The Wrist and Forearm:**

The most common injury associated with tennis is Lateral Epicondylitis, tennis elbow; this injury is often due to improper technique (excessive use of the wrist during strokes) and weakness in the forearm and wrist muscles.

Working on the forearm muscles will



help dampen damaging vibrations that are transferred from the ball to the racquet and down into your elbow.

**Conclusion:**

Tennis is a sport of quickness and agility so remember keeping your weight down and increasing your speed and power are the

main components of a tennis specific program. The more fit you are the longer you can stay on the court and enjoy tennis, "the sport of a lifetime".

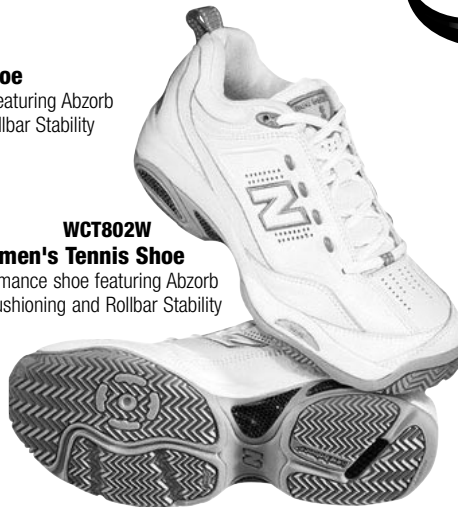
Please remember to always consult a professional when beginning a sport specific program.

# It's hard to enjoy your game when your shoes don't fit.

**Widths for all your tennis needs.**

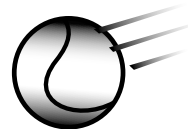


**CT802W**  
**Men's Tennis Shoe**  
Performance shoe featuring Abzorb cushioning and Rollbar Stability



**WCT802W**  
**Women's Tennis Shoe**  
Performance shoe featuring Abzorb cushioning and Rollbar Stability

**NEW BALANCE PROMO DAYS!**  
AT THE  
**MERCHANT OF TENNIS**  
TORONTO LOCATION  
**JUNE 24, 2006**  
OAKVILLE LOCATION  
**JULY 8, 2006**



**The Merchant of Tennis**  
1621 Bayview Avenue  
Toronto, ON M4G 3B5  
**Tel. 416.932.2396**  
131 Trafalgar Road  
Oakville, ON L6J 3G4  
**Tel. 905.337.1294**

Not all models available in all widths.



**2A**

**B**

**D**

**THE WIDTH SPECTRUM**

**2E**

**4E**



**6E**

*New Balance Canada is a proud supporter of the Canadian Breast Cancer Foundation.*





# Andrea Rabzak

PRO ON THE GO

By Pam Olley



It's a Saturday evening in February when I catch up with Andrea. We've been trying to get together for several months now to do this profile, but we never seem to be able to squeeze enough time out of her busy schedule to make the leisurely dinner we promised we would have to do this interview. As we speak, she is preparing rotations for a social round robin that has two dozen club members out on the courts. She's writing with a pen with a heart on top that lights up when pen meets paper. She sets out a prize table with little goodies on a Valentine's theme. "Thank goodness for the dollar store!" she says. Periodically she goes out to set up the next rotation on court - her phone vibrates on the table - it's one of the ORC juniors calling to say that she has won her quarterfinal in the tournament in London and now will play the semis on Sunday morning. This is a quiet time for Andrea.

Andrea is Head Tennis professional at Ontario Racquet Club, she is one of 5 women currently teaching tennis at Ontario Racquet Club out of a total tennis professional count of 13. She believes she is the only female Head Tennis Pro in Canada. Within the world of tennis Andrea has an immense variety in her job, her clients range from

**It is estimated that perhaps as few as one in nine tennis professionals are women.**

beginners to competitive players and every level in between; from children of eight to octogenarians. Andrea loves this aspect of her work and the variety keeps her motivated, fresh and on her toes in more ways than one. Although Andrea's schedule is enough to put any sane person off being a tennis professional, it shows that there is a high potential demand for tennis professionals, like Andrea, with the skills, personality and energy to motivate their clients. Despite the fact that tennis is a gender equal sport in many respects, particularly in terms of participation and volunteer organization, it

is estimated that perhaps as few as one in nine tennis professionals are women.

Andrea doesn't remember how old she was when she started to play tennis. Both her parents played and she was constantly around the courts at Swansea, it was only natural she would want to play. Andrea started to play OTA tournaments as an under 12. She then went to Mayfair West to train with Mike Zimmerman and Frank Richman. Later she moved to ORC and trained with Pierre Lamarche, when he was the Head Tennis Professional at the then new club.

Andrea did well in competition. She ranked in the top 2 in Ontario and top 10 in Canada as an Under 16 and 18 player in the late 70s and early 80s. She was just one of a huge group of young enthusiastic tennis players, many of whom are still involved in tennis today. People like Simon Lavery and Gary Meanchos, who now work at the Granite Club, Hatem McDadi of Tennis Canada, Rob Horwood of Merchant of Tennis, Simon Bartram, Tennis Director of the Toronto Lawn, Matt Halder, Paul Beck - the list goes on. Then there were the girls, who, unlike the boys, have mostly settled outside Ontario. People like Patti Henderson, who coaches university tennis in Wisconsin, Jill Hetherington and Denise and Karen Barbiero.

