

Lake Forest High School Varsity Tennis
2011
Team Motto : “ Work Hard... Expect Victory”

General Goals/information for the Summer

1. Tournament play / team match play

- **the more you play matches...the more you learn how to compete!** Competition not only helps build mental toughness, but each time you walk onto the court it's a learning experience.
- Whether you win or lose, take a moment and ask yourself key questions...
 - What would I do differently?
 - What were my strengths/ weaknesses? Did I set up my strengths?
 - How did I win majority of my points?
 - What were my opponents' strengths/weaknesses? Did I expose weakness?
 - Did I mix up my shots? Did I keep ball deep?
- USTA is not the only way to compete.... Team Match Play- call a teammate!!!

2. Nutrition – quick facts

- Athletes achieve peak performance by training and eating a variety of foods.
- When exercising... the body uses: - Carbohydrates, H₂O , Fat and then Protein
- When playing a match 90 min. or more... the meal you eat the night before is most important!
- Water is a critical nutrient for athletes. Dehydration can cause muscle cramping and fatigue

3. Conditioning

- Make a commitment to improve cardiovascular endurance/agility.
 - Jump Rope- JUMP TO UR FAVORITE SONG WITHOUT STOPPING!
 - Sprints/ agility training- run sprints at beach
 - Plyometrics- box, bench, stair jumping is awesome
 - 1-3 mile runs/ interval training (jog, sprint, jog, sprint etc.)
 - Planks/ crunchers – you know the drill
 - RUN STAIRS AT BEACH – major quad and glut burn!!

4. Warm – up / Cool – down

- There is no doubt that time spent on warming up and cooling down will improve an athlete's level of performance and accelerate the recovery process needed before and after training or competition.
- Dynamic Stretches (examples)
 - Walking high knees...high knees with skip...fast high knees (progression)
 - walking butt kicks..fast butt kicks
 - walking lunges...reverse walking lunges
 - heel walking...toe walking
 - lunges step and twist to side...other side

Remember: There is no substitute for hard work!
“Work Hard...Expect Victory”
Psyched!!