



Dear Parents,

March 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 March:

- 10th - Deadline for ASP Payments
-ATA Men's Pro Am Tournament
- 20th -24th - Robert Cox Clinic
- 27th - Coaches Retreat Day
- No ASP

Birthdays:

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

Destin Webster – March 9 th	Jaivaun David – March 27 th
Nikolas Loizos – March 18 th	Draidahn Lico – March 27 th

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

Denrick Romney – He has shown tremendous progress with his movement on court which has led to an overall improvement of his tennis game.

Severin Pradel – He has worked hard over the past few weeks to improve his tennis strokes and overall tennis technique. Severin is also one of the most disciplined students on the tennis court.

Most Valuable Players

Joseph Manasiriphan – He is rallying the ball quite well and has made great improvement with his overall tennis techniques. He is a very keen student with great potential.

Savannah Croft – Savannah loves tennis and works hard to improve in each session. She has made great progress with her footwork and tennis techniques. She asks lots of questions and shows great commitment and dedication to the game of tennis.

ATA Player of the Month

Severine Pradel- Severine is very respectful to the coaches and works hard to compete against the more advanced players in her group. She has made some personal tennis goals and is working hard to achieve them.

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:

Carbohydrates, Fruits and Vegetables

To get the energy you need, take only the types of foods that contain complex carbohydrates. Examples of healthy carbohydrate sources are: brown bread or whole wheat bread (avoid white bread), brown rice (white rice is also less ideal), pasta and any type of cereals such as oats, barley and many others. Starchy vegetables such as potatoes, peas and corn are also great sources of carbohydrates.

Vegetables and fruits are also very important to be included in the tennis diet for every player. They are the main sources of nutrients and minerals. Examples are the leafy vegetables such as spinach, lettuce, cabbage vegetable and many others. There are a lot of choices of vegetables depending on the nutrients and minerals they provide. Squash and carrots for instance are examples of beta carotenoid source vegetables.

Fruits also come in different forms and they also vary on the vitamins and minerals they provide. Citrus fruits like orange, clementine, grapefruit, pomelo and many others are good sources of Vitamin C. Berries fruits such as blueberries, blackberries, raspberries or strawberries are just examples of fruits containing antioxidant. Banana is considered as the complete fruit because it contains lots of nutrients and minerals.

Protein

Protein has a vital role in every human's body especially for physically active people like tennis players. It serves as an energy source and it also helps in the repair of damaged tissues during the tennis training and matches. Tennis players should consume about 0.5 to 0.75 grams of proteins per body weight basis. For best results, players should eat high protein food with low fat content. Examples of this are: lean meats (beef, pork, and many others), poultry meat (turkey, chicken, etc.).

Vitamins and minerals supplement

Vitamins and minerals supplements are also necessary to supplement the required nutrients and minerals for the players. Examples of these are vitamins C, A and E supplements. Minerals such as calcium, iron and sodium are just some of the examples of macro minerals that players should be supplemented with.

<http://www.optimumtennis.net/tennis-diet.htm>

