

JUNE 2023

# *MATCHPOINT*

*THE VENETO TENNIS NEWS CLUB*



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**VENETO**  
TENNIS CLUB

**Veneto Tennis Club**  
**7465 Kipling Ave.**  
**Woodbridge, Ontario**  
**L4L 1Y5**

**905-850-0043**

**[tennis@venetocentre.com](mailto:tennis@venetocentre.com)**









**ROLAND-GARROS**  
22 MAY - 11 JUNE 2023



## ON THE MENTAL SIDE OF YOUR PERFORMANCE

Emotional regulation is a skill that must be mastered in order to stay in charge on court. When you catch yourself in a moment of negative high energy, remember to control your focus, stay with the game instead of the past, take deep breaths and take charge of yourself. If none of these steps are ideal for you then be sure to come up with a coping mechanism or routine that feels right and works for you so you can get to playing vs reacting. Learning to reset is a key skill to success.

**Mahsa S. Durbano MSCP**  
Mental Skills Coach



# CHEER OUR TEAMS ON

## TUESDAY NIGHTS

INTERCOUNTY  
MIXED B DOUBLES  
LEAGUE

## WEDNESDAY MORNINGS

INTERCOUNTY  
LADIES A & B DOUBLES  
LEAGUE

## THURSDAY NIGHTS

INTERCOUNTY  
MIXED A & C DOUBLES  
LEAGUE





**CONGRATS TO DANI SZABO  
J30 HALIFAX WINNER**



**CONGRATS TO NADIA LAGAEV  
J100 QUEBEC CITY WINNER**



**CONGRATS TO DANI SZABO  
J60 FREDERICTON WINNER**



# TENNIS

## SUMMER CAMP

JULY 10-14, 2023

JULY 17-21, 2023

AUGUST 14-18, 2023

AUGUST 21-25, 2023



Our summer camps are for girls and boys,  
ages 6 to 16. Beginners to advanced  
players. Younger children will play on  
modified courts using progressive tennis  
equipment. Coach to student ratio is 10:1.



**CAMPS RUN WEEKLY  
RAIN OR SHINE**

to register: [www.venetocentre.com](http://www.venetocentre.com)

# 2023 ATI High Performance Summer Camps



## Advantage Tennis International @ Veneto Tennis Club

*Half & Full  
Day Camps  
Available*

## 2023 ATI High Performance Summer Camps

### National Summer Camp

The ATI National Group Camp is for Highly ranked Nationally/Provincially ranked juniors looking to train the fundamentals in a systematic developmental training environment. The weekly curriculum includes technical, tactical physical and psychological training in order to help develop the complete player.

### National Transition Summer Camp

The ATI National Transition Camp is for Nationally/Provincially ranked juniors looking to train the fundamentals in a systematic developmental training environment. The weekly curriculum includes technical, tactical physical and psychological training in order to help develop the complete player.

### Provincial Summer Camp

The ATI Provincial Camp is for Nationally/Provincially ranked juniors looking to train the fundamentals in a systematic developmental training environment. The weekly curriculum includes technical, tactical physical and psychological training in order to help develop the complete player.

### Provincial Transition Summer Camp

The ATI Provincial Transition Camp is for Provincially ranked juniors looking to train the fundamentals in a systematic developmental training environment. The weekly curriculum includes technical, tactical physical and psychological training in order to help develop the complete player. Players in this camp will either be using a green dot ball, or are or have transitioned to a regular ball.

### Orange Ball Summer Camp

The ATI Orange Ball Camp is for juniors who are competing in Orange Ball tournaments and are looking to train the fundamentals in a systematic developmental training environment. The weekly curriculum includes technical, tactical physical and psychological training in order to help develop the complete player. Players in this camp will either be using an Orange Ball on 3/4 court.

[info@advantagetennis.ca](mailto:info@advantagetennis.ca)

[www.advantagetennis.ca/summer-camps](http://www.advantagetennis.ca/summer-camps)