



Tennis Nova Scotia News-November 2011

Welcome to our Newsletter

Welcome to the First Edition of "Tennis Nova Scotia News", Tennis Nova Scotia's latest way to communicate with its Members and Member Clubs.

We will be issuing a Newsletter at the beginning of each month, attempting to keep you "in the know" about what is happening in Tennis in Nova Scotia, Atlantic Canada, Canada, and even Internationally.

If there is something that you would like to share with the Tennis Community; Tournaments, Events, Fundraisers, Results, etc... please submit them to TNS and we will try to get the word out for you.

Junior News

The Atlantic Qualifier took place October 22nd and 23rd at the Waegwoltic Club in Halifax. The hard fought battles were as tough as the weather was great in a showdown for who would represent Nova Scotia at the Indoor Atlantics, scheduled to take place in New Brunswick, February 17th-19th.

Congratulations to the following Athletes who are heading to the 2012 Indoor Atlantics (top 3 finishers are guaranteed entry):

Girls Under 12: Anna Nicolela, Emma McShane, and Isobel Anderson

Boys Under 12: Michael Oxner, Julien Oxner, Clarke Fullerton, and Luke Conlon

Girls Under 14: Mariam Ebeid, Lejla Hadzimurtezić, and Michaela Pugsley

Boys Under 14: John Oxner, Jon Gaunce, Jacob Nobbe, and Riley Tylar

Girls Under 16: Rumana Rafiq, Sarah Mason, Lejla Hadzimurtezić, and Becky Hanna

Boys Under 16: Brent Wilkins, Matthew Bethune, Duncan Addison, and Riley Tylar

Girls Under 18: Rumana Rafiq

Boys Under 18: Lauchlin Ewald, Josh Pugsley, Warren Dietrich, and Rory Chisholm

We wish all of you success in your training and upcoming competition!

Industry News

Northcliffe Tennis Club

Now that Fall is quickly setting in on us, the Indoor Tennis Season is upon us.

We would like to thank Glenn Dodge and his Team at Northcliffe for providing us with another year of indoor tennis. We would also like to refer you to Headstart Tennis who provides all of the programming at Northcliffe for the fall and winter.

For more information please visit the following websites:

www.northcliffetennis.ca

www.headstarttennis.com

Tennis Nova Scotia Community Tennis Project

Our Facilities committee continues to work with HRM staff in lobbying city councilors for support with this project. We continue to collect signatures of support. Please go to the following link to show your support.

http://www.ipetitions.com/petition/tennisnovascotia_community_center/

Have a great indoor season!

Tennis Trips

Edith Lewis is a Member at St. Georges Tennis Club in Dartmouth. She has experience organizing group trips, and is organizing group trips to ATP and WTA Tournaments. Anyone interested in going to any of the Major Tennis Tournaments i.e. Australian Open, French Open, Wimbledon, Montreal/Toronto, US Open, please contact her. Edith will put together packages for a group. If there is another area you would like to visit let her know. Several cruise ships have courts on them as well.

Please call contact Edith at 902 453 5505 or edithmlewis@ns.sympatico.ca for more information.

Courtside Canada

Join Canada's Tennis Network. Connect to tennis in Nova Scotia, in your Club, in your community and with your friends. Join today! Sign up for a Player Account... It only takes a minute and it's absolutely FREE! www.courtsidecanada.ca

Tennis Nova Scotia would like to thank its faithful sponsors for their continued support:

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Canadian Tennis News

Here is a list of Canadians in action this week (November 7th) on the ATP and WTA Tour:

ATP World Tour

BNP Paribas Masters - Paris, France - ATP World Tour Masters 1000 event

www.atpworldtour.com

Men's Singles: Milos Raonic

Doubles: Daniel Nestor

ATP Challenger Tour

\$75,000 Geneva Challenger - Geneva, Switzerland www.atpworldtour.com

Men's Doubles: Adil Shamasdin

\$75,000 Challenger Val Gardena SÜDTIROL - Ortisei, Italy www.atpworldtour.com

Men's Singles: Frank Dancevic

\$50,000 Knoxville Challenger - Knoxville, Tennessee, USA www.atpworldtour.com

Men's Singles & Doubles: Erik Chvojka, Pierre-Ludovic Duclos, Peter Polansky & Vasek Pospisil

ITF Women's Pro Circuit

\$75,000 Goldwater Women's Tennis Classic - Phoenix, Arizona, USA www.usta.com

Women's Singles and Doubles: Eugenie Bouchard, Gabriela Dabrowski & Marie-Ève Pelletier

Coaches Corner
November's Tennis Tip by Scott Hurtubise

WATCH THE BALL!

How many times have we heard this? How many times have we said this?

Here are some tips to make that simple notion easier to execute.

As your opponent strikes the ball, you need to focus on 3 things; the PATH of the players racquet, the ANGLE of the players racquet, and the SPEED of the players racquet. By bringing awareness to these 3 elements, you will be able to predict where and how the ball will bounce. The PATH, ANGLE, and SPEED of the racquet determine how much SPEED, DIRECTION, SPIN, DISTANCE, and HEIGHT the ball has. By predicting the latter, you are better able you to properly position yourself to make impact with the ball, which will ultimately allow you to make impact with the ball in front of you. The importance of this is that by making impact in front of you, you do not need to move your head to the side to track the ball into your strings, we physically cannot do this, and by turning our heads suddenly we lose the ball. By making impact in front of yourself, you can track the ball into your racquet face allowing for clean hits.

TECHNIQUES FOR SUCCESSFULLY WATCHING THE BALL

1. Begin to intensely watch the ball as soon as it bounces off your opponent's strings.
2. Your concentration level should be highest as the ball is coming toward you. The closer it gets, the more intensely you should concentrate on watching the ball.
3. Watch the ball all the way into your strings. That is, watch the ball actually hit your strings. This technique needs practice to learn, but it can be done.
4. Keep your head still.
5. Maintain an impact point in front of you (between you and the net), to allow for your head to be still.

To recap; begin watching the ball as soon as it bounces off your opponent's strings... focus on the PATH, ANGLE, and SPEED of their racquet... determine the SPEED, DIRECTION, SPIN, DISTANCE, and HEIGHT of the ball... react, and set up... intensely watch the ball as it approaches your strings... keep your head still and watch the ball at impact.

I hope that I have brought awareness to you that there is more to watching the ball than meets the eye. (Pun intended)

Good Luck with it!

Quote of the Month

I fear no one, but respect everyone.

Roger Federer

Next Newsletter

If you have some News for the December Newsletter please submit the information or an article to our office tennisns@sportnovascotia.ca before the end of November. Coaches, we encourage you share your knowledge by contributing to Coaches Corner. TNS reserves the right to send out your information or not based its content and intent.

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