In the 70s courts were hard to come by and tennis was booming. Demand for courts was so great that the municipalities and private sector started to invest, community clubs were formed, indoor clubs were built, giving Ontario an infrastructure that is still the envy of the rest of Canada, even though there is plenty of room for improvement. Mayfair has just celebrated its 35th anniversary, ORC its 30th, while the old private clubs, like the Boulevard Club, are notching up their centenaries, or have been around even longer, like the Toronto Lawn. It was in this era that Andrea took her first tennis certification under the watchful eye of Roy Mansell. While



many people were grandfathered into higher levels of certification, Andrea has had to work her way through the system. Currently Andrea is working to get her Club Pro 2 certification. She is the only woman in a class of seventeen, many of whom were born since she started playing tennis. It's a little ironic, since she has been an active club tennis professional for twenty years and learned to be a club pro through an informal apprenticeship. "At Mayfair, I had to work on the front desk, in the pro shop, as well as on the courts. Now I am thankful to Irwin (Tobias) for giving me that background in customer service and dealing with people," says Andrea.

The musical Oklahoma includes a showstopper song "I'm just a girl who can't say no". Andrea finds it very hard to refuse people and incidentally she happened to go to Oklahoma State University. As a result Andrea sometimes finds herself caught in an overcommitted corner. Not surprising when you consider her typical day. I asked Andrea to describe her working day. "What day would you like?" she says. "How about a Wednesday?" I reply. This is Andrea's Wednesday schedule.

|                |  |
|----------------|--|
| 7:00 to 8:00   | Play singles with Fiona McKenzie (former Fed Cup player for Zimbabwe) for fun. |
| 8:00 to 9:00   | Private lesson with member of ladies A team.                                   |
| 9:00 to 11:00  | Ladies C team practice (12 to 16 ladies).                                      |
| 11:00          | Check calls, administrative stuff, grab a bite for lunch.                      |
| 11:30 to 13:00 | Ladies A team practice (8 to 10 ladies).                                       |
| 13:00 to 14:30 | Group lesson with 3 ladies on singles strategy (3.5 rating level).             |
| 14:30 to 16:00 | Hit with Brittany Wowchuk, one of Canada's top junior girls.                   |
| 16:00 to 18:00 | On court with the Academy program.   |
| 18:00 to 19:00 | Private lesson with a beginner recreational player.                            |
| 19:00 to 20:00 | Semi-private lesson with a husband and wife.                                   |
| 20:00 to 20:30 | Deal with calls and administration....   |

and then home and bed because she has a 7:00 playing lesson with three men in their 50s on Thursday morning. Andrea then reels off her Thursday schedule - equally as varied, equally as hectic and equally as long.

Andrea eats, sleeps, breathes, works and plays tennis. It is her life. And, despite her huge on and off court work commitment, she loves to play too. It is this passion that seems to give her the energy and the determination to keep going and maintain her upbeat demeanour. Her significant other, James, is similarly embroiled in tennis. He is a tennis professional at the Waterside Club and

also teaches with the Toronto Tennis Academy. Both have long physically gruelling days, yet their enthusiasm for the sport shows outside their work day. They like to watch taped tennis matches on TV, some current and some classic, and always with an eye as to what they can learn. When they socialize or go on vacation, they play tennis and golf, usually in the company of other tennis pros and tennis fanatics.

Before I can ask Andrea any more questions, the buzzer goes, the players in the social round robin come off court and Andrea is back on duty. One of my friends comes off the court and tells me "That was great! Andrea arranged that so well, particularly as there was such a mix of levels out there." Another player comes by and compliments Andrea on the way she teamed people up and how much fun the tennis had been. Just some prizes to give out, some socializing to do and Andrea can close out her Saturday that started on court at 8:30 that morning.

**Look out: split-second recovery!**  
 Dynamite starts, more stable footwork, quicker re-positioning:  
 play like Andy Roddick, wear shoes that get your game a new edge!

Tennis runs in our blood  
**Babolat**

Team All Court II & Team All Court Roddick worn by Andy Roddick.  
 Extreme sensations and long-lasting high performance in competition.  
 Michelin all-surface soles.

Babolat products are distributed in Canada by Vezar and Associates  
 Phone: (514) 761-1425 or 866-761-1425 www.vezar.ca

## The Coach's Role

By: CONOR CASEY



Instructor or coach?

Being a tennis coach and being a "tennis instructor" are two different jobs. A tennis instructor instructs his/her player about the proper way to hit a tennis ball. Canada is filled with well educated and certified tennis instructors. However tennis coaches are not as common. A tennis coach's job has a lot more to it than ball contact. Being a tennis coach, just like being a successful tennis player, is not an hourly gig.

A good tennis coach teaches a tennis player the value of hard work, patience and confidence. Here are the facts about coaching:

- A coach/player relationship shares a common goal; to create a successful tennis player.
- A coach is concerned with getting a player to play their best tennis and have the proper values.
- It is a coach's job to help his/her player handle the different problems he/she faces.

Based on these certainties it is safe to conclude that a coach must know what it means to win. This doesn't mean that they have to be an ex-successful tennis player or an ex-hero of the sport. Rather, a coach must know what it feels like to have competed and to have wanted to win. They must understand competition, and competitive environments.

A coach that has respect and understands success is able to help a player. However, before this becomes important

he/she must have a player who desires to win. A real athlete is motivated to win, and therefore must feel that they are empty without victory. It is a coach's job to intensify this desire or, in rare cases, even create it. Creating this desire is a whole other article. For present sake I shall focus on the player that wants to win. The player who feels that without success he/she is missing something. His fitness, his technical and his mental effort all work together to help fulfill this deprivation. It is a player's job to win, why he/she wakes up and goes to bed exhausted. Someone who has the utmost respect for their profession is someone who is able to take their hard work and dedication seriously at all times, not just for a few hours a day. Therefore a coach helps a player become a respectful competitor who craves victory at all times.

