

**WILANDER  
ON  
WHEELS  
presents...**

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**DISCUSSING PLAYER  
DEVELOPMENT**



**WILANDER ON WHEELS**



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# INTRODUCTION

**Welcome to WOW’s second eBook entitled: *Discussing Player Development*.** We must preface this document by stating that what is outlined below is merely our opinion. There are many ways to become a professional tennis player and no concrete “blue prints” exist to guarantee success. Each player will enjoy his or her own unique journey to the sport. In WOW’s opinion, the most important aspect to becoming a tennis professional is to respect the game and what it offers while allowing it to also mold you into becoming a better person. The majority of this eBook is directed towards the junior player and their parents. It is our hope that parents who read this will try to instill into their child certain traits and mentalities that embody ideals that we at WOW believe help make the world a better place. That is not to say that what is stated below cannot be applied to the “senior” generation. All of our tips and suggestions can be applied to help any player improve. The following are our beliefs and only our beliefs. Hopefully this eBook will not only help your child’s game grow, but also aid their character and persona by developing positive habits that could help to propel them to a successful tennis career!

We here at WOW want to thank you again for the continued support of what it is we do! Without you we would not exist and we truly appreciate all of you!

For the last four years Mats Wilander, former World #1 tennis player and winner of 7 Grand Slam Championships, and Cameron Lickle, a Naval Academy graduate and 2003 Inductee to the USNA Sports Hall of Fame have been traveling the World, bringing the fantasy of hitting with a former World #1 to people’s backyards! We have taught more than 6000 participants and worked with players of all ages and ability. We have witnessed varying styles of parenting techniques along with a plethora of different attitudes displayed by juniors. Every parent is always interested in how to support their son or daughter in their pursuit of a tennis career.



MATS AND CAMERON AT AN AUTOGRAPH SIGNING, DECEMBER 2010. (PHOTO BY TIM BROWN)



CAMERON WITH WOW RV2 AT A PRIVATE RESIDENCE BURLINGTON, VT. AUGUST 2013. (PHOTO BY TIM BROWN)

The following eBook *Discussing Player Development* will help answer those questions along with offering our thoughts on certain mental approaches we feel that your child prodigy should maintain.

Thanks again for your support in WOW and please do not hesitate to reach out anytime for any reason at [wow@wilanderonwheels.com](mailto:wow@wilanderonwheels.com)... especially if it is tennis related. Enjoy!!!!





# MATS QUOTES

- 1) Tennis, in its simplest form, is problem solving.
- 2) We cannot instill passion into anyone. Passion has to come from within.
- 3) Some kids are just MORE hungry than others.
- 4) Parents and coaches alike are performing a great disservice to our youth by placing so much emphasis on winning.
- 5) You cannot be thinking or physically pacing yourself while you are young.
- 6) A goal, a realistic goal (for any junior playing tennis) would be to gain a college scholarship to a Division 1 institution.
- 7) You only have to play your opponent the right way and hope that they play you the wrong way.
- 8) Depth is not necessarily how deep you hit the ball but rather how far back your opponent has to strike the ball from the baseline.
- 9) Tennis is not about hitting winners but more about trying to draw the error.
- 10) There is nothing more beautiful to watch than the "one stroke choke."
- 11) The day you walk onto a court over confident and without a plan is the day you must re-evaluate your approach to the game.
- 12) When athleticism is evenly matched, it is what occurs in



MATS GIVING A SPEECH AT BAY HEAD YACHT CLUB, BAY HEAD, NJ, JUNE 2011.

(PHOTO COURTESY BAY HEAD YACHT CLUB)

- the mind that is most important.
- 13) The limiting factor is what holds any player back. It is finding your opponents limiting factor that will propel you to victory.
  - 14) Realize that there is always a hole somewhere in your opponent's game and make it your mission to find it.
  - 15) Play as your personality dictates and then grow your game from there.
  - 16) What is most important is that tennis is not about winning the last point but more about solving the problem.
  - 17) If you lack the mindset to suffer through problem solving you most probably will never be able to reach your full potential.
  - 18) Tennis is less about yourself and more about the other person.
  - 19) If you find much success as a junior, do not stop developing. Some coaches will think to not change anything because this is how you are winning. They will only try to improve your strengths and not improve your weakness.
  - 20) As you and your game grow, strengths are not enough.
  - 21) Every junior should be rooting for his peers to succeed.
  - 22) Always believe your best achievement is ahead of you.
  - 23) Too much is much worse than not enough.
  - 24) The most important thing for your junior to know is that your love as a parent is unconditional, win or lose!

# CAN THEY MAKE IT

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## “DO YOU THINK MY SON OR DAUGHTER CAN ‘MAKE IT’ IN THE SPORT?”

First, we at WOW never like to be the judge as to whether your son or daughter has a chance to ‘make it’ in the sport of tennis. Each player’s version of ‘making it’ might mean something different. To one ‘making it’ may be winning a round of qualifiers. To another it might be ‘making it’ into the top 500, and yet to another it may be to earn just one ATP point. Tennis, in the early stages of a career, can and should be used to ensure your child “makes it” in life. Tennis will teach your junior honesty, fair play, camaraderie, sportsmanship, teamwork, integrity, manners, passion, discipline and a good work ethic. All traits that can be utilized for the remainder of their lives. If a junior is not developing these qualities while on the tennis court, then you probably already know whether your child can “make it.”



MATS BEING HONORED WITH ALL FORMER WORLD NO #1s.  
WALDORF ASTORIA, NY. AUGUST 2013.

(PHOTO BY TIM BROWN)

**JUNIOR DEVELOPMENT:** Many are concerned with the future of tennis in the United States and wonder why we are not able to produce “winners” or “Champions?” The next few pages discuss why we believe tennis has struggled and the pitfalls to avoid potentially contributing to the problem.

In our experience, we have seen that juniors with higher living standards just do not have comparable hunger to juniors who grow up in ‘lesser’ environments around the globe. Juniors who experience and live through life altering issues are transformed into young adults by working to find answers to their problems. It could be anything from financial challenges to having to share a bed with your two brothers. Regardless the struggle, the outcome is a hungrier junior with an “I would rather eat than starve” mentality. **Tennis, in its simplest form, is problem solving.** If you are unable to solve problems in life, then there is no chance a player can navigate through problems on the tennis court. The worst thing we can do for our juniors is to make their path to tennis too easy. It does a great disservice to the development of any junior by making their journey so clear that they need not worry about anything except for tennis. If the path is easily laid out to becoming a professional player, has that player really succeeded when this outcome is achieved and is already expected? You want your junior to have to fight and claw their way to becoming recognized, earn the accolades they receive and be rewarded for proper performance along the way. They must not fear failure or feel the pressure of failure. Sometimes, when the path is too clear it is actually harder to remain focused.

