

Quick Tips for the WIN

Warm-up

...come to the court already warmed-up, stretched out, and full of energy
...hit all your shots including overheads during the short time you have to warm-up
...pay attention to what your opponent likes and doesn't like to hit in warm-up and where they mess up the most

Doubles Play

...play the middle of the court, as 70% of balls come within 6' of the center strap
...if you are NOT being passed down your alley, then you covering your line too much!
...pick a partner that you have great communication with as it makes it fun whether you're winning or losing
...make the other team hit at least 3 balls every point & you'll win 90% of the matches

Singles Play

...always have at least 3 plans for winning, if plan "A" isn't working, move on to plans "B" or "C"
...move a great baseliner up & back, not side to side
...it's ok to talk to yourself, since you don't have a partner to interact with anyway

Other Important tips

...body language tells the world how you feel, so keep it positive
...when you feel the point about to be played is a BIG point, play higher percentage tennis.
...rituals are your pathways for the body and mind to come together for a higher purpose
...more emotion = less logical thinking, so control emotions & think more clearly
...just before you serve, close your eyes and visualize a great service motion...then do it!
...to watch the ball BETTER, ask yourself to "watch the spin of the ball as it comes off my racket"
...soft grip on the volleys = short angle volleys
...placement defeats power almost always

...A bit about...WTC's USPTA Director of Tennis...

Mark Vines

- ◆ 2018 World Champion, M60's Singles
- ◆ Hometown is Richmond, VA. Has lived in Austin, TX... Littleton, CO... Lynchburg, VA
- ◆ Graduated from SMU in Dallas, TX with a BA in Business
- ◆ USPTA Level I teaching pro since 1985
- ◆ Played 4 years on the ATP World Tour. Highest Singles ranking was #105 in singles / #143 in doubles
- ◆ Wins over Ivan Lendl, Yannick Noah, Harold Solomon. Played both the US & French Opens
- ◆ Touring Pro coach for 4 top American players on the Best Products National Tennis Team... in 1984
- ◆ Coached several National Junior Champions & dozens of Nationally ranked boys and girls
- ◆ Has been playing Senior Nationals and International competition for over 25 years. 24 Gold balls in USTA singles and doubles tournaments.
- ◆ 2012 ITF Men's 55's Singles World Champion. 2013 ITF Men's 55's Doubles World Champion
- ◆ Former Naples City Men's Open Singles Champion (in 2002 at 45 years old!)
- ◆ Married (wife is KK) with two boys (Will & Casey) and two stepdaughters (Stephanie & Sarah)

"I love teaching tennis...to all levels, to all ages!"

WORLD TENNIS CLUB

4800 Airport Pulling Road
Naples, Florida 34105

Pro Shop

Ph: (239)-263-7411

Email: wtcnaplesproshop@gmail.com

Tennis Manager: Cristian Nacif

USPTA Director of Tennis: Mark Vines



WORLD TENNIS CLUB

2018-19
**CLINIC
SCHEDULE**

SIGN UP NOW!

Mark Vines



USPTA Director of Tennis

Email: WTCtennispro@gmail.com
239-263-7411

PAID CLINICS

3 Person Minimum - 6 Person Maximum

60 minute classes - \$20/person

Skills Advancement: Mark Vines trains you on specific strokes (groundstrokes, serves, volleys, etc.). More spin / better placement / smarter shots!

Doubles Experience with Mark: Work on technical and tactical objectives to become a better doubles player.

FREE MEMBER CLINICS

3 Person Minimum

8 Person Maximum

We offer two FREE member clinics each week for men & women in a mixed “at level” group from Oct-April. One clinic per week is offered from May-Sept.

PRIVATE LESSONS

For booking and information, please contact the WTC Pro Shop at 239-263-7411 or wtnaplesproshop@gmail.com

Private \$75

2 players / \$40ea.

3 players / \$30ea.

4 Players - \$25 / ea. (60min)

\$30 / ea. (90min)

5 or more players / \$20ea. / 90min.

Clinic Schedule

Day of the Week	Description	11:30AM
MON	Doubles techniques and skills for the advance levels of play	Free Clinic 3.5-4.0 Mixed Nov-Dec
TUES	Novice to Intermediate skills & tactics development	Free Clinic 2.5-3.0 Mixed Nov-Dec
WED	Work of specific shot making abilities	Skills Advancement Nov - March
THURS	Doubles tactics, shots, techniques for improvement at all levels	Doubles Experience with Mark Nov - March
One day/month from 8-9am	Specialty Class (i.e. Cardio Tennis, Singles play, Mixed Doubles Play)	Offered once/month on a Thursday 8-9am

Here are some great reminders on playing better tennis and enjoying a healthy lifestyle:

Stretching

A key factor in everyday enjoyment of activities should be stretching. It helps prevent injuries and cuts down on the moans and groans of most movements, especially as we age!

Setting Goals

Whether it's eating better, exercising more, playing better tennis, or travelling to see new places...set some goals for yourself. Experts say, “writing down on paper helps you achieve your goals”. If you aren't sure what those goals should be, ask a professional (tennis, medical, trainer, etc.)...or your significant other!

Equipment Check

“You are only as good as your equipment you play with”...you have heard that before. While not always true, there is some validity to those thoughts. Making sure your clothing is comfortable and correct for the conditions, shoes that allow you safe movement and comfort, rackets & grips that aren't too worn out...these issues play a role in your ability to PLAY TO YOUR POTENTIAL.

Mind Games

Prior to taking the courts for ANY tennis you should feel ready and challenged. Step on the court and let your worries stay outside the gate. You play to have fun & challenge yourself to “play well” this time. If you have trouble with nerves or “too much on your mind”, then listen to your favorite music playlist. It's amazing how the right tunes can swing you mood into high gear just before you do battle, or just want to get some great exercise.

***** All players MUST sign-up in advance. If there are not at least 3 players, the clinic will be cancelled. Players MUST cancel their clinic reservation in advance or be financially responsible. Clinics will be subject to change due to holidays and other functions. Call (239) 263-7411 or sign-up in the Pro Shop.**