"The #1 job I have is to make people overachieve. If I know that we overachieved, than I can live a happy life. If we underachieve then my world is turned upside down. A tennis instructor gets paid by the hour but a coach gets paid by solid practices. Keep bustin your ass and you will be well respected at whatever you do." Ty Tucker, Big Ten Coach of the year 2000, Big Ten champion player and coach. Former ATP player, American national champ and world junior #1 (U14).

Coaching metaphor: A good tennis player is like the classic shark "Jaws". Jaws had a little taste of human blood and from that point on he was a man-eating shark on a

mission to fulfill his newfound craving for humans. A man-eating predator all because of one taste. A player who has felt the desire to win, and has a personal understanding of what it takes to win, becomes obsessed with the feeling of victory. One little win or "close loss" has turned them into a victory hungry competitor. Unfortunately, Jaws was blinded by his desire to fulfill his urge which resulted in a dismal fate for the big fish. A tennis player can also be blinded by their desire and eagerness to win. It is the coach who must help a player control and channel this energy. A good coach understands the desire and must help tame the beast.

Many coaches, in all sports, have been a smart player, who loved to compete, but for some reason couldn't get to the top. They most certainly had/have desire. They have now rededicated themselves to helping players and to providing guidance and advice based on experience. They understand the desire and dedication required and they don't want other players to miss opportunities when they arise.

### Taming the beast

In tennis, players who exude confidence and mental control early in their junior careers, tend to be the players that succeed. These players also tend to be around an older player or coach who exudes this same confidence and control. Coaching is a self-reflection process that requires maturity and respect. But don't let this fool you. A player can go from being mentally

out of control to a mental rock. Tennis is a gentleman's game in which no matter what changes technically (new racquets, new technique, etc.) the "professionals of professionals" lead the pack (players like Sampras, Graf, Federer, Seles, Borg, Lendl, Edberg, Davenport, Rafter, etc). These players are well-rounded and exhibit sheer control and confidence no matter what the score, or situation. They all also claim to have been obnoxious juniors, who threw temper tantrums, but became stone faced warriors. They are sharks that have managed to control their victory-thirst. Federer's parents took his racquets away from him and told him if he kept behaving like a brat he would not be allowed to play. Same thing happened with Edberg and Rafter. This is an example of taming the beast. It is a coach's job to make sure that their player exhibits professionalism both on and off the court. Good coaches discipline their players for disrespectful behavior. This is essential, because if a player is going to act like a brat in practice, when a match

gets tough, they will go back to acting like a brat. If a coach is able to stop this behaviour in practice, then he won't have to worry about it in a match.

**Patience**

If you see someone at the office who walks around whistling and seemingly in a good mood, you get the feeling that they have everything under control, right? They could be the laziest and most insecure person in the world, but if they can stay calm

**A tennis player can be blinded by their desire and eagerness to win.**

and relaxed and show everyone that they are comfortable in the situation they are in, then others will think they are confident. So often when a player can just keep their cool no matter how tough of a situation they are in, they find themselves still with chances to win. Also patience (patience

displays confidence) early in a match, even when playing poorly, makes your opponent think "wow this guy stays so calm even though he's playing badly. He must think he can win no matter what. Hell, he's probably about to turn it on any second!" Coaches build patience in their players.

So if there is anything to be learned from this article it is that a coach is more of a mentor and big brother than an instructor. A coach is to a tennis player what a great sensei is to a young warrior who has much to learn. Both put their student through vigorous training and tough simulations of competition which are all layered with deep life-lessons. Their warrior comes out not only a better fighter but a better person. Oh and yes a coach also helps with the technical and tactical aspects of the game. But remember, a tennis instructor focuses on technique and can give a great 1 hour private lesson. He goes to work from 9-5 and then goes home thinking what a tough day at work. A coach can't sleep unless he feels he has done his job.

**KUNSTADT SPORTS**  
**OTTAWA'S TENNIS HEADQUARTERS**  
**25 Years of Stringing Experience**  
 Authorized Dealers of:

**Wilson**

**HEAD**

**BABOLAT**  
DOUBLE LINE

**YONEX**

**DUNLOP**

**prince**

*Be Sure Not To Miss The*

Hosted by and Held at:  
 the Glen Cairn  
 Tennis Club  
 Ottawa, Ontario

**10<sup>TH</sup> ANNUAL *Kunststadt* OPEN TENNIS TOURNAMENT**

462 Hazeldean Rd.  
 Kanata, Ontario  
 (613) 831-2059

Register by Calling  
 (613) 831-2059  
 or (613) 878-9073

**August 9<sup>rd</sup> - 13<sup>th</sup>**  
 Entry Deadline August 7<sup>st</sup>, 2006 5pm

1583 Bank St.  
 Ottawa, Ontario  
 (613) 260-0696

**\$5,000 Total Prize Money**  
**The Greatest Tennis Tournament Ever!**





# Doug Philpott

By Lawrie Strong

**D**oug Philpott was unquestionably one of Ontario's and Canada's most visible tennis personalities during the second half of the 20th Century. Known as Mr. Tennis, Doug was a committed volunteer who gave endless hours of effort to the sport he loved. He was a devoted player, a tireless supporter of young players, a promoter of the game, an administrator and someone who invested vast amounts of time in the often thankless tasks of umpiring and refereeing at tennis tournaments. It is hardly surprising then that Doug Philpott was amongst the first three Builders to be honoured in Tennis Canada's Hall of Fame when he was inducted posthumously in 1993.