For example, when you are raised with the best facilities, best clubs, best shoes, clothes and equipment, you must remain appreciative because you are extremely fortunate. What you do not experience are the stressors of everyday hardships, thus never evoking the ‘gun to my head’ mantra. This mantra evokes passion and passion for learning is everything!





## CAN THEY MAKE IT

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As long as there is a passion for learning anyone can improve. You cannot be hungry when you have everything. There is just not enough room for passion and **we cannot instill passion into anyone. Passion has to come from within.** Whether you can win or not is entirely up to the individual. You may believe you know your child, but you will never fully know how passionate they truly are about improving and winning.

In most cases, if you are hungrier to “get out of the house and find success,” you will find a way to accomplish this feat. **Some kids are just MORE hungry than others.**

Additionally, we believe dreams are much bigger for hungrier kids than goals. Sports tend to have a much stronger influence on culture in lesser parts of the world than in the U.S. overall. Most children in second and third world countries play at least two or three sports during their youth. In first world countries, we have children focusing on one sport at the tender age of six. It is much more apparent to the “privileged” youth that they play a sport for the hopes of becoming a professional athlete. In other parts of the world, the idea of becoming a professional comes to fruition much later in life. Less pressure, less pressure-less stress, bigger accomplishments.

We must therefore focus our attention on elements we can control. More privileged youths should be able to play smarter and be more technical as players. These are the tangibles that can potentially give a not so hungry player an edge over another who is the opposite. Use imagination and focus more on technique. We have to have a better attitude, be stronger physically and use our technology to gain the advantage. Since we have everything, we must use and exploit everything. Allow our youth to develop into young adults and care for them only when they need tending to, not all the time. This is a tough lesson to follow as a loving parent, allow them to fail, which in turn will help them to succeed!

Additionally, do not throw all juniors together, a la *HUNGER GAMES*, to see who prevails as the victor. As a coach, you must bring out the individual in each player and cater to their individual feelings and emotions. No script exists that every player must adhere to. From day to day, each junior’s schedule may need to be adjusted. One player may need to play fewer hours. Another may need to play with someone who is “a whiner.” If a junior is demonstrating poor sportsmanship and behavior, make him play with someone who is his equal. If a player is not trying hard, make him play against another who tries even less. This will give both players an opportunity to see their mirror reflection. Another who is trying hard, has a good attitude and is well-mannered can be rewarded by practicing with another who is equally as positive, supports their opponent, helps them out, laughs all the way through and enjoys the experience just the same.



MATS IN PLAYERS LOCKER ROOM PRIOR TO MATCH DELRAY BEACH ITC TOURNAMENT. DELRAY BEACH, FL. FEBRUARY 2014. (PHOTO BY TIM BROWN)

## CAN THEY MAKE IT

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Be careful to not take away your child's strength by sending them away to an academy. To clarify, if your child's strength in life is having friends and he or she is being selected to serve in leadership positions, it is not only because they may be the best player or athlete but rather because they are the person who is most positive, which is contagious. Why would you jeopardize having your junior lose their strength by removing them from a great home environment and having them "dorm" or live with another 14 year old, limiting their social growth? You should never risk taking your child's strength away.

In 1988, I was #1 in the world and believed I would never get tired. I was as quick as everyone. I was also as strong as everyone, even though I was not as big. Most importantly, I always believed I would never miss... EVER. I won 3 out of 4 Majors and made 5 out of the last 8 Grand Slam Finals. I remember thinking, "I need a little more power. How do I get that?" I made the decision after winning the US Open in 1988 to change racquets. 'Why,' you ask? I believed that since my strength was not missing, and that I would never miss no matter what swing I took, I could "cheat" by gaining "free power" utilizing a bigger racquet. But suddenly I had lost my strength. I was missing. I did have more power, but I had lost what had brought me my success. I won two more tournaments after my US Open victory in 1988 (small ones) and I was done. I lost my confidence along with my strength.

With all that said, we ask you to think hard about removing a child from their home when their home life is great, parents are great, siblings are great and he or she is happy and enjoying tennis. When a junior is happy and enjoying tennis this means they are learning. Do not remove them from their comfort zone. Do not just throw them into the fire and believe that they will hold onto all the stability, mentally and emotionally, while still trying to become a tennis player at an academy. That is a crazy risk. You might and they might lose everything.

Many Russian girls migrate to the U.S. to play at our tennis academies. It is okay to attend an academy when "your hungry and your eyes are big." A junior who has those characteristics wants to be there. They need to be there. In some instances, an academy offers a better life than what some juniors have been accustomed to. Often these kids come to the academies to play and they become good players. Western world kids most of the time do not. We would suggest, in most instances in the U.S., to have a junior maintain a rigorous training program at home while still allowing he or she to grow as a human being.

We are not completely trashing academies, but we do not believe in the majority of them. We believe academies often stunt a junior's growth and ability to grow into an overall well rounded person. When tennis is life, a child's personality stops growing in some regard. Anyone and everyone can teach you to become a tennis player, but what happens when that day is over or never arrives. No one is there to help you with the transition into ordinary civilian life or corporate America. People skills, teamwork, education are all key elements that tennis never teaches anyone is not true; with a good attitude you will learn all key elements to life on a tennis court... apart from an academic education. I was lucky in that I won enough to be able to make a lifetime career of tennis. I am one of the rare few.

Some tennis academies we believe still do things well. In an effort to not promote one more than another we will refrain from listing names, however a few academies do a remarkably better job than others. They focus on the student: their manners, their work ethic, their demeanor, their spirit, and their growth first with tennis a close second. These are the academies you should consider.





# EMULATION

**The best athletes will always try to follow in their hero's footsteps!** As a junior, I watched Bjorn Borg play and remember trying to emulate his life and style. His influence in Sweden drew me and many friends to play tennis. Yes he was a great Champion, but more importantly he was a real person – he was “normal”. It is easy to follow in someone's footsteps if you can relate to them. Bjorn's success spurred an influx of Swede tennis players, to the degree that for one week in 1986 five of the top 10 players in the world were Swedish.

