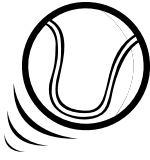
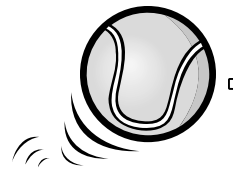


# KNOXVILLE RACQUET CLUB

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Knoxville, TN 37939

Phone: 865-588-1323  
Fax: 865-588-4205  
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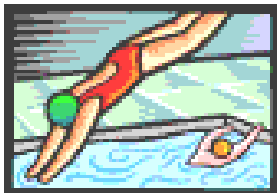


January, 2008

**Thank you Knoxville Racquet Club Members** for hosting the 2008 KRC Mid-Winter Southern Level 3 tournament. **Thirty-nine KRC young people** played in this prestigious tournament. Congratulations to all of them. Here are some results:

- ◆ Taylor Patrick won the Boy's 18 Singles
- ◆ Brandon Fickey won the Boys' 16 Singles
- ◆ Nick Wood won the Boys' 16 Singles Playoff
- ◆ Will Reynolds and Taylor Patrick won the Boys' 18 Doubles
- ◆ Nick Wood and Steven Patrick were finalists in the Boys' 14 Doubles

Next month we will publish the names of all the KRC youth who played in the tournament!



## THINK SUNSHINE! AT LEAST, SWIM TEAM!

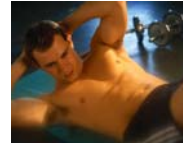
Everyone at Knoxville Racquet Club is excited to have Joe Hendee as our swim coach. Joe would like to announce that Amberly Fecher, Jimmy Denenny, and Kevin Glatt will help him coach this season.

Dual meets will be scheduled March 25th (while Joe will be at the NCAA Championships). But mark your calendar for the dates we do have:

- ◆ Smoky Mountain Meet is July 12-13 at Springbrook pool.
- ◆ City Meet is July 25-27 at the new UT pool.

Joe would like to welcome Mary Mac Wilson who is the new team rep. He also thanks Renee Rice for serving the past two years as team rep.

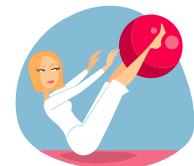
## Performance Training, Inc (PTI) is



offering another fitness clinic for members of Knoxville Racquet Club. PTI recognizes that everyone has unique fitness

goals. More importantly, they understand individuals have different needs when it comes to finding the right formula or tools necessary for achieving their fitness goals.

That's why PTI offers certified personal trainers at Knoxville Racquet Club. Their programs are designed for overall fitness



and are sport specific to tennis players.

## Clinic Designed for :

- ◆ Exercises specific for Tennis
- ◆ Muscular Toning
- ◆ Muscular Strength Specific to Tennis
- ◆ Cardiovascular Conditioning
- ◆ Weight Management
- ◆ Increased Flexibility

**Who:** Anyone who wants to improve their overall fitness and tennis abilities

**When:** Mon, Wed, and Fri from 8 a.m. to 9 a.m.

**Starting Date Feb 1st—Feb 29th.**  
**Program will continue to run monthly after Feb 29th.**

**Cost:** \$195 per month

**For more information and to sign up, call the PTI office at 865-531-5453.**

## **Gaining a Mental Advantage in Tennis**

**Jacob Levy, Ph.D.**  
**Performance Coach and Licensed Psychologist**

Often the difference between having a good day on the court and a bad game, comes down to a few shots you “should” have made, or more importantly how well you bounced back, so to speak, from unforced errors, double faults, and missed opportunities. What separates the great in game from everyone else is not just the quality of their strokes, but how they mentally approach the game. Mental preparation involves three primary skills: setting goals, believing in your abilities to reach your goals, and recovering from setbacks.

**“Begin with an end in mind.”** The key to setting goals is to first think about what you want to achieve. Goals should be very specific and be within your own control. For example, your goal may be to commit 10 fewer unforced errors per match, or increase your first serve percentage by 15%. Tennis is a competitive sport, however when setting performance goals, it is important to focus on YOUR game and not another player’s (for example, don’t set goals like: I will beat my rival—but rather focus on the aspects of your game you need to improve to put yourself in the best position to be successful).

**“The power of positive thinking.”** In order to reach your goals, you must believe you are capable of achieving them. In order to consistently play well on the court, you must believe that your success is not an accident. Be confident in yourself. This does not mean that you don’t need to practice or get coaching or instruction but rather that you believe the efforts you are making on the practice court will translate to success when you play matches. Constantly remind yourself that you are capable of being a successful tennis player.

**“Practice how you play, and play how you practice.”** One of the most mentally challenging aspects to tennis (and all sports for that matter) is recovering quickly from setbacks, bad shots, lost points, etc. Everyone makes mistakes (or has bad things happen to them). One way to help prevent one mistake from leading to more errors is to prepare to perform consistently. Develop a routine that is relaxing, focusing, and effective for you (for example, doing a breathing exercise while bouncing the ball before you serve or setting up for a return of serve). Perform this routine every time you practice until it becomes a habit—then perform the same routine during games.

The above named skills are easier said than done. It is like saying: “Just put more spin on the ball.” –you know you need to do it, but learning the skill takes time and instruction. The same is true for developing the mental aspects of the game. If you are interested in learning more about the “psychology of tennis,” or would like some help developing your performance skills, please feel free to contact:

Jacob Levy, Ph.D. (a.k.a. “Dr. Jake”)  
Performance Advantage Consultation, P.C.

865.789.8362  
Levy.pac@gmail.com

**Head Racquets available.**  
**Check them out!**