

JUNE TOURNAMENTS

LC NTRP (Adults)
May 30-June 1st

LC Futures, L6
June 6-8th

Tennis4Life Open, L5
June 13-15th

Private and Group Lessons

- Register by May 30th for a group or private lesson for the month of June and receive 10% off

Summer Tennis Camps and Clinics

- Check back by May 1st for all of our summer tennis programs. Visit www.tennis4life.net

Tennis4Life, LLC
Greg Selby, Owner
571-258-8881
www.tennis4life.net

Tennis4Life Goes “Big Time”

In 2005 Tennis4Life began as a part-time business with only two staff members. For the last couple of years T4L served 2 Communities, Woodlea Manor and Evergreen Meadows. In November of 2007, T4L ventured out and began full-time. Over the course of the last several months T4L has added 4 new contracts and is in negotiations to add several more for summer 2008. T4L is excited to welcome the **Lakes at Red Rock, Spring Lakes, Edwards Landing and Loudoun Country Club.**

With this new growth T4L will be adding many new staff members to its roster. These new instructors will be a great addition to our team and will help make our programs a success. All of our instructors are trained

to accommodate various ability levels and work with all age groups. We take pride in ensuring that all of our participants are treated with respect, learn the



Woodlea Manor 2007

game of tennis and most importantly, have fun. We are dedicated to helping people learn the lifetime sport of tennis.

This year T4L will be starting programs beginning in May.

These 6 week classes will include instruction for ages 4-6, 7-11 and 12 & up. We will also be running classes for the adults as well. All of the classes except for the 4-6 yr. olds will include a beginner and intermediate class. Check out our website for more information about our spring tennis classes in your community. And don't forget to check back for all of our summer programs as well.

Also, don't forget about private, semi-private and group lessons. This is a great way to enhance your game. We also can provide training sessions for USTA teams and can specialize to fit your needs. For more information about this and other programs contact Greg Selby at 571-258-8881 or by email greg@tennis4life.net

Coming Soon...Online Registration and More

I am excited to announce that Tennis4Life has teamed up with **Applied Tactics**, a web and software development and website hosting company. They will provide T4L with its web hosting needs and a shopping cart which will enable all participants to register for classes, buy merchandise

and other products online. We will also be providing gift certificates and lesson packages that can be purchased through our website. We hope to continue to add features that will provide our clients with convenience and help keep you updated on all that Tennis4Life has to

offer. Our shopping cart will be up and running by April 30th. Tennis4Life would like to thank **Applied Tactics** for their support for providing quality services. To learn more about what they do please visit www.appliedtactics.com

Junior Tennis, Tennis4Life and the USTA



Future Junior Players

www.Tennis4Life.net

Do you have a child that enjoys playing tennis? If so, have you thought about what to do now that you see your son or daughter improving? Do you think they have the potential to be the next Andre Agassi or Maria Sharapova? If not that's ok. There are varying levels that a player can work towards whether it be on the college level or just wanting to play on a high school tennis team. Whatever it may be you and your child have options.

The first thing to do is enroll you child in some tennis classes. Tennis4Life hosts a variety of classes for all age groups including summer tennis camps. These types of classes will give your child a basic foundation of the game and will help them learn the fundamentals of tennis.

The next step is to help fine tune their game by mastering each stroke and working out the rough edges. This is accomplished through private lessons. Private lessons are a great way to fine tune their technique, gain confidence in their strokes and in themselves. Tennis4Life offers complete individualized instruction and can help your child achieve success and the results that they want.

The final two steps in this process is to get your child signed up with the USTA (United States Tennis Association) and start entering them in tournaments. These tournaments are broken down by age and are a great way to gain experi-

ence and improve their game. They will learn a great deal by playing other kids in their age bracket and will improve their skills tremendously. To start this process you must register you child with USTA. A one year membership costs around \$36 and will allow your child to participate in USTA sanctioned tournaments. Go to www.usta.com to register online.

There are different levels of tournaments starting with an L6 or Futures Tournament. This is a beginner level tournament for kids to get their feet wet. The L5 tournaments are the most common tournaments you will find. From there the next higher level tournament is an L4, L3, L2 and L1. As your child plays in these tournaments they will receive points. The higher level the more points your child can earn. They can earn a state and regional ranking depending on the number of tournaments played and how well they do.

Tennis4Life offers USTA sanctioned tournaments for juniors and adults over the summer. To find out more about our tournaments visit www.tennis4life.net and click on the Tournaments page. Once you have registered with USTA you can enter your child into one of our tournaments. If you have questions or would like more information please contact Greg Selby at 571-258-8881 or by email greg@tennis4life.net

Sports Psychology

Stop Thinking about Winning! What! Why? There are several things you can do to perform better on the court.

1. Think about what to do when playing
2. Focus on performance through motivation, producing maximum effort and persistence
3. Set performance goals such as:
 - a. Get in high percentage of 1st serves
 - b. Reduce unforced errors
 - c. Lob when in serious trouble
 - d. Replace negative self statement with a positive comment
 - e. Review positive notes, goals and focus points

on change over's
f. Keep mentally focused at all times

You've got to take the initiative and play your game. In a decisive set, confidence is the difference. -Chris Evert

Tennis Trivia

Winning all four Grand Slam Titles during a career is called a "Career Grand Slam" Only a handful of professional men and women have been able to achieve this feat.

What Men have won a Career Grand Slam?

Previous trivia question: What American Athlete sat in Roger Federer's box during the 2006 Men's US OPEN Final? A: Tiger Woods