Role models have to emerge for a sport to thrive in any country. These role models must not only be great champions but also world-class individuals. Just because you achieve a World #1 ranking does not necessarily make you a role model. You might not be famous enough or a big enough Champion to convince kids to choose tennis over other sports. A child must initially be drawn to a sport, and more often than not it is then that their hero or “role model” influences them to pick tennis over another. John McEnroe is obviously a great

tennis player and an unbelievable fighter, but the style he played with was nearly impossible to imitate. Although he was hard to imitate, he carried Americas torch because he was a winner and a champion. Jimmy Connors did as well. These two men influenced other greats like Andre and Pete, who were as basic as they come (with the exception of Pete's serve). Andre was simply a great ball striker and just a cool guy. Kids wanted to be like him. Andre and Pete influenced the



MATS AND BJORN BORG, BOSTON MA. JUNE 2011.



MATS WITH ROGER FEDERER FLUSHING MEADOWS, NY. AUG 2013. (PHOTO BY TIM BROWN)



MATS WITH IVAN LENDL AND BORIS BECKER. FLUSHING MEADOWS, NY. SEPTEMBER 2012. (PHOTO BY TIM BROWN)



MATS WITH RAFAEL NADAL FLUSHING MEADOWS, NY. AUG 2013. (PHOTO BY TIM BROWN)



MATS AND JOHN MCENROE ON THE AVENUE. DELRAY BEACH, FL. FEB 2011. (PHOTO COURTESY YELLOWTENNISBALL.COM)





## EMULATION

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rising of James Blake and Andy Roddick. Andy blazed a path at the beginning of his career and served as a great inspiration to children if they had already chosen tennis. The bigger names: Agassi, Sampras, McEnroe, Connors, Borg, Lendl, Becker, Edberg, Federer and Nadal, make the choice to play tennis easy for kids. America, unfortunately, has not recently had that one “role model” who has influenced the best athletes to choose tennis over other sports. No matter what sport the best athletes choose, they will be successful. We just need them to choose tennis.

How do we get out of this predicament and create great tennis players for the future?

**REDUCE THE PRESSURE:** Why do we send our youth to school? They are not learning mathematics in order to become a professor. Instead, they are learning arithmetic so that they will one day be able to pay bills and balance a checkbook. We teach them universal skills and tools to be able to thrive in the world.

Playing tennis as a junior is no different. You are playing to not only learn the sport but to gain a sporting education. The pressure we place upon our youth to win coupled with the goal of becoming a professional tennis player is nearly unbearable. **Parents and coaches alike are performing a great disservice to our youth by placing so much emphasis upon winning.** With such pressure, there is no chance a junior will enjoy the sport for what it fully offers (as mentioned above). Instead allow our juniors the opportunity to grow as human beings and make it clear that learning to become a tennis player is an ancillary benefit.



MARIE-PIER THIFFAULT WITH MATS SHARING A LAUGH AT CLUB DE TENNIS AND SQUASH MONTCALM INC. QUEBEC CITY, CANADA. AUG 2013.

(PHOTO COURTESY TJERK BARTLEMA)



EVELINE LEPINAY AND CAMERON SHARING A LAUGH AT CLUB DE TENNIS AND SQUASH MONTCALM INC. QUEBEC CITY, CANADA. AUG 2013.

(PHOTO COURTESY TJERK BARTLEMA)

Juniors must have fun with tennis. If a junior has fun playing our sport, the sport will last them a lifetime. After all, a lifelong love for the sport is the end goal. For some reason, in tennis, we feel that we must set and reach a goal to be a great player. Goals can vary and are so personal for different people. It is hard to establish goals for anyone. Instead make the goal to learn, keep learning and then learn some more. Discover what makes the junior smile while on the tennis court and feed into this positive emotion!

# TRAITS A JUNIOR SHOULD MAINTAIN

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Although maintaining an individual identity while on a tennis court is a must, we believe there are certain characteristics and traits that each junior should embrace. Some traits are focused upon the approach they should have towards the sport. Others deal with character. The character traits listed are not polite suggestions, but a code rather that we believe every male and female athlete of every ability, style and upbringing can and should adhere to. If not, they will one day find themselves hating the game or find themselves hated by many.

**SHORT TERM GOALS:** As a junior you have the luxury of concentrating on your “short term” goals. You need to focus on “how good can you be today,” not how good you will be in one year. Wake up each day with the mission to give your time on the court every ounce of energy and complete focus! Punish yourself in morning practice, eat a strong lunch, punish yourself again in the afternoon and then eat a proper dinner. Wake up and do it again tomorrow. **You cannot be thinking or physically pacing yourself while you are young.** You are young, you recover quickly-this is the beauty of youth! Go hard all the time (within a proper training regiment) until you despise it and then alter the regime. Realize that once you turn professional, your goals will switch to long term ones. If you are adamant about setting a long-term goal for yourself, **a goal, a realistic goal would be to attain a Division I scholarship.** This goal is more attainable and realistic than garnering top 500 in the world honors. A “realistic goal” offers you an opportunity to strive to become the best player you can be. The goal of becoming a professional tennis player has too many dips and valleys that could derail you from simply trying to improve.



CAMERON WITH NAVAL ACADEMY TENNIS TEAM AND COACH JOHN OFFICER. US NAVAL ACADEMY. ANNAPOLIS, MD. OCT 2012.

(PHOTO BY TIM BROWN)



MAX KURBAN OF HALLBROOK COUNTRY CLUB GOING AS HARD AS POSSIBLE DURING A WOW TRAINING SESSION AT HALLBROOK CC. LEAWOOD, KS. MAY 2013.



# MENTAL APPROACH AND THOUGHT

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**A) SELF AWARE:** While “drilling”, it is very important to be self-aware. Always take notice of your technique while training. This will help you acknowledge why a stroke may or may not be working from one day to the next. When strokes have gone amiss, you can and should always revert back to the basics until you have found yourself back into a rhythm. This cognitive practice keeps you from developing bad habits that eventually become impossible to change.

Having a firm foundation built from proper technique will grant you great dividends that will be noticed later in your career. As your game grows, having good fundamentals will allow you to easily detect a flaw or potential weakness in your opponent’s game. I always learned by watching my opponent. The smarter you become as a player, the less you focus on your own strokes and the more you should watch your opponent. If you have learned proper technique, you will have given yourself a massive edge against all of those who have not.

**B) MINDSET:** Remember you only have to play your opponent not the entire draw! Also realize that when you play your opponent, you do not have to necessarily always play your best. **You only have to play your opponent the right way and hope that they play you the wrong way.** You do not have to shoot the lower score as in golf. The only challenge you have is to find your opponents weakness. There should be no stress in doing that!

