



John & Fay Menard YMCA Tennis Center

Tennis in the Valley

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Tennis Tip of the Month | Mental Toughness - Part 2



Tennis coaches know that the mental aspects of the game are some of the most important tools to develop in our players. We've all seen players with better technical shot-making skill and better athleticism lose to players who aren't as technically or physically skilled, but who were better at keeping calm and having a positive attitude throughout the inevitable ups and downs of a match.

For several years now, we've been intentionally emphasizing mental toughness and sportsmanship during our private and group practices. We do this by sharing our thoughts and experiences, and stressing the "racket clap" on your opponent's winners. Over the next few months, we will be sharing mental toughness tips that seem to stand out and stick with the majority of players.

Live in the moment

The human mind works strangely. If you feed it one word, it will generate hundreds of lines of text in a short period. The same thing happens when you are on the tennis court. Being a tennis coach, when I say, "live in the moment," I mean forget about the best shot that you just stroke or the worst shot. Just focus on the shot that you are going to hit and prepare yourself for it.

The reason is when you start thinking about your best stroke, your mind goes into self-praising mode and you may become overconfident and miss or hit the next shot in a bad way.

On the other hand, if you start complaining that you couldn't hit the last shot properly, you start losing confidence and undervaluing your skills.

That's why I say live in the moment. Don't let your mind go into overexcitement or demotivating state. I know it feels good in theory, but tough in practice; you can achieve it with a lot of practice. One way is to start **practicing alone** more and more and work on your mind, as well, to take your mental toughness in tennis to the next level.

Upcoming Events

July 21
JTT Regional Tournament

July 22-27
JTT Sectional Tournament

August 6
USTAA L6

Fall Program Registration

Registration for Fall Session 1 and 2 opens on August 1!

2022 Junior Team Tennis

I would like to welcome you to the 2022 JTT program. We are extremely excited to welcome everyone this summer. A few reminders:

- All participants need to be USTA members. This membership is free! Please go to the USTA website to get signed up. **All players must have a USTA membership prior to the start of the JTT season.**
- This program is free to all ECASD students. They will need to have their ECASD number when registering. Cost for non-ECASD students is \$140.
- Program dates: June 14 through July 28, 2022
- All practices and matches will be played outdoors at Memorial High School. In the case of inclement weather, we will NOT have practice. Please check our Facebook and Instagram pages for weather updates.
- Because we are playing outside, please send your child with lots of water and sunscreen.
- Because the 4th of July is on a Monday this summer, we will not be taking that week off.
- 18U JTT teams will practice on Tuesdays from 11 AM-1 PM and play matches on Thursdays from 11AM-1 PM.
- 10U, 12U, and 14U JTT teams will practice on Tuesdays from 9:00-10:30 AM and play matches on Thursdays from 9:00-10:30 AM.
- We will host a JTT tournament on July 21. Teams that win their brackets and can meet the eligibility requirements (3 boys and 3 girls present) will qualify to travel to Lakeville, MN for the sectional championships. Sectional tournament dates are listed below and will once again be played in Lakeville, Minnesota.
 - July 22-24: Section Championships 18U Intermediate and Advanced
 - July 25-27: Section Championships 14U Intermediate and Advanced

Please reach out to Mboughton@ymca-cv.org with any questions. See you all on the courts very soon.