Born in Hamilton, Ontario, Doug had seven brothers and five sisters. He was a real sports enthusiast. You name it, when he was young, he played it – baseball, football, hockey, track and field and, of course, tennis. When his parents moved to the Chicago area, Doug, a teenager, went to the Milwaukee Military Academy in Wisconsin. Interestingly, his 6 foot 6 interscholastic high jump record stood in the United States from 1920 until 1925.

After graduating, he started his working life in Chicago in the advertising business, a field where he spent virtually his entire career. After returning to Canada, he spent many years moving around the country and it was only when he located back to Toronto in the 1950s that his passion for tennis was truly ignited. Of course, at that time the tennis scene was very different from today. The game was less popular and was predominantly amateur. The

Associations running the game were totally manned by volunteers – no paid staff back then.

As a player he began at age 9 but, by his own admission, it was only after age 45 that he ever won anything! By then, he was playing either tennis or squash daily. He did confess that as he got older he found it a lot easier to play squash as he didn't have to run so hard! He was a colourful member at the Toronto Lawn Tennis Club and served as a director of the club for twenty years.

He worked hard in the administrative side of the game. He served the Canadian Lawn Tennis Association as Secretary for five years,

**He reminded Hoad that he wouldn't get his expenses unless he played all out.**

as Chair of the Ranking Committee for a decade and as Chair of numerous Davis Cup selection committees. Philpott will likely be most remembered, however, for his presence in the umpire's chair. He was highly knowledgeable and had a friendly authority which enabled him to deal firmly with players. Always immaculate in a suit, usually with a bow-tie and a wide brimmed hat, he must have officiated at literally thousands of matches. Importantly, he was as likely to be found in the chair at a club final or a junior or veteran match as at the Canadian Open final. He simply loved to be a part of the action. Even in his later years following open heart surgery, you still couldn't keep Doug away and he became a familiar sight



Lawrie Strong, Doug Philpott, Louis Marx Jr. in 1966

sitting at the net calling lets. He was also the official referee at many, many tournaments in the 1950s, 60s and 70s including numerous Canadian Championships. Don Fontana, former Davis Cupper and a leading tournament organizer in the era of open tennis, describes Doug as “the dean of Canadian tennis officials”.

In 1956, Doug secured \$5,000 from O’Keefe Breweries to sponsor an international invitation tennis tournament to be held at the Toronto Lawn Tennis Club. He acted as Chairman of this event which, for the next three years, attracted some outstanding players. In that initial year there were some tense moments though. On the first day, the star attraction, Lew Hoad, was on court for his initial match and lost the opening set 6-0 to a very average player. Perhaps understandably, Hoad was despondent having just arrived from the US Open at Forest Hills where he had lost in the final to his partner, Ken Rosewell, and was thereby denied winning the Grand Slam – he had already won the Australian, the French and Wimbledon that year! Someone quickly found Doug and told him this news. Doug rushed to the court, removed the umpire and took over himself. Then, each time the players changed ends, he reminded Hoad that he wouldn’t get his expenses unless he played all out. It worked! Leaving nothing to chance, Philpott then umpired all of his subsequent matches right to the final where he beat fellow-Australian Owen Davidson.

In 1959 and still under Doug’s chairmanship, the event turned pro in order to increase revenues and get better promotional value. Jack Kramer’s Troupe of Pancho Gonzales, Frank Sedgman, Tony Trabert, Pancho Segura, Mervyn Rose, Lew Hoad, Ken Rosewall and Ashley Cooper came to town. Apart from some great tennis, the pros – the best players in the world at that time - gave junior clinics in six centres across the Province – Toronto, Oshawa, Hamilton, Oakville, London and Kitchener. This is quite consistent with Doug’s attention to junior development in the 50s. He helped dozens of young players, sometimes with words of encouragement and sometimes by aiding them financially. He was also instrumental in creating junior development programmes to help young players from all walks of life become national-level competitors.

At the time of his death in 1984, well known sports journalist and tennis player, George Gross, wrote “Somehow, the tennis world doesn’t seem the same without the omnipresence of this tall, friendly and always helpful man.” Fortunately, today his legacy is very much alive in the form of The Doug Philpott Children’s Fund – a charity designed to introduce Toronto inner-city youngsters to the game of tennis. This I think would make Doug very happy.



## CANADA COURT SUPPLY INC.

### Sport Court Contractors

**For All Your Court Needs!**

- nets
- posts
- windscreens
- sales
- resurfacing
- consultation
- construction



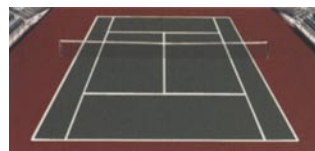
Popular Colour Combinations



In: Tour Purple • Out: Spring Green



In: Forest Green • Out: Spring Green



In: Winter Green • Out: Summer Red



In: Royal Blue • Out: Olympic Blue (Custom)



### Tennis Court CRACKED?



It doesn't  
have to  
be...

Easy as 1-2-3!

- Installed at the site of the US OPEN
- Used on over 1,000,000 feet of cracks
- Approximately 5,000 courts have it
- Successful for 12 years and counting
- Recommended by 200+ contractors
- Effective in sub-zero temperatures
- 41 States, 14 Countries, and growing



For a free estimate or info package  
[sales@canadacourtsupply.com](mailto:sales@canadacourtsupply.com)  
 1 800 722 3095

## CCS Canada Court Supply Inc.

Sales • Service • Maintenance • Resurfacing • Fencing • Court Accessories



## British Grass Court Tennis

2005 SEASON IN REVIEW

STORY AND PHOTOS BY GAVIN MURPHY



Queen's Club

Richard Gasquet



Alice Mackenzie

"There are unlimited thrills awaiting the beginner who is destined to become a first class player, but there is no joy in lawn tennis greater than the perfectly-timed, rhythmic swing of the racket." John Olliff, *Lawn Tennis*, 1950.