**C) TUNNEL VISION:** Do not get ahead of yourself while playing competitive tournaments. You should never think about winning and all the accolades that come with it. If any professional ever states they are thinking about winning, the truth is being stretched. Most often, a professional only thinks of how and what they must do to defeat their next opponent. Very rarely do you get ahead of yourself as a professional. Never did I think what would happen if I won a match. In fact, the night before the finals of the French Open in 1982, I transcribed my runner up speech. Nothing happens when you win if you do not allow it. When I won my first French Open at 17, nothing changed. I was still the youngest on the Swedish National Team. I was still harassed by my teammates. I still had to carry balls. Yes there was more attention from the outside world and media, but I never hired bodyguards or tried to draw unnecessary attention to myself. Winning should give you the confidence to believe you can overcome any opponent.

**D) FOCUS:** Nothing besides tennis should enter your mind while practicing or playing. I hope, that in all my travels with WOW, I can evoke in just one person the same mental transformation that occurs to me while on a tennis court. When I step foot on the court I think of nothing except tennis. What can I do better? How I can improve? Can I hit more of an angle? These are questions that I continuously ask myself. The trials and tribulations of daily life dissipate. Whatever it is that distracts you as a player, admit there is a distraction and eliminate it. It could be something simple such as checking your phone during training timeouts. Something can always be on your mind if you allow it. Maintain mental discipline.



KAJSA GEDLITSCHKA (AGE 13)  
FOCUSED SOLELY ON TENNIS  
AT RIVERCHASE COUNTRY  
CLUB, RIVERCHASE, AL. MAY  
2013.

(PHOTO BY  
TIM BROWN)

# SCULPTING THE MIND OF A JUNIOR

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**A) BELIEVE: COMMIT 100% to the decisions you make.** Advanced players have a tendency to “feel” when a certain shot will work. For example, when a player “feels” that a flat first-serve miss may be coming, he or she will most often never go against their gut. That player will spin their serve in and commit to their decision 100%. A weaker player might “feel” a miss coming and think they should “spin-in” a first serve but are not fully committed to that decision. That player will then miss this safe first serve as a result of being reluctant to follow their gut. During a match, a player will make thousands of choices and decisions. It is not about making the right choice, but committing to the choice you have made and producing the best outcome possible. For better or worse, a junior must develop a belief, trust in their game and never waiver in confidence!



CAMERON ATTEMPTING TO SCULPT THE MIND OF JUNIOR PRODIGY DANIEL LEVINE. BOCA RATON, FL. FEB 2014.

(PHOTO COURTESY ANNE LEVINE)

**B) Depth: Depth is not measured by how deep your shot lands onto the opposing side**

**but rather how far back your opponent must strike their shot.** If you watch Rafa play, the majority of his balls land at the service line. They have so much spin that it is as effective as hitting the ball deep. Play your game and mold it to what creates depth for you.

**C) PLAY TO THE SITUATION:** To reiterate what we said above, as a junior, realize you do not have to play better than your opponent but that you only have to play your opponent the right way. Play to the level that is necessary for each situation. Think “I am going to find a way to play you and I am going to make you worse.” You must believe that **tennis is not about hitting winners but more about trying to draw the error.** Play your opponents weakness. Dig a grave for your opponent. Peck-peck-peck all day until you produce the negative action you are trying to draw out. Have you ever heard of the “one stroke choke?” **There is nothing more beautiful than to watch it happen** across the net. When it begins, be relentless! With that said, be careful to not just attack your opponents weakness all the time! This tactic is discussed in our prior eBook: *How to Be The Best Player You Can Be*, where predictability and unpredictability are both good and bad depending upon the situation.



## SCULPTING THE MIND OF A JUNIOR

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The weaker player on court most often is not as confident and will almost always try to play their most comfortable game, never willing to adapt and exit their comfort zone. In this case, the “underdog” must play every match really well to be victorious. If you are the stronger player, your mindset should not be “I have to play well” but only to try and make your opponent worse. The top four men in the world are happy to play the same from day-to-day. They are very secure with their game. However, they are always attempting to make their opponent worse so they are not forced to take chances. It is what Djokovic and Murray are doing today. They think “lets go for three hours and see what plays out.” You can be the weaker player and make your opponent worse by adapting to the situation and doing what is right all the time. Do not play to their level but play to what is right for the moment. If your opponent is “in the zone,” do not hit yourself out of the match. Stay the course. Play through his momentum. Hold on long enough as your opponent will eventually give you an opportunity. Be prepared to seize it.

**D) PLAN OF ATTACK: The day you walk onto a court over confident and without a plan is the day you must re-evaluate your approach to the game.** I once went into a match with no plan and was over confident in the early rounds at the French Open in 1983. I felt as though I would walk over my opponent, as I was the defending Champion. I suddenly realized in the middle of the match that I needed to come up with a plan very quickly. I did win the match but was extremely lucky to have pulled through. Your strategic plan must be in place before you step onto the court! If you have never seen your opponent play and lack a scouting report, from the first ball struck in warm-up, begin calculating and devising a plan that might cause your opponent to capitulate. How does his forehand look? Does he move his feet during a volley? If your mentality is to “just go out and play, and things will be all right” you had better hope you play well. If not, you will find yourself in trouble.

**E) SOMETIMES IT’S GOOD TO BE ON THE BOTTOM.** This is stated in WOW’s first eBook *How To Be The Best Player You Can Be*, but we feel it important enough to state again. Not just in tennis but in life, sometimes it is good to be on the bottom. This is when your victories and your triumphs feel most sweet! It is when you are at the bottom that you discover how strong you are as a person and as a warrior. To me, losing and learning are the same word. They mean the same thing. When I have lost, not only in tennis but in life, I have learned much more from defeat than I ever have from victory. The best match I have ever played must have been one that I lost. My best match cannot be one of victory merely because I have no idea how much better I could have performed. In a match that I have lost, I have been pushed to my utmost limit and have done everything physically and mentally possible!

**F) CONFIDENCE:** Every time I played, I maintained confidence that I would eventually solve the problem. **When athleticism is evenly matched, it is what occurs in the mind that is most important.** Whether I prevailed at the end or not is irrelevant. It was a matter of giving myself the best chance to win by believing I could overcome any obstacle.



