

AUGUST 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



Wimbledon Social Event

Sunday, July 16th





2023 ATI High Performance Summer Camps





**U13 TENNIS
CAMP**

ELEV⁸ED





DON'T MISS OUT

Toronto: August 5, 2023 – August 13, 2023



NATIONAL
BANK
OPEN

presented by ROGERS



ON THE MENTAL SIDE OF YOUR PERFORMANCE

Always be sure to hold yourself to a higher standard that represents the vision you hold of yourself. This means that your body language, your self talk, your behavior, your choices on court and off court should always be aligned with your values and the brand that you represent. So ask yourself - who am I as an athlete? How do I want to be seen? How do I want to feel? How do I want to perform? Know what you stand for and set the standard.

Mahsa S. Durbano MSCP
Mental Skills Coach



KEN SAYS...

BEST WAY TO "GET READY!" CHECKLIST:

- GET YOURSELF IN THE BEST POSITION POSSIBLE (WHERE TO STAND ON THE COURT)
- GET YOURSELF READY WITH A STANCE THAT IS ENERGETIC AND ATHLETIC
- HAVE A FOREHAND OR BACKHAND GRIP (WHICHEVER YOUR PREFERENCE) READY, MAKING A POTENTIAL "GRIP SWITCH" MORE SIMPLE

COMBINE ALL OF THESE TOGETHER,
AND YOU ARE DEFINITELY READY
FOR THAT NEXT BALL!

...FROM THE COACHES BOX