Switzerland's Roger Federer and Venus Williams from the United States capped an exciting 2005 British grass court tennis season by each winning a third Wimbledon singles title. The victory was Federer's third consecutive Championships win (and second straight defeat of American Andy Roddick in the finals) while Williams secured her first Wimbledon singles title since 1999.

Wimbledon is, of course, the highlight of a brief but intense five week grass court season. Sandwiched between the French Open at Roland Garros and the North American hard court season is an entertaining series of tennis tournaments played around England that attract top ranked players.

### Surbiton Trophy

The grass court season traditionally gets underway in late May at the Surbiton Racket and Fitness Club in Surrey. The Surbiton Trophy's ninth challenge series was played on immaculately-groomed courts

and offered total prize money of \$50,000 US for men and \$25,000 for women. The tournament attracted world class players such as the men's top seed and British number two player (and former Canadian) Greg Rusedski and Croatia's 6 ft 10 in Ivo Karlovic. Top ranked women included Thailand's Tamarine Tanasugarn, who was seeded first and won at Surbiton in 1999, and Kristina Brandi from Puerto Rico, the Surbiton Trophy winner in 2003.

Ticket prices for the Surbiton Trophy are reasonable, and the qualifying rounds and first day of main draw play featured free admission. Spectators can get up close to the action, although seating is only located at the back of the courts.

Italy's Daniele Bracciali defeated Karlovic in three tie breaker sets 6-7(0), 7-6(5), 7-6(4) to secure his first Surbiton Trophy win. Brandi captured her second Surbiton victory by trouncing Laura Granville from the United States with scores of 6-3, 6-1.

### Stella Artois and dfs Classic

The grass court season moved into high gear the following week with the men playing in the Stella Artois Championships at London's famous Queen's Club and the women moving north to Birmingham for the dfs Classic.

In a battle of power servers, Roddick defeated Karlovic 7-6(7), 7-6(4) in the singles final at Queen's Club to take his

third straight Stella Artois title and earned £55,517 for his win. Since the tournament began in 1979, 22 Wimbledon champions have played at the Stella, and past singles winners include Lleyton Hewitt (three times), Pete Sampras (twice) and Boris Becker (four times).

The biggest surprises for British tennis fans were the quarter final defeat of Tim Henman, their number one player and runner up in the 1999, 2001 and 2002 finals, and the superb play of 18 year-old Scot Andy Murray, a wild card entry who advanced to the third round before falling to Sweden's Thomas Johansson 7-6(1), 6-7(5), 7-5.

The Stella was played under a dark cloud for players and supporters alike amid rumours that the club would be sold and possibly redeveloped. Queen's Club, founded in 1886, is considered to be the oldest multi-purpose sports complex in the world. The club is a 14 acre facility in exclusive West Kensington offering 29 outdoor courts - including 13 grass courts - 10 indoor courts, two real tennis courts and three squash courts.

Queen's Club is the home of Britain's Lawn Tennis Association, which has owned the club since 1953. In September 2005 the LTA put Queen's Club up for sale with a £40 million price tag. The association is selling a 120-year lease on the site and retaining the freehold. Any buyer must



maintain a rackets club and continue to host the Stella. This arrangement therefore rules out the possibility that the club would be redeveloped by property speculators.

The dfs Classic is staged at the Edgbaston Priory Club in Birmingham, a tennis club with roots dating back 130 years. Russia's Maria Sharapova, winner of the 2003 Bell Challenge tournament in Quebec City, won a second consecutive singles victory at the dfs Classic by downing Jelena Jankovic of Serbia & Montenegro 6-2, 4-6, 6-1. Sharapova was also the 2005 defending doubles champion, but was eliminated in the first round of play.

The 2005 dfs Classic was considered the most successful in the tournament's 24 year history with attendance topping 12,500. For the first time ever the final three days of play were sold out before play began. American Pam Shriver holds the record for most tournament singles wins, capturing the title four consecutive years from 1984 to 1987.

#### Hastings Direct International Championships and 10tele.com Open

Kim Clijsters, the former women's world number one fighting back from a career-threatening wrist injury, captured her first ever grass court title in the Hastings Direct competition held at Eastbourne's Devonshire Park. Seeded seventh, Clijsters, who went on to win both the Rogers Cup in Toronto and US Open just weeks later, defeated Russia's Vera Douchevina 7-5, 6-0. The popular Belgian received \$93,000 US for her victory while Douchevina, who gained a berth in the main draw by succeeding in the pre-tournament qualifying rounds, earned \$49,500 as runner up. Since the tournament began in 1975, Martina Navratilova has captured the singles title at Eastbourne a remarkable 11 times and was runner up on two other occasions.

France's Richard Gasquet celebrated his 19th birthday by winning the 10tele.com Open tournament at the City of Nottingham Tennis Centre. Gasquet, who defeated Belarus' Max Mirnyi 6-2, 6-3 in the finals, went into the tournament ranked 29th in the world and followed in the footsteps of fellow Frenchmen Sebastien Grosjean and Cedric Pioline as winners at Nottingham. The last British player to win the tournament was Rusedski in 2003. He also captured the

Nottingham crown in 1997.