WOW'S FIRST EBOOK ENTITLED *HOW TO BE THE BEST PLAYER YOU CAN BE* MAY BE FOUND AT [WWW.WILANDERONWHEELS.COM](http://WWW.WILANDERONWHEELS.COM)

# HOW TO PROPERLY DEVELOP YOUR INDIVIDUAL STYLE OF PLAY

**A) Limiting factor: The limiting factor is what holds any player back!** Know your game. Can you slice? Can you spin it high? Can you hit a drop shot? **Realize that there is always a hole somewhere in your opponent's game and make it your mission to find it.** Do everything within your power to try and conceal yours. Tennis is always about finding the other guys weakness. The player with less limiting factors will be the victor. Ensure you know your game and try to fill in any and all holes you may have!

**B) PERSONALITY:** Today's youth are raised to play in a uniform manner. We disagree with this. Your style of play must be developed through your own unique personality. **Play as your personality dictates and then grow your game from there.** If your natural tendency is to grind points from the baseline, do not try and play like Del Potro and hit through players. If you have a big game and are a big guy, do not try and rally from the baseline like Chang. Not everyone is born to run around and hit forehands for three hours and think that is really fun. Learn how to play any style and when necessary utilize different tactics.

**C) MINIMIZE YOUR DIPS:** Better players do not have as many dips over the course of a match. Minimize your dips by being cognizant when they are about to occur. If you find yourself losing mental focus and missing shots, take a moment to collect yourself. When I conduct clinics for WOW I hear participants say "holy smokes you never miss!" Fact of the matter, I do miss, but I just never show that I have. A miss will never "take me down." Granted I do not miss much, but if I miss one in fifty why would or should I ever react to what occurs 2% of the time? Instead, I choose to react to the 49-50 shots I have made. If you find yourself reacting to a miss, it is all right to do so, so long as you react as positively to the one you made. For some reason players always react to the bad stuff not the good stuff!

**D) MOVEMENT:** Move....Move....Move.... I have no idea what you think as a player but moving your feet during live play and practice continuously is crucial! Moving your feet prior to returning a serve, prior to serving, in between points, and coming to a short ball. Do not be insecure about bouncing around the court. By being on your toes, you could give yourself another .25-.5 seconds to retrieve a ball. When a tennis court (singles) is only 27 feet wide (9 yards) and 39 feet long (13 yards), .25 seconds is a massive amount of time. How fast do you run a 20-yard dash?



CAMERON GETTING THE JUNIORS OF WINCHESTER COUNTRY CLUB TO MOVE! WINCHESTER, VA. MAY 2012. (PHOTO BY TIM BROWN)

**E) ENERGY:** Learn how to "kick start" your own energy. Have you ever watched Roddick or Federer serve? They walk directly to the baseline and with no hesitation... serve. They "kick-start" their own energy. When you are feeling down it is important to have a method to get yourself up. This jump-start should happen with tennis energy not mental energy. Too often, once juniors are feeling defeated, they remain defeated and dig themselves into the ground. They need to have a method to dig themselves from the proverbial grave. Find a method of movement that can "jazz you" and add it to your repertoire. Whether it be bouncing on your toes prior to commencing a point, or making yourself take twice as many steps prior to hitting forehands. Do whatever is most comfortable for you, but ensure whatever it is that you do gets YOU going!



# SCULPTING A JUNIORS PERSPECTIVE: HOW TO PROPERLY LOOK AT NEGATIVE EVENTS

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**A) PROBLEM SOLVING: What is most important is that tennis is not about winning the last point but more about solving the problem.** If you solve the problem, you walk away a winner not only in tennis, but in life. The best players in the world are those who have the best answers to the question: what is my opponent doing? Being prepared and knowing, “if your doing this, then I am going to do this.” The guy who has the most answers wins, which means you solved the problem.

If you suffer a loss, you always want to be closing the gap towards the end of a match. If you are victorious, you want to extend the distance between you and your opponent. There are two victories for me in a tennis match. Winning a tennis match (both victories) for me is a score of 7-6, 6-1. I have extended the lead and have mastered the problem at hand. Winning (only one victory albeit the better of the two) in a match for me is a score of 6-1, 7-6. To me, my opponent was close to solving the problem. He closed the gap. I was lucky to be victorious to some extent. If I lost a match 1-6, 6-7, I would take a moral victory from this (one victory). I would feel confident in my loss and be prepared to face my opponent the next time around! A loss like this should do nothing but improve your confidence. Try not to ever lose 4-6, 0-6 as you will have lost twice!

**If you lack the mindset to suffer through problem solving, you most probably will never be able to reach your full potential** and will never become a professional athlete. A professional athlete is always working through problems. If you can solve problems, you can be successful at anything.

**B) ADAPTATION: I teach that tennis is about adapting to the situation. Tennis is less about yourself and more about the other person.** As a player, if you make it more about adapting to the situation, there is less of a chance you will ever become disappointed in your performance. I cringe when a player who is not “that great” leaves a court disappointed and muttering that they played “horribly.” This should never happen. I have never had this type of reaction nor have most professionals. We are all always adapting to the style of our opponent. Tennis, as in life, is about reacting to a situation and making what you believe to be the right choice or decision at that moment. If you leave the court after two hours disappointed in your play because your “tight and nervous,” you have to understand why you were tight and nervous. More often than not, being “tight and nervous” results from having expectations. Then you are not allowed to come out and be relaxed and have expectations. You cannot ask for both. It does not work for anyone. Federer may look like he is relaxed but he is actually just playing great while tight as a drum. When he is loose, he feels better but he does not play as well. You cannot come out and hit the ball well in warm-up, play well and feel good until 3-3 but then start playing bad and feel horrible about losing. Those two emotions are not cut from the same cloth. You cannot change your mindset.



MATS AND ROGER FEDERER.  
AUSTRALIAN OPEN, 2011.

(PHOTO COURTESY EUROSPORT AND  
PERRY VAN DER SLINK)

# HOW TO GROW INTO AN ADULT PLAYER

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**A) BE HUMBLE: You have been playing tennis for less than 10 years.** Realize you are far from perfecting your craft. The sport of tennis is bigger than me, bigger than you, bigger than any one player. Tennis will survive far longer than any of us. You must always show respect for our sport. When you play, “a little” negative emotion is acceptable. You have not earned the right, however, to show a *lot* of negative emotion. If you complain about missing shots, then you must show an equal amount of exuberance for performing well. It is all right to get angry and upset, but do it in a manner that represents you and your family in a positive light. Do not make it about life or death. Do not become depressed that you lost. Do not cry. Do not pout. Tennis can only make you stronger. When you play the sport that you love, you need to try and become the best that you can be. That is it.

