

*Are you ready
for some
Fun in the Sun?*



Camps and Vacations

*Come and join
us for one of
our Wild West
Tennis Camps!*

How to Develop a Pre Match Routine

Everyone should have a pre match routine. Being ready to play at the start of the match is essential to your success. If you win the first set, your chance of winning the match is 85%.

Here is what you will need:

Tennis Equipment:

Two rackets, towel, hat, music, sunglasses, 64 oz water, wristbands, sunscreen, foot powder, stretch bands, vaseline, instant ice pack, protein bars, hearing aid batteries.

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Eating Schedule: Eat and hydrate at least two hours before competition. You can't start hydrating too early! Favorite pre match meal:

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Warm up/Stretch: Use an exercise bike, light skipping, dancing, or yoga until you have worked up a light sweat. Then do your stretching routine.

My Stretching Routine:

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Warm up/Hitting: Ideally you would have a practice court to warm up on. Start short and move back. See how long you can go before you hit your first ball into the net. Activate your adjusting footwork more as you warm up. Practice all shots, including volleys, groundstrokes, overheads, lobs, serves to both the even and odd sides, and returns.

My Routine:

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Imaging: During the stretching phase of your warmup, practice visualizing how quick your feet are, how smoothly you move on the court, how well you watch the ball into your racket, where you will serve on your first service game, where you will hit your return. Use your imagination.

Game Plan: Have a basic game plan, then adjust it as necessary. Start out steady and let your opponent show you what strokes and patterns they like. Adjust your strategy as the match goes on.

Enjoy one of our Wild West Camps or Vacations with your friends!

2024

March 12 - 14 Palm Springs

**June 25 - July 7 European Tennis Vacation
Mallorca / Wimbledon**

More details and registrations on all camps and Grand Slam Trips on our website: www.wildwesttennis.com
Any questions / Anything / Anytime please call 541-350-1379 or email: wildwesttennis@yahoo.com

The Fun Camps with a Western Flavor!