#### Other Tournaments

Several other tournaments are played on the margins of the key grass court matches and also draw big name players. Some of the better known events are the Liverbird Developments Liverpool Tennis Tournament, played at Calderstones Park in Liverpool, and the Boodles Challenge, held at Stoke Poges' Stoke Park Club in Buckinghamshire.

#### Wimbledon

The leading tournament of the British season is without a doubt the Championships, which take place at the All England Lawn Tennis and Croquet Club in the London suburb of Wimbledon. Affectionately known by many as "SW19" after the club's one-time postal code (it is now SW19 5AE), the Championships have a history dating back



Boris Becker

to 1877 when they began as little more than garden party games. Since then Wimbledon has grown into the most prestigious event on the entire tennis calendar with total prize money of £10,085,510 in 2005.

Federer put on another masterful display of tennis, dropping only one set en route to his final victory over Roddick by scores of 6-2, 7-6(2), 6-4. At no time during the tournament was he ever seriously threatened and some claim he is one of the greatest grass court players ever. Venus Williams' victory over fellow American Lindsay Davenport 4-6, 7-6(4), 9-7 was something of a surprise as she was seeded 14th going into Wimbledon. Many observers tipped Sharapova to win a second consecutive title, but she lost in the semi-finals to Williams 7-6(2), 6-1.

Britain's Henman struggled at the 2005 Championships, his 12th appearance at SW19, losing to Russia's Dmitry Tursunov in the second round of play by scores of 3-6, 6-2, 3-6, 6-3, 8-6. With his early exit many local fans focussed on Andy Murray, the rising star of British tennis.

Five Canadians were entered in Wimbledon but none made it past the qualifying rounds of singles play and no Canadians played in the mixed doubles matches.

The 2005 attendance of 467,188 fell just short of the 2001 record figure of 476,711 for the normal schedule of 13 days of play at the Championships. Although there was poor weather at the end of the second week of play, the tournament finished on schedule and Wimbledon returned to normal in early July after a successful 119th Championships.

*Gavin Murphy is a member of London's Holland Park Lawn Tennis Club and has also been a member of three Ottawa OTA clubs. He thanks Cecile Suchal, a player from the Ottawa Athletic Club, for her editing assistance.*

**Game Set Match**

TENNIS BOUTIQUE

JUST NORTH OF

**Bloor West Village**

Professional Racquet Stringing  
and Evening Drop Box  
Footwear • Racquets • Clothing  
Accessories

---

784 Annette Street off Jane St.  
**416.760.0999**  
gamesetmatch@look.ca  
www.gamesetmatch.ca

Wilson • Head • Prince • Babolat  
Pro Kennex • Dunlop • Technifibre

## First In!

BY SIMON BARTRAM, TENNIS DIRECTOR



If there is one expression that makes a tennis professional cringe more than any other it must be "First In!" These two simple words are a sure fire recipe for shoulder injuries and a lousy serving day. At tennis courts all over the country there are players warming up their forehands, backhands and (sometimes if their momentum takes them there) volleys. Then once deciding to start the game, they cry out, "First in!" It's just fire away until one of them actually hits the service square, and then we are under way. Are you kidding me? Let me ask you this. How many times in the last 24 hours have you had your hands above your head? For most of you, the only time your hands go up there would be to put on your hat or comb your hair. And those two movements hardly get you reaching very far. And now you are going to hit one of the most important shots in tennis with a movement you haven't made yet and one you'll probably do much faster than you should because you're trying to impress your part-

ner, opponent or both.

Warming up to play tennis has got to take on more importance than it has in the past. At a time when more and more people are flocking to the gym and getting healthy, how can some tennis players still be stuck in the dark ages? I don't think anyone purposely shows up to play tennis and thinks, "I just want to be mediocre today and give myself no chance to perform well." Which is, in fact, exactly what you are doing by not warming up.

So let's look at some ways to be more proactive in getting ready to play. After all, you probably only have the court for an hour and warming up for 20 minutes is probably going to cut into your game plan of trying to tire out your opponent.

- Get to the courts and ready to warm up 15 minutes before your court time.
- Do a light run or ride the bike for five minutes and get your body temperature up.
- Then move to some dynamic stretching to get your blood flowing to the parts of your body that are going to need it.

Shoulders, hips, knees, core muscles. Dynamic means active (3-5 intense seconds), not passive (easy, one minute holds) stretching. You are getting ready for activity, not bed.

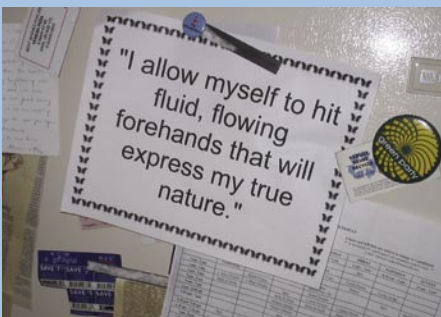
- Now it's court time and you are now technically warmed up. Use the warm up period with your opponent to get a feel for the ball and the environment while keeping your feet moving to maintain a nice warm body temperature. That's all a touring professional does in their five minute allotment of warm up time. You don't see them asking for more backhands in hopes of finding 'the secret.'

- Use your on court warm up to hit ground strokes, volleys, overheads and yes, serves. And when you do serve, please start with second serves and slowly speed it up. You need some feel before you add speed and avoid blowing out your arm. This on court routine should take no more than 5 to 8 minutes and it should always be done with a sense of co-operation. Sorry, no points for winning a warm-up.