**B) PLAY WITH ANYONE ANYTIME ANYWHERE:** You have not played tennis long enough to choose who you should or should not play or practice against. You can gain something from everyone. What to do if your practice partner is a weaker player? Do not hit shots that will not be returned. The idea when you practice is to hit as many balls as possible. What good would it do if you continually hit your weak partner un-returnable balls? Will that make you feel good? No. You will think your time on court was a complete waste and only have yourself to blame. Use this as an opportunity to groove your shots, practice your feel, practice shots you normally would never hit. Use this opportunity to practice your resolve! “I will not miss once in the next half hour” should be challenges you give yourself. Every opportunity to hit a tennis ball is a good one! As well, play with as many adults as you can. They will overpower you, they will intimidate you and they will humble you. Experience those feelings.



MATS AND CAMERON HITTING ON THE HARD SAND OF MRYTLE BEACH, SC. OCT 2011.

(PHOTO BY TIM BROWN)

**C) DEVELOPMENT:** Always continue developing as a player. **If you find success as a junior never allow your coach “to not change anything.”** Many coaches will be hesitant to play with a winning formula. The formula that wins at 12 years old will not win when you are 18. Coaches, many times, will only try to improve a player’s strengths. As a junior, you must ensure that you continually improve your weakness and be willing to suffer a few losses while trying to develop your overall game.

I understand if you suffer losses your junior ranking might drop (potentially). This could effect your invitations



## HOW TO GROW INTO AN ADULT PLAYER

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to bigger tournaments (for now). I also understand to attain a reasonable goal of a Division 1 scholarship you must have and maintain a ranking. This might come across as counterintuitive but you, as a junior, cannot be a ranking based player. Just as in business, where you have to spend money to make money, you have to lose a few matches to win more in the future. **As you and your game grow, strengths are not enough.** You cannot win by playing your best game. You have to win by not playing your worst game too. As a junior, you will never surpass certain levels if you are not willing to continue to grow and advance as a player.

D) Never stop learning. Federer, Nadal, Serena, Djokovic - they are still learning to this day. We just do not see it. They are always thinking, "I need to get stronger or quicker, I need to hit my forehand harder" or questioning "Am I getting better or worse," or "Why, after I have won seventeen Majors, I still cannot hit my backhand?" The day you stop learning is the day you stop improving. In life, we all learn until the day we die. The same is true for tennis.



MATS TEACHING CHARLOTTE OWENSBY (AGE 7) AND JAMIE "BULLET" CORSILLO (AGE 8) AT TOP GUN TENNIS ACADEMY, BOCA RATON, FL. FEB 2011.

(PHOTO COURTESY BROCK TREGALLAS)

## E) PLAY MULTIPLE

SPORTS: The best athletes in the world are tennis players.

Nadal, Djokovic, Federer are by far the best athletes in the world (I believe). They are not necessarily the best "tennis players." You may question that statement, but for example, as far as ball striking is concerned, there are much better ball strikers than Nadal. Lucky for him, tennis is not about that. Tennis is about athleticism. Juniors can draw from other sports, which will translate to the tennis court! Just look at Rafas footwork (credit soccer); look at Murray, Djokovic and Federer - their movement and skills with their feet and hands and the way they read the game. They did not just learn that from playing tennis. Additionally, playing other sports offers the opportunity to cross train without cross training! You can jedi-mind trick yourself into working out while having fun.

F) FIND A GOOD MATE: If you are really talented and you want to be a good tennis player, you need someone to push you. Someone who shares your same inner drive and passion. If you are running up a hill willingly, you need someone to help you with technique and to motivate you to run harder and faster. Look for this mate and when you find them hold onto them closely! Be the person you would want someone to be for you!

G) REALIZE: Prepare for a long journey...but maintain your short-term goals.

Tennis is one of, if not the hardest sport to become a professional athlete. The only sports that may be more



## HOW TO GROW INTO AN ADULT PLAYER

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difficult to break through are track and field, boxing and bowling. Compare tennis to how many professional soccer players exist. Nearly every country has a soccer team. There are more than 50,000 professional soccer players. Compare that to tennis. There are roughly 1500 ranked players. Of those, only the top 300 ranked players make a healthy living. Tennis is globally known and therefore you are competing against the entire world! Here is a great article on the trials and tribulations of a professional tennis player as published in Forbes. <http://www.forbes.com/sites/miguelmorales/2013/08/26/aces-into-assets-how-michael-russell-has-made-a-profitable-career-in-the-demanding-world-of-pro-tennis/>

H) PATIENCE: To “break through”, you must have patience. It takes two or three years after initial success to break through to the top. It is much more physical today than it was in my time. You need to be willing to spend time on lower levels. Use less important tournaments as opportunities to develop different styles of play, identify different weakness and strength plays on all different surfaces. Get as strong physically and mentally as possible. Results will follow.



A GROUP OF JUNIORS WITH MATS AND CAMERON AT DARLING TENNIS CENTER PREPARING FOR THE LONG JOURNEY AHEAD. LAS VEGAS, NV. NOV 2009.

(PHOTO BY TIM BROWN)



# CHARACTER TRAITS

**A) BE RESPECTFUL:** Juniors need to understand that it is respectful to think about your teammate or opponent prior to thinking about themselves. It will help to remove the pressure of individual failures. A youth's existence is spent as an individual (How good are YOUR grades?) Teaching your child to think of



MATS AND CAMERON GREETING THE JUNIORS OF MEADOW CLUB WITH CHARLES KRUSEN MENTORING. SOUTHAMPTON, NY. AUG 2013. (PHOTO BY TIM BROWN)



CAMERON SHAKING HANDS WITH JUNIOR JACK VOLINSKY OF WINCHESTER COUNTRY CLUB. WINCHESTER, VA. MAY 2013. (PHOTO BY TIM BROWN)

others first will help them cope with their wins and losses and ebbs and dips. Their attention and focus is not based solely upon their own success on the court but that of their peers and growing together in life. Having a teammate succeed can show another junior what might be possible. What one man can do, another can do!

**B) COMRADERIE:** Every junior should be rooting for his peers to succeed, never for them to fail. Obviously your peer will be your competitor but he or she should also be your friend. I found that when I was selected to play on the Swedish National Team at 15, if I had lost and one of my teammates had won, reporters would write about their winning, not about me losing. This fact removed massive amounts of pressure. As teammates, we always helped each other. If someone noticed something awry in our game or mechanics, we were never bashful about offering our opinion upon improvement. When you grow up in a small country, as I did, we were competitors as well as friends. It was great competing with your best friends along with rooting for them to win! Rooting for your friend to fail is a sign of insecurity and if you, as a junior, have this mentality, you need to reevaluate the sport you have chosen. Use your peer's success as a form of motivation!

