



Dear Parents,

April is here and the second semester for the 2016-2017 academic year is well underway. The players continue to have fun and we are equally excited to provide tennis training opportunities this month and beyond. Our newsletter is designed to keep you up-to-date on the happenings at the ATA this month.

Upcoming from our Calendar for April:

- 7th – Mixed Doubles Pro Am Tournament
- 8th – Easter Classic Tournament
- 10th – Deadline for ASP Payments
- 10th -17th – Midterm break



Notices:

We would like to congratulate Alexander Fleming Lake, Jharla Webster, Derecia Griffin and Orlando Hill, who were selected to attend the Rogers Cup being held in Canada in August.

Tennis for Everyone! We at the ATA are so happy to have partnered with the Arijah Children's Foundation to provide the Tennis for Everyone Program. We at the ATA welcome everyone including those with special needs to benefit from this awesome sport. [#AdvantageATA](#)



: Summer is right around the corner and so is the annual ATA Summer Camp! This year, our camp will be held from July 17th – July 28th 2017.

Players of the Month:

Each month we will celebrate the hard work and success of players in different categories. Please make an effort to congratulate the players and encourage them in the sport. The players of the month for March are:

Most Improved Players

Azara Carter – Azara has improved her backhand and forehand technique tremendously.

Roman Bahadursingh – Roman has continued to show his interest in tennis, and strives to do better with each ASP session. As a result, his backhand and forehand technique has improved.

Most Valuable Players

Cheddie Leveret-Richardson – Cheddie has shown significant improvement on rallying the ball and playing for points.

Jaheim Greenaway St. Luce – Jaheim has increased his agility on court and has improved on playing for points.

Most Dedicated Player

Keval Bradshaw – Keval has shown a keen interest in attending the ASP, as well as being a part of the extra fitness classes.

ATA Player of the Month

Ella Irish- Ella has continued to show dedication and her willingness to learn more about the game of tennis. She has improved her rallying skills and has proven herself ready to be a part of the advanced group.

Tennis Courts Upgrade:

We continue to be proud of our 6 newly resurfaced courts. Our resurfacing campaign continues to raise funds to cover the costs associated with this upgrade. Please make a donation today. Donations can be made at the ATA front office.

Tennis Tip for the Month:

Points Tip - Chris Wade

Unfortunately many tennis players grew up being taught that tennis has a side to side movement pattern. So across the tennis community players are staying behind the baseline and not moving forward. The tennis tip for this month is to do everything you can to move forward during the point. At every level the majority of points last only four hits. So today's competitive tennis player needs to focus on finishing points at the net and applying pressure to their opponent. Serve and try move forward. Return serve and try to move forward. This is the new pattern that players need to learn and practice to compete at the highest level.

Nutrition tips:

Carbohydrates

The best source of energy, providing fuel for your muscles, brain, and organs is Carbohydrates. These are stored in the body in the form of glycogen. Too few carbohydrates lead to glycogen depletion, which may lead to early on fatigue on court. Carbohydrates should represent about 60% of the calories in your diet. Found in cereal, bread, pasta, potatoes, rice, legumes, fruits, vegetables, and sports products (energy bars or sport beverages).

There are two types of carbohydrates – simple (sugars) and complex (starches). Sugars are simple carbohydrates. They are called this because the body digests them quickly and easily.

Starchy carbohydrates are referred to as complex carbohydrates. These carbohydrates take longer to digest than simple carbohydrates. It is generally recommended that complex carbohydrates be consumed; especially those with a low glycemic index (GI) because they have high fibre and vitamin contents and give a sustained energy release over a long period of time. However, liquid carbohydrate sources and foods containing simple carbohydrates may be used when it is necessary to raise the glucose level quickly during training or a match.

For tennis players, the glycemic effect can be very important, and it is critical that players understand which carbohydrates they should consume and when.

<http://www.iftennis.com/scienceandmedicine/nutrition/eating-right>

