



# A World Without Strangers

NEWSLETTER FROM THE JULIAN KRINSKY SCHOOL OF TENNIS & SCHOOL OF GOLF

MARCH 2014

## TIPS TO BEING A BETTER TENNIS PARENT

By Arvind Aravindhan, Tennis Director

Many parents struggle to know exactly what they should do to help maximize their child's experience with tennis and be supportive. Listed below are a few points that can help you become a better "tennis" parent.

### EARLY STAGES OF TENNIS

At this stage, it is important that the child enjoys the game and is not forced into it. Even though there are instances where a parent may have dreamt of being a tennis star, all children may not hold this same dream. This is also the time to find the right coach or program that will help develop the player and lead them onto whichever path they choose. Tennis is a lifelong sport; so if your child is not interested in being competitive then let them simply enjoy playing the sport.

### COMPETITIVE STAGES

These are the stages where understanding your role as a parent is critical. You may be the one paying the bill but you are also part of the team which includes your child and the coach. Be mindful not to undermine the coach or your child. A good way to achieve this is to emphasize effort over outcome. This is when your child should set the goals and then you can help hold them accountable. One strong goal would be to always be disciplined and practice as these are very much a part of the sport and life. This is the stage to emphasize that there are no shortcuts to success.

### TOURNAMENT ETIQUETTE

The USTA's website is a great reference to learn what to do and not to do during tournaments. During tournaments it is imperative that you refrain from coaching. This includes saying "Move your feet" or "Hit to her backhand". Remember, hand signals are also considered coaching! Cheering is frowned upon but clapping can be encouraging to a player, and is therefore allowed; unless you are clapping at an opponent's error.

Here are some other helpful rules that every parent should know:

- Parents or coaches are not allowed on the court during a match.
- Players must bring their own drinks and snack. They are not allowed to ask their parent to bring them a drink or snack during the match though they may ask another parent or their team's captain to do so.
- If there is a dispute between the players regarding a line call or the correct score, the players must settle the dispute themselves; parents are not allowed to intervene.

There is a recent article that I have shared on my personal and Gulph Mills JKST Tennis Club's Facebook page by Roger Federer's mom that talks about how to be a tennis parent. Mrs. Federer does know a thing or two about raising a tennis player. To enjoy the article please visit: <http://bit.ly/1h9VA0i>.

## A GAME OF CAT AND MOUSE

By Suzanne Barr, Tennis Professional

Playing the net is like playing a game of cat and mouse. This is according to the Bryan brothers, the best doubles team ever. Get low and sneak forward to the ball. The timing of this moment is the key. There are actually two split steps in the Bryan brother's footwork.

1. Get into your ready position as the ball is hit by your partner, or right after you hit your approach shot.
2. Stay low and quietly run toward the ball, not sideways (i.e. to cover alley).
3. Split step right as your opponent is hitting the ball back.
4. With the racquet out in front, pounce on the ball.

If you don't get a chance to hit the pouch, take a step back just before your partner returns the ball and do it again!

Try this game of cat and mouse at your practice or match and me-wow your opponents!



Gulph Mills JKST Thanksgiving 14 and Under Tournament winner Jeremy Casabon (R) and runner-up Conner Nisbet (L)



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## THE 4 BENEFITS OF MASSAGE THERAPY

By Andrew Waters, Tennis Professional

As some of you know, in January of 2012 I suffered from a herniated disc in my lower right back. The pain was extremely intense and at times unbearable. I was lucky enough to be pointed in the direction of a massage therapist who has assisted greatly in my recovery from this injury. I went once a week immediately following the injury and then once every three weeks after that. I have absolutely no doubt in my mind that these sessions are the main reason as to why I did not need to have surgery.

There are many benefits of massage therapy in relation to sports and physical activity. Massage therapy:

1. Relieves muscle spasms and cramps.
2. Stretches connective tissue.
3. Increases flexibility and range of motion.
4. Reduces swelling.

It is a treatment option that I highly recommend. It has widespread benefits that span mental and physical health.

## 5 TIPS FOR CHOOSING THE RIGHT RACQUET



By Punch Maleka, Tennis Professional

**1. RACQUET** First, choose the correct frame weight.

**Too light** means you will have to swing harder to generate the same power or swing weight of a heavier racquet, which puts strain on your arm.

**Too heavy** means there will be less maneuverability and control, which also strains wrists, arms and shoulders.

Pick the racquet according to your size, strength and style of play.

**2. STRINGS** Strings range from flexible to less flexible. There is a string for everyone.

**Flexible strings** lack durability but rate high on feel and comfort, which are recommended for players with arm problems and players who play less frequently.

**Less flexible strings** are more durable and are recommended for advanced and physically stronger players.

**3. TENSION** **Lower tension** means more power. This tension creates a trampoline effect on the ball that will throw the ball forward.

**Higher tension** means more control.

Choose your tension according to your playing style, swing speed and strength, but remember the higher the tension, the more strain a player will feel.