**C) HOW TO BE:** Always believe your best achievement is ahead of you. Be a good person. Be fair. Be honest. Respect your opponent. Treat your opponent as you would like to be treated. I always say a person's true character is revealed on the tennis court. Have respect for your opponent and enjoy getting older and the challenges that lie ahead!



JUNIORS TYLER ZAJKOWSKI AND ROBBIE COZEAN ROOTING FOR JUNIOR ASHTON HOWEY TO SUCCEED. GUILFORD RACQUET CLUB. GUILFORD, CT. AUG 2013. (PHOTO BY TIM BROWN)



# TRAINING AT A YOUNG AGE FOR JUNIORS

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From ages six through twelve ensure your child plays at least two different sports. As mentioned before, top players have all played a multitude of sports, which has translated into better footwork, tenacity and fortitude. At 6 years old, 1 hour every day (at the most) in a good youth program is what we believe to be the best use of your child's time. The worst thing for a junior is to play so much at a young age that their learning curve never improves. What is really fun to watch is a junior who has played only an hour every other day until 12 years old, suddenly begin playing for two hours each and every day. The growth is exponential. If a junior plays for two hours every day until 12, what will that junior do to improve play by the time he or she is 18? Play 8 hours each day? To give you an idea, I played for 45 minutes every other day until I was 12 apart from matches during the weekends.



MATS HITTING WITH 2 YR OLD LEOTERYAZOS AT GREENWOOD ATHLETIC CLUB. GREENWOOD VILLAGE, CO. OCT 2012.

(PHOTO COURTESY RON STEEGE)

With every two to three year growth re-evaluate your child's physicality. Watch your child's growth spurts and adapt to the situation. If suddenly your child has hit puberty at 13 and hormone levels have increased dramatically, they have gained 20 pounds, then obviously your child can handle more play. Make sure you do not just increase court time without a physical reason. Most people believe improvement occurs by playing more tennis and adding on hours. Yes, this result can occur so long as you feel that you are getting better. It does not just magically happen. Once you stop seeing improvement and instead are just hoping to get better because you are playing more, your game will become stagnant. Quality, not quantity. You have to recognize when a lift in your game occurs. It could be learning how to volley, or hitting a proper approach shot. You are always learning and recognition of the lifts in your game will continually propel you forward. Until the age of 18, it is possible to play too much. **Too much is much worse than not enough.**

**NOTE: Never play more than five hours of tennis per day four days in a row. If you do, the last day will not be healthy. No matter who you are. No one does it.**

## PARENTS: BE SENSIBLE: JUST BE PARENTS

For those of you looking for guidance as to the role you should play as a tennis parent, more often than not all you need to do is JUST BE A PARENT. Please be advised that in the following section, in no way are we attempting to dictate how to parent your child! We are only offering our advice for someone who is looking for guidance.

First, try not to be a parent who knows nothing about tennis but somehow thinks that being around supporting your child through tennis lessons is a good thing. You do not have to be present every day of practice. How often do you sit in the classroom while your child is learning? Why then must you be present every time your child is having fun? Obviously it is okay to watch your child play and show support in their endeavors but it is not necessary for you to be present every day. I am sure when Rafas or Rogers parents attend a match or practice it is great. They have given them all the space needed to be successful in the sport.





## TRAINING AT A YOUNG AGE FOR JUNIORS

Obviously there are some instances where being a ‘hands on’ tennis parent works, however be cognizant to the fact that depending upon the situation you may need to adjust your level of involvement. How do you determine when this is the case? Watch your child closely when you are present as much as when you are absent. Watch your child without letting them know your watching. Determine on which occasion he or she is better behaved? Do they become angry and demonstrative? Do they play harder? When are they more focused? Just because your present does not necessarily mean your support is positive. If your presence elicits a positive response from your junior, then obviously your presence evokes positive results. But if your presence elicits a negative emotion then we suggest reassessing your involvement.



ABBY VANCE ENJOYING HER TIME AT A WOW (PHOTO COURTESY EVENT AT PERRY CREEK GOLF AND RACQUET CLUB. GRENADA, MS. MAY 2013. MATT HOWELL)

### GOAL AS A PARENT

What is your goal as a parent for your child? What are your motives for pushing your child to play tennis or any sport? This, we believe, is a very important question you as a parent must answer. Defining goals and expectations with your child will help to establish boundaries that are well defined. Establishing boundaries will help you as a parent adapt to every situation you and your junior encounter along the path of a tennis career. You and your junior must be a cohesive unit and understand expectations from each side as far as attitude, support, demeanor and aid that needs to be provided. This, we believe, grants your junior the best opportunity to achieve success. Only cross these boundaries in extreme circumstances. The following is a list of boundaries and expectations that need to be set:



FATHER RAY LEE SUPPORTING SON RYAN LEE AT WOW EVENT (PHOTO BY AT LA CANADA FLINTRIDGE COUNTRY CLUB. LA CANADA TIM BROWN) FLINTRIDGE, CA. APRIL 2013.



# TRAINING AT A YOUNG AGE FOR JUNIORS

- 1) How many tournaments will you play per year?  
ANSWER: \_\_\_\_\_
- 2) How many private lessons per week?  
ANSWER: \_\_\_\_\_
- 3) What does the junior have to do in order to earn private lessons?  
ANSWER: \_\_\_\_\_
- 4) How many group clinics per week?  
ANSWER: \_\_\_\_\_
- 5) How many competitive matches per week?  
ANSWER: \_\_\_\_\_
- 6) What does your junior have to do in order to receive new equipment?  
ANSWER: \_\_\_\_\_
- 7) How committed you are to your junior? What are you willing to take them to?  
ANSWER: \_\_\_\_\_
- 8) Attitude the junior must display during practice? Ramifications if not adhered to?  
ANSWER: \_\_\_\_\_
- 9) Attitude your junior must display during matches? Ramifications if not adhered to?  
ANSWER: \_\_\_\_\_
- 10) Attitude your junior must display to his or her opponent? Ramifications if not adhered to?  
ANSWER: \_\_\_\_\_
- 11) Your interaction with tournament officials or referee's?  
ANSWER: \_\_\_\_\_
- 12) Your interaction with your junior during practice?  
ANSWER: \_\_\_\_\_
- 13) Your junior's interaction with you during practice?  
ANSWER: \_\_\_\_\_
- 14) How many hours per week will your junior train?  
ANSWER: \_\_\_\_\_
- 15) Who is responsible for packing necessary equipment and refreshments for a match?  
ANSWER: \_\_\_\_\_
- 16) Will the parent bring water to the courts?  
ANSWER: \_\_\_\_\_
- 17) Who is responsible for having racquets restrung?  
ANSWER: \_\_\_\_\_
- 18) Setting realistic goals together?  
ANSWER: \_\_\_\_\_
- 19) How committed is your junior?  
ANSWER: \_\_\_\_\_
- 20) What your junior's attitude towards losing and how he/she handles losing should be?  
ANSWER: \_\_\_\_\_
- 21) What are the limits to the advice you can provide as a parent?  
ANSWER: \_\_\_\_\_
- 22) How much aid are you willing to give your child?  
ANSWER: \_\_\_\_\_





