



John & Fay Menard YMCA Tennis Center

Tennis in the Valley

TENNIS

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Tennis Tip of the Month | Mental Toughness - Part 5



Envision a Strong You

Once you have admitted that you are strong and can do whatever you want to do on the tennis court, you can achieve a good level of mental toughness in tennis.

What you have to do is envision a strong image of yourself and now try to make your existing body up to that level.

When I say strong, I am not referring to big biceps, chest, etc. I am referring to a mentally strong person who is good at taking the tough but right decisions in any situation.

Our mind works in the way where it reacts the same that you feed to it. If you see yourself as a weak player, you will be a weak player.

On the other hand, if you keep praising your skills and have a strong image of YOU in your mind, you are going to be strong. It will also increase your work productivity.

Tournament Sponsors! Please reach out to Matt Boughton at mboughton@ymca-cv.org if you or your business would like to sponsor of our upcoming tournaments.

New Play Opportunities

Friday Funday Cardio+

Come join us for an hour of organized set play after Cardio Tennis on Fridays! Come for either or come for both. Set play will be fun and partners will rotate through the hour. All experience levels welcome, and players will be grouped by similar skill levels.

Drop-in Drill Mondays

Craig Monson will be leading a free drop-in program for all Y members from 8:00-9:00 PM on Monday evenings. You can expect fast paced fun drills! This program will run on the 2nd and 4th Mondays of the months starting October 10.

ITF Tournament Returns to Eau Claire!!!

I am 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.

I'm 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

October 28-30
Halloween Open

November 11-13
Level 4 Jr. Tournament

November 18-20
Level 6 Jr. Tournament

November 24
Thanksgiving Cardio

December 3
(5:00-7:00 PM)
Caring at Christmas Mixer

December 9-11
Level 4 Jr. Tournament

December 16-18
Level 5 Jr. Tournament

December 24
Christmas Cardio

Cardio Tennis

We are excited to welcome back Cardio Tennis 5 days a week. We will have morning cardio from 10:30-11:30 AM Monday-Friday. We also offer Cardio Tennis Tuesday and Thursday evenings from 7:00-8:00 PM.