**4. FOR ADVANCED PLAYERS** At a certain skill level, players look to get more out of their racquet. Ways to go about this are, changing the weight and swing balance by strategically adding weight to the racquet. Almost every single professional player has their equipment altered to fit their specifications, which refers to their strength, swing speed and style of play.

**5. CONSULT A PRO!** In the end, your tennis pro will be your best consultant when choosing what racquet tension, and strings will suit your playing style and level.

## TIPS FOR AN EFFECTIVE WARM-UP ROUTINE

By Andrew Miles, Tennis Professional

We've all heard the importance of a proper warm-up routine. But are you doing it consistently and efficiently, or are you rushing through it with a lack of focus? Do you perform a dynamic warm-up before practice sessions or only before matches? Whether you're a recreational player or a competitive college player, tennis is a rigorous, total-body sport that requires an efficient warm-up to prepare the mind and body. A proper tennis warm-up is often neglected or not taken seriously enough, leading to nagging injuries that can easily be avoided. Don't wait for an injury to occur to get serious about stretching and warming up!

### 1. LIGHT CARDIO WARM-UP

Perform some type of cardio activity for 5 minutes to warm your body and increase your heart rate and blood circulation. You should break a light sweat so your muscles are activated and your nervous system is alert.

**Exercises to try:** Jogging (forward, backward, lateral), skipping, jumping rope, jumping jacks, butt kicks, side shuffle steps, carioca steps

### 2. DYNAMIC STRETCHING

Dynamic stretching involves movements (such as wide arm circles) that more closely resemble what the body does during sports activities, but without the bouncing often involved in static stretching. Perform dynamic range-of-motion exercises after your cardio warm-up for 10 minutes to awaken your muscles & joints. Incorporate multi-directional movements that mimic the movements you'll be making on the court.

**Exercises to try:** Forward & backward leg swings, elbow curls, walking lunges, arm hugs, trunk rotations, backwards step overs, straight-leg marches, walking knee hugs

*continued at right*

# PLAYER SPOTLIGHT



## CHARLES FREEMAN

Many of you may see him around Gulph Mills Tennis Club. Not only is he a friendly, regular around here but, he is also an extremely accomplished tennis player. Get to know Charlie a little more by reading his list of achievements below.

- Winner of more than 100 titles in the United States Tennis Association tournament competition, including three-time champion in Wilkes Barre and King of Prussia events.
- Achieved number one ranking in Middle States tennis, 60 doubles division for the year 2000; Number 2 ranking in Men's 35 division in the late 1970s; Top 10 ranking in Men's

open singles and doubles divisions on numerous occasions.

- In USTA open sanctioned events, won singles and doubles tournaments in New York, New Jersey, Delaware, Pennsylvania, and Florida.
- Won PIAA state tennis title
- Won Philadelphia A-League singles and doubles titles as member of original Rifle club
- Won USTA 4.5 league district, regional, and sectional titles. Advanced to National championships, Palm Springs, California; also played USTA 5.0 league.
- Selected for Inter-district and National Senior Inter-sectional teams for more than 10 years. Won deciding team matches as Litchfield, NC and Simsbury, CT.
- Played in exhibitions with tennis greats Stan Smith, Billy Jean King, and teaching pro Dennis Van Der Meer. Helped Julie Anthony of the original Philadelphia Freedoms.
- Captain and Number One player of collegiate tennis team at Franklin and Marshall College in 1961; honored as Athlete of the Year 1961.
- Winner of Martin's Dam Tennis Club

men's singles, men's doubles, and mixed doubles championships in three different decades; in more than 10 years, never lost match with one partner in A-team mixed doubles, having played every position.

- Built, owned, and operated an indoor tennis club
- Served as teaching professional, tennis director, tennis consultant, and pro shop owner for several indoor tennis facilities; taught Tennis America franchise at Villanova University
- Won Member-Guest tournaments at various local country clubs, including Waynesborough Country Club on three occasions.
- Coordinator, player, and multiple times doubles winner of Philadelphia Lawn Tennis Association grass court tournament, Martin's Dam Division
- Participated in National and International tournaments. Advanced to quarterfinals in Men's 45 and 55 doubles competition; qualified for and participated in International Tennis Federation World Championships.