## TRAINING AT A YOUNG AGE FOR JUNIORS

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We believe if you and your junior discuss the above goals, there will be a clear understanding of roles and responsibilities. Although some lines will inevitably be crossed, each of you know exactly what line was crossed and why the ramifications have occurred. It will also give your junior a feeling of ownership in his own career and that he or she is achieving rather than their mom or dad taking care of everything. It allows them opportunities to figure out problems that will translate to the court. Although they may not be big problems, they are still working through the issue of becoming a tennis player!

I personally had a father who provided a safe and comforting environment for me on and off the court, which compelled me to always want to impress him. My father gave me all the room I needed to succeed while still remaining actively involved in my life and tennis career. As a junior he called my coach every day to check in on my progress. When I turned pro, he called my coach to hear updates on “how the boys were playing?” He was not only concerned for my well being but also of all my friends. He often asked how is Anders Jarryd mind? How was Mikael Pernfors serve? He allowed me to problem solve on my own while still remaining tuned in to my competition and the challenges of the sport.

**In the end, most importantly, you need to make sure your junior knows that your love is unconditional. Win or lose, it makes no difference to you at all. Send positive signals that you just love tennis and love watching your child play. This is what I believe being a tennis parent is all about...JUST BE A PARENT.**



MATS EMBRACING BRIAN PRESTON AFTER AN EXHIBITION LOSS AT THE CLUB AT ST JAMES PLANTATION, SOUTHPORT, NC. OCT 2013.

(PHOTO BY TIM BROWN)

Second: We at WOW completely understand and appreciate that having a junior play competitive tennis requires the dedication of not only the junior but also of the parent(s). Although to achieve success is a team effort, we offer the polite suggestion to allow the sport to remain an individual one for your junior. Try as best you can to use words like “he or she” won. He or she will play Nationals in one week or any tournament for that matter. Try not to use the word “we,” as it might put pressure on your child that if he or she loses, they not only have let themselves down but you as a parent as well. In fact, it is ok when a child wants to impress their parents. It is the anxiety feeling that is bad. Here is the equivalent: a fan talks about their favorite sports team as “We” made it to the World Series or “We” play on Monday night. Matter of fact, you, as a fan did not make the playoffs. What matters and made the difference was the support you showed the team on their road to success; the support you showed your child with equipment, lessons, car rides and entry fees. When you discuss your child’s grades do you say WE achieved straight A’s this semester?

Finally, when you watch your son or daughter play competitively, try as best you can to not show too much emotion. Be a rock for them to look to. You can be nervous, perplexed, angry, shocked or excited on the inside, but on the outside...BE STEADY. Your child will feel your emotion which will affect their performance on court.

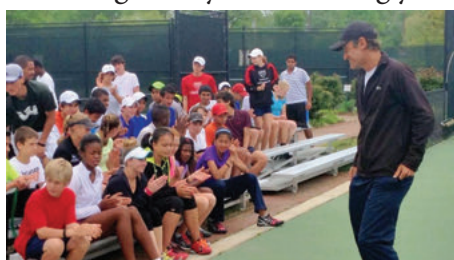


# CLOSING

We here at WOW believe that becoming a better person, and allowing the sport of tennis to help you with this, is by far the most important lesson to learn. Being a fair competitor, an honest person and a positive contributor to society are the most important traits that any junior can have and translating this to a tennis court not only legitimizes the sport, but helps it grow by spreading good will. If you as a junior are fortunate to become a professional tennis player and hold all the above traits, then think of the example you would be setting for everyone. Think about being that role model who fits all of those characteristics! Unfortunately, every junior will not make a living as a professional tennis player. It is as simple as that. Enjoy the journey no matter where it takes you. Wear a t-shirt and shorts for as long as you can! Everyone is eventually told they will no longer be able to play the game. Whether that happens at 22 or 50 who knows. Take your chance and give yourself the best chance to succeed. We believe the above traits and mind set will help you do so! Again, they are only our opinions. We hope you enjoyed reading and thanks again for the support in WOW. Please do not hesitate to reach out to us anytime for any reason...especially if it is tennis related! Hopefully we will see you on the court sometime soon with WOW travels. If interested in contacting WOW or bringing WOW to your backyard, please do not hesitate to send an email to [wow@wilanderonwheels.com](mailto:wow@wilanderonwheels.com) or call 787-GET-GAME! Look forward to hearing from you and seeing you on the courts!



WOW WITH THE JUNIORS OF CHARTWELL CC. CHARTWELL, MD. OCT 2013. (PHOTO BY TIM BROWN)



MATS TALKING TO JUNIORS OF THE JTCC. COLLEGE PARK, MD. MAY 2011. (PHOTO BY TIM BROWN)



WOW WITH THE JUNIORS OF WINCHESTER COUNTRY CLUB. WINCHESTER VA. MAY 2012. (PHOTO BY TIM BROWN)



WOW WITH JUNIORS FROM ANTIGUA AT MILL REEF CLUB. ST. JOHNS, ANTIGUA. FEB 2013. (PHOTO CURTOSY OF MILL REEF CLUB)



WOW WITH THE JUNIORS OF GUILFORD RACQUET CLUB. GUILFORD, CT. AUG 2013. (PHOTO BY TIM BROWN)



WOW WITH THE JUNIORS OF MEADOW CLUB. SOUTHAMPTON, NY. AUG 2013 (PHOTO BY TIM BROWN)



WOW WITH THE JUNIORS OF IRMOS YMCA. IRMO, SC. (PHOTO BY TIM BROWN)



WOW WITH THE JUNIORS OF OLDE PROVIDENCE RACQUET CLUB. OLDE PROVIDENCE, NC. OCT 2011. (PHOTO BY TIM BROWN)



WOW WITH THE JUNIORS OF TOP GUN TENNIS ACADEMY. BOCA RATON, FL. FEB 2011. (PHOTO COURTESY BROCK TREGALLAS)

