

# February

Dear Parents,

February is here and we are at the beginning of the second semester for the 2016-2017 academic year. 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 February:

- 10<sup>th</sup> - Deadline for ASP Payments
- 11<sup>th</sup> - Love Tournament (Arijah Foundation)

## Notices:

*Love*

The upcoming Love Tournament will be held at the Anguilla Tennis Academy on February 11<sup>th</sup>. We are expecting players to participate in this program.

## SAVE THE DATE: High Performance Players Tennis Camp

The annual Junior High Performance Players Tennis Camp, conducted by Coach Robert Cox of Arkansas University will be held from Monday, March 20<sup>th</sup> to Friday, March 24<sup>th</sup> 2017. Registration will be by invitation only. Please save the date.

## Birthdays:

We trust that all of the birthday celebrants from January had a wonderful birthday & we wish them a bright future. Please extend birthday greetings and best wishes to our celebrants for this month:

Rhonica Connor – February 10<sup>th</sup>      Severine Pradel – February 20<sup>th</sup>  
Ella Irish – February 21<sup>st</sup>              Joseph Manasiriphan – Feb 11<sup>th</sup>

## Reading is Fundamental Program:

On November 11<sup>th</sup> we launched our reading program at the ATA. Please refer to last month's newsletter for details. If you have any books at home you wish to donate to this program, please deliver them to the ATA's front office.

## 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 February are:

### Most Improved Players

**Adele Schneider**- Listens to coaches and follows instructions.

**Kafrey Carty**- Focuses on hitting the ball.

**Clajae Webster**- Improved on hitting the ball and swinging technique.

### Most Valuable Players

**Dyer Irish** – Very competitive and very helpful.

**Lucas Barry** – Works hard to improve in tennis and is always moving his feet.

### ATA Player of the Month

**Zhanae Carter**- Zhanae is very respectful to the coaches, is always looking to help and ensures that the rest of the kids are behaving. She has also improved her technique tremendously.

## 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.

## Tennis Tip for the Month:

### Serve Return Tip - Chris Wade:

If the server serves down the T, then the returner should return down the line.

Why? Because the ball will go back in the same direction and over the low part of the net. In this scenario the returner, then would only have to recover to 1ft left of the center of the baseline. If a player commits to this simple strategy, they will find themselves increasing their return of serve percentages.

## Nutrition tips:

### Basic nutrition for tennis

Whether preparing for a local tournament or the US Open, a "healthy" diet and body can clearly contribute to a player's quest to reach peak performance. In short, what's good for health is also generally good for tennis.

### Pre-match nutrition

The nutrient state of a tennis player just before playing or training can have a significant impact on the outcome of a match or the quality of a practice session. Appropriate fat, protein, mineral, and vitamin intake are all important, but the primary pre-match nutritional concerns for all players are adequate carbohydrate and fluid intake.

### Post-match nutrition

After a match, a tennis player's primary nutritional interest should be restoring fluids, electrolytes, and carbohydrates. If the next match is scheduled to begin soon (e.g., within 1 to 2 hours), re-hydration and carbohydrate intake (about 50-100 grams) should begin immediately.

### Performance diet principles for competitive tennis

Drink, drink, drink! drink at least 80 oz. of hydrating fluids per day. Drink before you get thirsty. Replace a liter/hour during play. Sports beverages or water are best on the court; juices, milk, and any other decaffeinated beverages are fine during the day. Fruit juices and sodas should be avoided on the court because of the high sugar concentration. Try to drink before you get thirsty!

### Key nutrition pointers

Beyond attempting to regularly consume a healthy, varied and well-balanced diet, players should particularly focus their efforts on adequate and appropriate consumption of three primary nutrients – water, electrolytes, and carbohydrates. These nutrients have an immediate effect on performance.

[https://www.usta.com/Youth-Tennis/Junior-Competition/nutrition\\_for\\_junior\\_players/](https://www.usta.com/Youth-Tennis/Junior-Competition/nutrition_for_junior_players/)