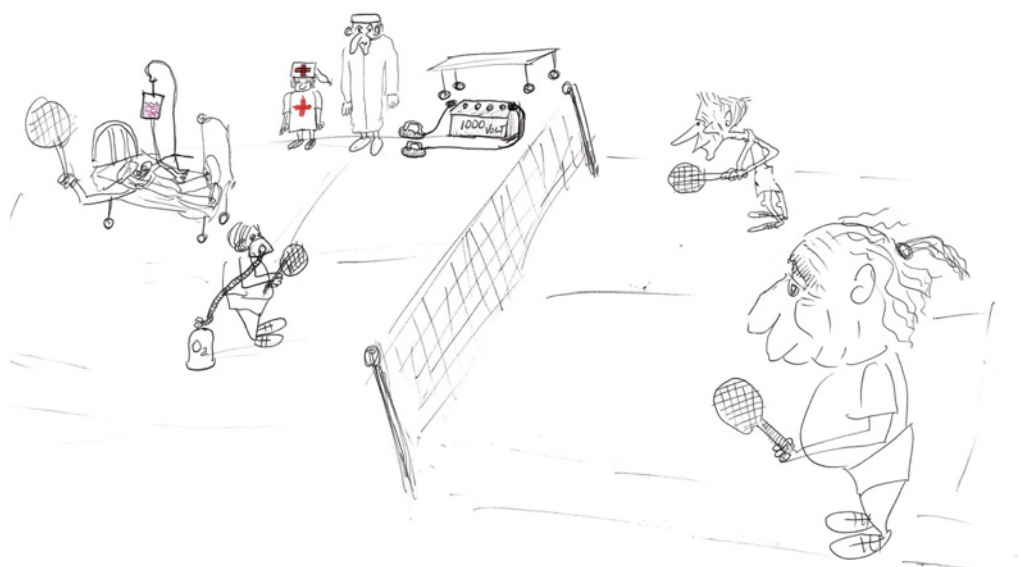
*Photo: Julian Krinsky (L) and Charlie Freeman (R)—still great friends after so many years.*

### 3. SHADOWING

Perform shadow movements for all tennis strokes to stimulate your nervous system and mentally prepare you for your upcoming match or practice session.

### 4. POST-PLAY COOL DOWN

Perform a light cardio cool-down with some static stretching immediately following your tennis session. Light jogging and mini-tennis is a great way to bring your heart rate and breathing rate down. Perform each static stretch for 15-30 seconds and repeat 2-3 times per muscle group to improve flexibility and prevent tightness and soreness. Pay extra attention to areas of the body that are noticeably tight. Utilize a foam roller when you get home to self-massage any sore spots.



*Will, from the Gulph Mills front desk, loves to draw. You may have seen some of his cartoons floating around the club. This one is called "Tennis, A Sport for Life." We'll let you guess which court this is!*

For more articles and tips, visit [gulphmillstennis.com](http://gulphmillstennis.com) or [narberhtennis.com](http://narberhtennis.com)



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# SMASH HITS

# RANKINGS

## 10 & Under Orange Dot Round Robin 2.17.14

**Marton Szabo** Group 1 Winner  
**Ian Lee** Group 1 Runner up  
**Ellie Ward** Group 2 Winner  
**Ali Mikhail** Group 2 Runner up

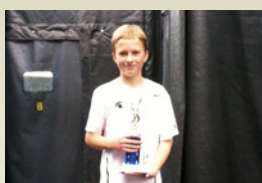
**Congratulation to Niels Terwiesch, who was the runner up in the USTA 12 & Under, Healthplex tournament. 2.2.14**

## Winners & Runners up for the 10 & Under Red Ball Round Robin 1.25.14

Savina Copas, Ava Berman, Blake Berman and Mark Lancaster, Coach Nausher Khairi

## Steve Szabo

Narberth Tennis Pro, Ranked #1 in USTA Mens 35 singles Philadelphia district



**Priya Aravindhan #10** Girls 12 & Under (Philadelphia District)

**Jack Arnold #74** Boys 16 & Under (Philadelphia District)

**Matthieu Benoit-Cattin #51** Boys 12 & Under (Philadelphia District)

**Julius Golz #24** Boys 14 & Under (Philadelphia District)

**Niklas Golz #31** Boys 14 & Under (Philadelphia District)

**Ayo Maja #1** Boys 18 & Under (Philadelphia District)

**Jaden Mayer #58** Boys 12 & Under (Philadelphia District)

**Piyush Pilarsetti #89** Boys 16 & Under (Philadelphia District)

**Cahlin Pragada #51** Boys 14 & Under (Philadelphia District)

**Johnny Wu #1** Boys 18 & Under (Middle States)



### Top Row:

**(L)** Sally Odell, Sue Dorn, Helene Gallagher and Sue George.

**(R)** Julian congratulates Stanislas Wawrinka after he wins the Australian Open.

### Middle Row:

**(L)** Sophia Bobrin and Maggie Mirsky posing before their 8 and Under Tennis Clinic.

**(R)** 7-time Grand Slam winner and former #1 player in the world Mats Wilander at Gulph Mills

**Bottom Row:** Arvind, Birgit Golz and her parents from Germany.

# SPECIALS

As a player at Gulph Mills or Narberth, your family receives **20% off select JKCP summer day camps.** Enter code: TGD14 when applying.

## Adult Beginner Clinic

For new players at Gulph Mills. Every Thursday starting March 13th from 8pm – 9pm. 6 week clinic for \$60 per person.

## FREE 1/2 Hour 8 and Under Clinic

Redeem coupon at Gulph Mills Tennis Club or Narberth Tennis Club. Limit one per customer.

WEB14