## Book Review

BY NICOLA ROSS

THE BOOK OF REALMS: A GUIDE TO THE THREE REALMS OF MIND, BODY AND SOUL AND HOW TO ALIGN THEM TO YOUR GAME AND LIFE. (30 PAGES) BY DOUG ING



There's a demon in my forehand. He's a clever fella who only appears when it really counts. Like in tournaments. Over the years I've worked with coaches to exorcise my devilish friend but he's powerful. All I learn about following through, hitting the ball out in front and swiping the books off the shelf disappears when he shows up.

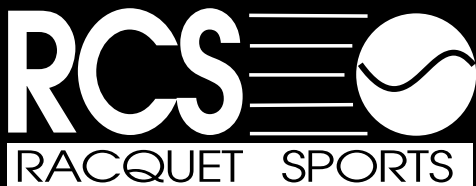
If this story sounds familiar, then perhaps you need to do more than work on your technique. Perhaps you need to balance your mind, body and soul in order to be the tennis player you want to be. As Doug Ing writes in *The Book of Realms*, his guide to more enjoyable tennis, "If you believe you can 'think' your way to happiness, 'think' your way to a great game of tennis and to a deep down connection to your game then read no further. If you feel there might be more, then this guide is for you!"

A Level II coach, Ing has been teaching

tennis for 30 years. His decision to write *The Book of Realms*, came about as a result of his own experiences with tennis demons and his observations of his students. "I realized," Doug explained, "that tennis players need to get past the mental thing in order to enjoy the game more."

Linda Moffat, one of Ing's students who struggled with her serve, put it this way, "I had all this technical knowledge, but it didn't matter."

*The Book of Realms* is a modern day guide that goes beyond inner tennis. (In fact, Ing now teaches a program called *Tennis Within - Beyond the Inner Game*.) While it probably is for everyone, not everyone will allow themselves to hear its message. Presented in a manner that is consistent with its author's demeanor, *The Book of Realms* quietly describes how the mental, physical and soul realms affect



# 'TENNIS SPECIALIST'

Toll Free...1-888-589-6888

Toronto...(416) 292-6888

## SPECIALS!!

### Racquets

Wilson nCode N5.....\$109.95  
 Wilson nCode N6.....\$99.95  
 Wilson ProStaff 5.1, 6.0, 6.1.....Call  
 Select Hyper Hammers....30-50% Off  
 Prince NXG Graphite.....\$99.95  
 Head Liquidmetal Prestige....\$169.95  
 Head Liquidmetal Radical.....\$119.95  
 Head LM 2,4,5,8,Instinct...30-50% Off  
 Head I.X6 MP/OS.....\$99.95  
 Head Prestige Classic.....\$149.95  
 Babolat Pure Drive OS.....\$169.95  
**MANY MORE SPECIALS.....CALL!**

## THE OTA'S OFFICIAL COURT EQUIPMENT SUPPLIER

**OTA Tennis Clubs...Call us for quality**

- Nets
- Net Posts and Accessories
- Windscreens
- Court Rollers and Squeegees
- Balls and Ballhoppers
- Clay Court Supplies and more

**ASK ABOUT OTA CLUB DISCOUNTS!**

- Friendly Service by our Master Racquet Technicians
- Same-Day Stringing
- Best Price Guaranteed
- Electronic Stringing Machines
- Try Demo Racquets On-Site\*\*

**We Have In Stock...**

- Over 100 Racquet Models!
- Over 80 String Types!

**We carry the latest equipment from:**

*Wilson Head Prince Gamma Fischer Luxilon Babolat Dunlop*

**FREE STRINGS!!**  
 Bring this ad to RCS and receive a free synthetic gut stringing with the purchase of any regular priced racquet

**300 Silver Springs Blvd. (at L'Amoreaux Tennis Centre)**

Fax..(416) 292-2179  
 rcs@racquetbroker.com

\*\* call ahead

your tennis game and how, by integrating them, you can improve performance. It packs a lot of information, exercises, quotations and examples into 30 short pages.

Kathleen Zimmerman Hughes, another one of Ing's students, says, "Doug's a great coach because he's so calm. He makes the difficult seem simple." And so it is with his book. Using some illustrative examples and a few techniques that are separated into sections entitled The Mental Realm, The Physical Realm and The Soul Realm, the book helps tennis players help themselves.

In the mental realm, Ing suggests players learn their story, in other words, do an inventory of their game to determine their strengths and weaknesses. Then be positive in your efforts to improve, advises Ing. The Book of Realms suggests you come up with a strong positive statement

that represents the improvement you're trying to make. In my case, I wrote "I allow myself to hit fluid flowing forehands that will express my true nature," printed this mantra on a piece of a paper and stuck to my refrigerator. It turned out to be an interesting conversation piece when friends came over, but I also use it on the court, especially when waiting to return my opponent's serve.

In the physical realm, The Book of Realms suggests you need to feel your body, feel how it responds. "Be like a child... full of exuberance and expression..." Rather than judge how you are playing, focus fully on how your body is moving. Do you feel light or heavy, the book asks? Are you breathing? In order to make improvements to your game, according to Ing, you need to gain awareness of your body from the inside out.

Finally, Ing brings in the tricky topic of the soul realm. He says your inner voice "is the source of your true feelings - your life-energy - your soul." And it's our ability to tap into our souls that will result in a game of tennis that doesn't disintegrate when we're under pressure, like in a tournament. In his book Ing suggests sitting quietly and thinking back to the happiest time in your life. Hear it. Touch it. See it. If you can do this, he claims, you are connecting with your soul.

For a winning performance on the court or off, it's the whole self you are looking for. It's that coming together of mind and body through the soul that will allow you to play through those demons.

To get your copy contact Doug at [doug@mbscoach.com](mailto:doug@mbscoach.com) or visit [www.mbs-coach.com](http://www.mbs-coach.com).



