



John & Fay Menard YMCA Tennis Center

Tennis in the Valley

TENNIS

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Tennis Tip of the Month: Developing Routines

To be mentally organized on the court, a player must establish routines between points. These routines help the player to be fully focused in the moment on their plan for the next point with belief, commitment and positive energy. This allows them to play when they're fully ready—and not before.

While routines are individual to the person, there are some commonalities among top tennis players. To develop consistency in their games, tennis players must establish two types of routines, which we'll call 'green' and 'yellow.' The 'green routine' is a consistent pattern between points, while the 'yellow routine' helps a player learn how to deal with mistakes, anxiety and frustration effectively.

A green light means go, and creating a consistent routine between points breeds focus and performance. The 'green routine' allows a player to let go of the last point and focus on the current point, ready with full focus, energy, readiness and belief.

Four Steps to the 'Green Routine'

- **Respond** – This is an immediate response to the point: positive, neutral or negative. The goal is to stay positive or neutral. Turn your back, go to your strings, show positive body language, and walk briskly back behind the baseline.
- **Recover** – Take deep breaths and let go of the last point. You want to slow down your breathing and heart rate and quiet your mind.
- **Refocus** – Use a towel, touch the fence, pick up the balls, walk around and focus on the current point. You should have full commitment to the current point, knowing your plan. Serve and return, + 1. Visualize and commit to it. Turn and walk to the line when you know what the plan is and are committed to it.
- **Ready** – Bounce the ball a certain number of times. Sway back and forth, take a deep breath and lock in. You are now no longer thinking. Quiet your mind and trust what you are doing.

A yellow light represents caution. This 'yellow light' scenario can be when a player is emotional, anxious, tight, down 0-30 on serve, up break point after missing the last four—any time they feel they need to overcome something to be fully ready to play the next point. Something's happening that I don't want, but I'm not panicking. At the towel or fence, take a step back, take more time, and do more mental work to be fully prepared to play again. The 'yellow light' allows the player to formulate a determined response. An easy way to remember it? Breathe and believe. Bounce on your toes and get ready to play.

Free Court Time Fridays

This winter the John and Fay Menard YMCA Tennis Center will be offering free court time to all members from 7:00-10:00 PM on the following dates. You can call 6 days in advance to schedule your court time.

February 3, March 3, March 17, March 24, April 7, May 12, May 19, and May 26.

ITF Tournament Returns to Eau Claire!

We are super excited to let you know that we have been selected to host a professional-grade ITF J5 tournament February 18-24, 2023. Matches will start at 10:00 AM and courts won't be available until the late afternoon/early evening. We hosted this tournament in 2022 and it was an amazing opportunity to showcase the facility and tennis community here in Eau Claire.

Players will be attending from all over the world so the level of play will be extremely high. We are still looking for volunteers to help with tournament check in and tournament support, so please reach out if you are willing to help out. If you are interested in being a food or tournament sponsor please let me know ASAP.

Upcoming Events

January 27-29
Girls Winter Championships

February 4
UWEC vs.
St. Scholastica
UWEC vs.
UW-Stevens Point

February 11-13
National Indoor
(Girls 16's)

February 18-24
J5 ITF Tournament

Unlimited Tennis Rate Change

Unlimited tennis allows you to use the facility as much as you would like for one low cost. This will be the first increase to unlimited tennis prices in over 10 years. Price changes will go into effect on March 1st.

2022 Price	2023 Price
Youth \$20/month	\$26/month
Adult \$45/month	\$50/month
Family \$65/month	\$70/month

Program Dates

Spring Session 1 and 2 open for registration on February 1.
Summer Session 1 and 2 open for registration on March 1.