

MIT ACADEMY JULY TENNIS NEWSLETTER

TWIN CITY TENNIS CAMPS 2017

THERE IS NO 'I' IN TEAM

ON teamwork in TENNIS

Many who play or watch tennis would not identify it as a team sport. For the most part, during the battle, it is, in fact and individual effort. Yet, when you hear many high school or college players speak about their memories, they speak about the team they played for and the support that provided. The USTA provides a way to offer that to juniors with Junior Team Tennis and World Team Tennis across the country. Each year MIT academy takes many teams, in all age brackets to this tournament. We begin competing with teams in our area, then advance to compete in sections if we qualify. Whomever wins the sections tournament can travel to and play in National tournament.

In keeping with the "whole athlete" philosophy, we feel that playing these tournaments as a team is an integral part of that process. We couldn't be prouder of our teams this season, they really showed up to compete and represent MIT

Academy to their highest potential and it was a beautiful thing to watch!

July has been a stellar month in so many ways! Not only chock full of tournament play (almost 80% of the month including weekends), our Spanish guest players (8 in total) arrived over the July 4th holiday, sporadically flying in with the entire group and practicing with us by July 9th. By July 14th we were in full JTT mode with areas that entire week and sections the next. In between, on the weekends, many of our athletes participated in the Baseline level 5 tournaments; one weekend for girls and the next for boys. It was wonderful to have an MIT academy coach at every match supporting the players and taking the opportunity to coach them when the matches were tight. In fact, for most matches there were two coaches per match. Without being asked, the coaches are so invested in our team effort that some just came to watch and support.

LINKS AND RESOURCES THAT WE ARE WATCHING:

LUCID MENTAL TRAINING

<https://getlucid.com/>

GRAHAM BETCHART

FT PRO FITNESS BLUEPRINT

www.functionaltennis.com

FIND US ON INSTAGRAM

Look for videos on our Youtube Channel

MITHawks

<https://www.youtube.com/channel/UCSzcGwGhb3qG1GmSFtFA7aQ>

Long, hot days on the courts, as a team left some indelible moments on our minds! All our efforts brought home lots of hardware for many players but the most exciting were the medals that the 10U came back with after

World Team Tennis. Seeing how proud and excited they were to come back to camp and share their stories was truly priceless for all our athletes and coaches, young and old!

During your athlete's week of competing, many of the campers were able to watch their coaches compete at the annual Aquatennial Tennis Tournament in downtown Minneapolis. The beauty of what we create in the summer includes coaches playing in consistently with the athletes, not just coaching from the side. And, this year, the coach's willingness to have their kids watch them in competition. The whole experience leaves all of us with many opportunities to relate to each other within a sport that we all love!

There were some fun moments off the courts as well! Valley Fair for senior academy was the perfect day. Log rides every 45 minutes kept the crew nice and cool. Minnesota United soccer night was a stellar evening. 19,000 in the stadium! It was a busy, exciting, jam packed month indeed and mostly, we thank you for facilitating with rides and for being accommodating with your time!

WE LEARNED:

BODY LANGUAGE IS YOUR SUPER POWER

this was a wonderful phrase to use while coaching through tournaments. Helping the kids to understand that they play the mental game before they step onto the court and in between points.

TAKE NOTE:

We have some of our greatest, most focused practices waiting for the courts to dry. The grass is a great place to perform volley and serve drills! Having said that, on drizzle days or full rain days, while we make every effort not to cancel camp, please watch the website and social media for cancellations due to weather.

We have continued to start each day with a Junior and Senior academy Athletes yoga flow including dynamic stretching to warm up their muscles. They all know it by now and can share it

with you! You can never practice the flow too much!

Here are some examples of what we worked on in conditioning this month:

Conditioning overview and highlights:

Sr. Academy

- *Bleacher work including plyometric jumps, bleacher squats, bleacher push-up and Bulgarian lunges.
- *core work including plank/partner Abs on a hill
- *Balance training
- *Tabata footwork drills
- *ladder work
- *Tabata sprints
- *soccer training
- *throwing footballs
- *spider drills
- *tug-o-war
- And more!

Jr. Academy

- *focus training- stillness for 60 seconds in a group
- *balance training
- *Ready position jumps
- *Balance Training
- *movement footwork drills
- *plank and core work
- *Forehand and backhand coil
- *push-ups
- *tug-o-war
- *football throw
- *soccer

WORDS OF THE WEEK

On Gratitude, tenacity, perseverance and value

Gratitude: When the word gratitude was introduced, everyone recognized this word. Knowing that it wouldn't be a struggle, I let the word sit for a few days. We started our yoga stretching the first two mornings with a minute of stillness and the athletes were asked to take that minute to visualize what they had gratitude for in their lives. Then the next two mornings they were asked to visualize all those who may hold gratitude for them or for something they did to make a person's life better. In all situations, it wasn't a sharing experience, we never discussed. Although one athlete did express gratitude for me ♥

... I have to say, a little brown nosing, goes a long way! Acknowledging gratitude, we discovered, was a practice we could do more.

Tenacity: In the discussion of this word, synonyms like strength, forcefulness and persistence came up. Who is a tenacious tennis player...? A good defensive player...or what the athletes lovingly call ...a pusher. Why? Because a pusher has patience, "one more ball back" is their motto. They are a wall. Or in other words, what is another word for a pusher? A winner. We could all use a little more tenacity in our game.

Perseverance: If you asked most of your athletes what this word means, they may have forgotten. Even though we discussed for a week, it's a tough one for sure. "A steady persistence in a course of action, a purpose, especially in spite of difficulties, obstacles or discouragement." We talked

about how these are not only words that apply on the court; these are life words. These are words that you would be proud for someone to attach to your name.

Value: Although it wasn't on purpose, the timing of the discussion of this word was perfect! The girl coaches were about the play doubles in the Aquatennial Finals. "If Sarai and Blanka lose their tennis match today, do they have any less VALUE? Are they worth more if they win?" The answers were obvious and we were able to discuss how 'you are not your performance'. You are choosing to play in a sport and win or lose, your value as a human, especially to those you love and those who love you is unshakable and will not change-win or lose.

Upcoming in August:

***The final weeks of tennis are full of 'so longs' and 'see ya later's'. We have found with the magic of social media, our athletes are never out of touch with each other. As the Blake campus will end many kids will still be coming to camp at our other locations through September. Please double check the location for August 14th TCTC and MIT practices.**

***Jr. Academy Valley Fair! Watch for the flyers, they are super excited to go!**