## Luxilon from Wilson: Official String of the OTA

The OTA is pleased to announce Luxilon String from Wilson Racquet Sports as the Official String of the OTA. Wilson Racquet Sports, the No. 1 brand in tennis, and its parent company Amer Sports have partnered with Luxilon Sports to serve as the exclusive world-wide distributor of their monofilament strings and other products beginning in 2006. Luxilon, a Belgium-based, leading monofilament string company, is used by more than 800 tour players worldwide and is the official string of the ATP (Association of Tennis Professionals) and WTA (Women's Tennis Association) Tour and the Official Stringer at several key international events.



## OTA Member Discounts for Rogers Cup

The best in men's tennis will be in Toronto August 5 -13 at the Rogers Cup. Make sure you are there too.

Tennis Canada is offering special discounts on tickets to OTA members. These include level 300 tickets for half price on Monday August 7th and Tuesday August 8th and at a 20% saving for all other sessions. You can also save 30% on silver and 25% on bronze lower bowl seats for all the sessions. To order your specially discounted tickets call 1-877-2TENNIS ext. 4306 or e-mail [groups@tenniscanada.com](mailto:groups@tenniscanada.com).

For member tennis clubs there is a sweet suite deal at \$50 per person for Monday matinee or \$55 per person for Tuesday matinee sessions inclusive of taxes and fees. There are suites for 14, 18 and 22 people. With VIP parking, club identification on the suite, complimentary souvenir magazines and a chance to play on Centre Court for an hour in the week following the Rogers Cup, your club can give your members a chance to feel like millionaires. For information on the suite deal please contact Jared Simon at 416-650-7915 or e-mail [jsimon@tenniscanada.com](mailto:jsimon@tenniscanada.com).

## OTA Members' day at Sporting Life

Mark May 13 on your calendar now! This is the date set for the 10th annual OTA Members' Day once again scheduled to take place at Sporting Life in Toronto at Yonge Street and Sherway Gardens and in Collingwood. By special arrangement, the Tommy and Lefebvre stores in Ottawa will also be participating. Stay tuned to future OTA E-mags, club e-mails and News Releases for the latest details on Members' Day as they become finalized!

## Kunstadt Sports

Kunstadt Sports has two stores in Ottawa that specialise in skis, bikes, hockey and tennis. They have been enthusiastic supporters of tennis in the area for many years. Recently they have seen a significant resurgence both in the use of courts and equipment sales. Accordingly they are sponsoring the National Capital Tennis Association as the official supplier of tennis equipment, offering clubs discounts on all their needs for a successful tennis season. They will be having a special member appreciation day on May 6th, 2006.

The 10th annual Kunstadt tournament will be held August 9th to 13th of 2006, the week after the Ontario Open. This tournament attracts a large field of quality open players, both past and present.

## Wilson Women's Formula

If you like to choose your racquet and equipment by colour as well as feel, the new Wilson Women's Formula will appeal to you. With three different models, W2, W4 and W6 each offered in different shades such as savage lime, wild crimson and blue shadow, there's bound to be a racquet to match your style and your swing.

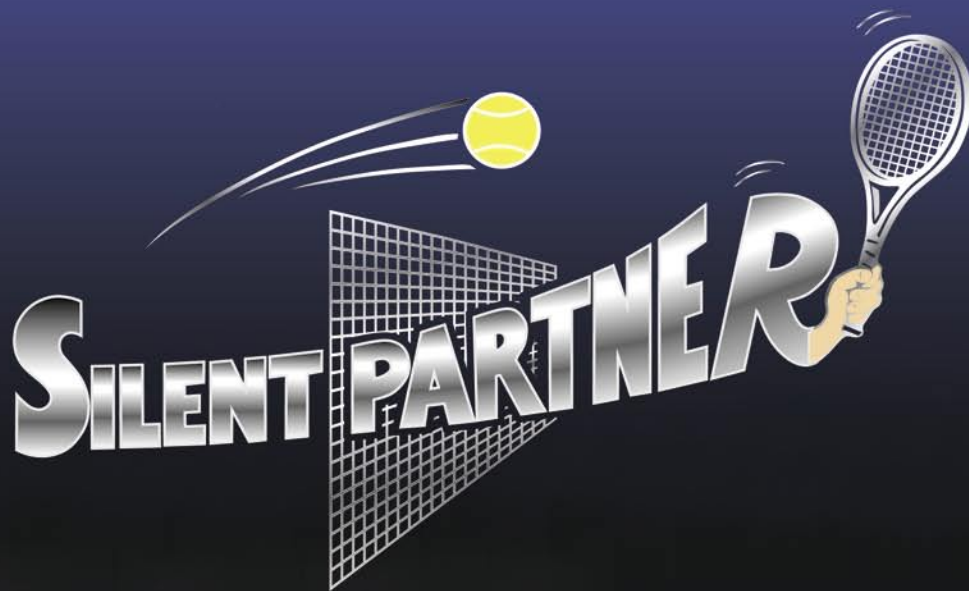
## CLASSIFIED AD

**Racquet shop, turnkey business, great location for over 30 years.**

Racquets, stringing, clothing, shoes, accessories. Asking \$120,000 equipment, merchandise included. Perfect opportunity for someone who understands racquet sports.

Ruth Goldhar Prudential

Sadie Moranis Reality 416 449-2020.



# SILENT PARTNER



Ball machines from \$1,099.00.  
Stringing machines from \$299.00.  
Strings in packs and reels.  
Grips and overgrips.

[www.sptennis.com](http://www.sptennis.com) 416-284-5481 800-662-1809