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Overcoming Fear of Losing Using Percentages

In order to help our students progress through the stages of tennis development from red ball to the red clay at Roland Garros, we spend a lot of time studying the match statistics of top pros. Invariably, the player with the most points won comes out victorious. Sometimes the gap is very narrow; in closely contested matches, it comes down to a matter of only a few points. These are the most exciting matches for spectators! While the players are dueling it out on court, the fans are sweating it out vicariously in the stands and watching on TV. How do top players manage to stay focused enough to get through those situations time after time?



Thanks to great statistical analysis, we are able to find out how many times Roger has approached the net successfully. Was it 100%? Not likely. Do you think he hit 100% of his first serves in the box? Never heard of it. Does every forehand he has hit gone over the net into the court? Of course not. But is he winning a good percentage of these points? That's all he cares about, because he understands that if he performs well, and executes his strategy, a good percentage should enable him to win the matches and finally the tournament.

What can we take to our court from these matches?

- You must always keep trying to collect more points than your opponent (including the final one!) You can lose many points and still win the last one to gain a victory – so don't waste energy stressing over errors, put all your focus into getting the next point
- Practice your winning patterns so they become routine under pressure, that way you can win a high percentage in match play
- Work on your weaknesses so they won't make you vulnerable to attack
- Work on your weapons so you can count on them at opportune moments
- Think of the match as a series of skirmishes that string together in sets to form a campaign. You can lose a skirmish and still win the war. Stay positive, calm, and show confidence in your game plan.

The Van Der Meer Shipyard Cup

The VDM Shipyard Cup, a USTA 10K Pro Circuit Event, had a very exciting final on a beautiful October day. US Open Junior Girl's Champion, Maria Bouzkova, defeated qualifier Natalia Vikhlyantseva 7-5, 6-1. Former VDM Academy student, Keri Wong (Clemson grad) won doubles with her partner from Brazil. Current VDM students Jacqueline Pelletier and Chloe Oulet-Pizer lost to the eventual winners in the quarter finals of doubles.





Tournament Results

National Regional 12's in Norcross

- Jack Armistead made finals of singles and doubles

Kiawah Tournament

- Allie Burak won girls 18's singles and made SF of doubles
- Alexis Voulgaropolous reached the 16's doubles finals
- Molly Sanderson defeated Juliana Goehner in the 16's consolation final

Dennis VDM Southern Level 3 Tournament

- Nathan Perrone won boys 18's
- Val Droop reached girls 18's finals
- Will Danzell finished 3rd in boys 14's
- Jack Armistead finished 4th in boys 14's
- Adam Kush won boys 14's
- Saera Kanda finished 3rd in girls 18's
- Beau Pelletier finished 4th in boys 18's
- Masako Makiba finished 4th in girls 18's

Also, congratulations to 7 year old Brooke Wrigley and 8 year old Morgan Woodson for competing very well in this high level tournament for the first time!



Fitness Corner

Good tennis footwork habits can be trained at an early age. Coach Katie White is shown (bottom right) working cone patterns with 11 year old Kaylee Zhu and her 8 year old brother Alex. Just 30 minutes of practicing shuffle and cross over recovery steps, sprinting, and 1st step drills can greatly improve your ability to get to the ball with balance. This in turn allows for better shot selection. The goal is to cut down on *emergency* shots, and build shot making ability with consistency. Starting young gives you a jump on your opponents, but it's never too late to improve your footwork!



Allie Burak will play for Bucknell next year

Upcoming Holiday Events

Join us on court for great weeks of holiday tennis this November and December including Junior Weeklong and Weekend Clinics and a VDM Academy Special Session November 24-29. Please visit our website at www.vdmtennis.com or ask our pro shop for the full schedule of special holiday tennis programs.

