

Saint Leo Lion Tennis

The Journey Begins!



**“WHEN THE TIME TO PERFORM
ARRIVES, THE TIME TO PREPARE HAS
PASSED!”**

**Guide to Becoming Successful in
Tennis, Academics, and Life**

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Chapter 1

I. Laying the Foundation

Why are you here? Is it to win the National Championship? Is it because you had no other options? For the scholarship? For the academic program? Is it because you heard Saint Leo has a history of successful tennis teams? Or is it as simple as getting 1% better everyday? Maybe all of the above, but one thing is for sure: accomplishing your dreams is a nightmare of work!

The foundation of a program must be based on three things: trust, commitment, and discipline.

- Trust between player/coach, player/player, and coach/player.
- Commitment
- Discipline

II. Accountability

Players are ultimately responsible for their own performance and results. It is in their best interest to understand their goals, both short and long term, and progress with these goals in mind. They must not accept excuses from within. They must hold themselves to the highest standards. The ability first to look within is at the heart of the foundation. Developing this ability takes time, focus, and patience. This is at all times a learning experience for everyone associated.

If players are looking for excuses, they are easy to find: school, equipment, teammates, coaches, etc. Challenges and goals can turn potential excuses into goals. In match situations, players will often face the decision to fight or give in, and not accepting excuses is practice for match toughness. Everything is competitive, and everything is an opportunity to improve. The brain must be treated like a muscle. The brain needs to be frequently exercised and used effectively and efficiently. The tennis court is a mistake center, but the mistakes committed are correctable and carry few consequences. Tennis can be perceived as a microcosm of life, and any failure experienced on a tennis court can serve as practice for the real world. Excuses allow the brain to “check out,” and serve as justification for failure. Failure is something to face and understand.

“HUNGRY LION HUNTS BEST!”



III. Trust

Trust is the cornerstone of a healthy relationship. Tennis is an individual sport within a team setting. Many high school coaches are ill-qualified to understand the concept of team chemistry and/or the sport itself. Therefore, many student-athletes enter college athletics not fully understanding how an individual sport works in a team environment. As a result, many student-athletes have difficulty understanding their role and the commitment necessary for success. To be accepted at such academically rigorous and prestigious institutions, one must understand focus, goal setting, organization, competition, and intelligence. These qualities are also required on the tennis court! The student-athlete may have these essential qualities upon arrival but is not necessarily prepared to use them in an athletic environment. **The student-athlete must learn to trust others.** It takes a leap of faith to trust, but the lessons learned from the leap are more valuable than the potential fall. We seek to create an environment that embraces those that embrace the team – an environment that allows those to become their best without the fear of failure. Remember, however, that fear is an essential part of development. It is through fear that true growth is possible.

IV. Commitment

There are many different kinds of commitment: commitment to team, to teammates, and to oneself. There are many different levels of commitment: minute-by-minute (focus), practice/match (including preparation and mental engagement), weekly, seasonal, and career.

“Program” is the term used to define the team, encompassing its history, image, and foundation. Commitment to the program means understanding what it is to be part of the larger picture. It requires knowledge of the past and present and a sense of the future.

In order to understand what it means to commit oneself, one must first understand or become open to the idea that to be part of the team benefits the self in immeasurable ways. To achieve true commitment to self within the framework of the team is to give oneself over to the benefits of the team, and to understand that those benefits, while sometimes indirect, are more valuable than those attained individually. The decision to commit to this experience comes from the self and is the most important part of the equation. One must commit to the process with the understanding that it is one’s own responsibility and goal to learn to interpret the results in a beneficial manner.

To commit to teammates is to share in the goal and the struggle, side by side. To lift others up and allow oneself to be lifted. To be critical and to be able to take criticism. To lead by example.

The time commitment is one component of this larger commitment. In a broad sense, players must understand that they are committing to the program for two years, as well as

understanding their legacy within the program. Within these two years, it is understood that players will have doubts, questions, and concerns.

Players will inevitably question their commitment. Questioning one's commitment is healthy. Because of the large expectation of commitment when players are on the court, time off is encouraged and incorporated into the program. Athletics are only a small part of the college (and in a larger sense, life) experience. **Student-athletes are not expected to eat, sleep, and breathe tennis.** They are, however, expected to be prepared to live up to their commitment 100% of the time that they're playing. To this end, they must know how to budget their time effectively.

Players are expected to do what it takes to prepare mind and body to be 100% prepared for match or practice. This includes but is not limited to sleeping, eating, and prevention of injury. Players are expected to be at practice everyday, and when there, to be completely engaged for the allotted time period. They are expected to be prepared for matches and to schedule around practice and matches whenever possible. They are expected to share in the goals of the team and maintain individual goals within the framework of the team.

V. Progress

Progress can be deceptive, as it can sometimes be overshadowed by regress. Be prepared to take "one step forward, two steps back," or "two steps forward, one step back." Success and failure are never far from each other, and both yield opportunities for growth. Take a critical view of progress, and use it as motivation. Failure is never difficult to find, but it should not be overlooked. Learn what you can from failure, and at the same time keep your eye out for success.

VI. Synopsis

In summation, the purpose for the foundation is to instill a sense of purpose, trust, and commitment that will contribute to future success. There will be bumps along the way, but they are obstacles that serve a greater goal. As players, expect fluctuations in commitment, focus, and stroke proficiency. These can be balanced and complemented by attitude and the environment that the team offers.



YOU Are a LION!!!

What do you think of when you hear the word *LION*? Do you think of power, majesty, strength, or hunter? If so, you're not alone. Throughout the ages, Lions have been nicknamed "the king of the jungle" and possess both beauty and strength. Lions are known to consume a wide variety of prey, some much larger than themselves.

YOU are a LION...Embrace it!

The only social member of the cat (Felidae) family, lions live in large groups called "prides," consisting of about 15 lions. Related females and their young make up the majority of the pride. A single male, or sometimes a small group of 2-3 males, will join a pride for an indefinite period, usually about 3 years or until another group of males takes over.

Lions within a pride are often affectionate and, when resting, seem to enjoy good fellowship with lots of touching, head rubbing, licking and purring. The males are territorial, and will roar and use scent markings to establish their domains.

Females do almost all of the hunting. They are mainly nocturnal and work in teams to stalk and ambush prey. Lions inhabit grassy plains, savannahs, open woodlands and scrub country. These landscapes allow the hunters to creep stealthily through vegetation and leap upon their unsuspecting prey.

Quick Facts:

- Lions are the second largest big cat species in the world (behind tigers).
- The average male lion weighs around 180 kg (400 Lb.) while the average female lion weighs around 130 kg (290 Lb.).
- The heaviest lion on record weighed an amazing 375 kg (826 Lb.).
- Lions can reach speeds of up to 81 kph (50 mph) but only in short bursts because of a lack of stamina.
- The roar of a lion can be heard from 8 kilometers (5.0 miles) away.
- Lions are very social compared to other cat species, often living in prides that feature females, offspring and a few adult males.
- Male lions are easy to recognize thanks to their distinctive manes. Males with darker manes are more likely to attract female lions (lionesses).
- Lions are the national animal of Albania, Belgium, Bulgaria, England, Ethiopia, Luxembourg, the Netherlands and Singapore.
- Lions in the wild live for around 12 years.
- Lionesses are better hunters than males and do most of the hunting for a pride.
- In the wild, lions rest for around 20 hours a day.

Chapter 2

Why Is Culture Important to the Program?

From the outside, it would appear that collegiate tennis, like professional and recreational tennis, is a sport for individuals, where success and failure rest solely on the player on court. This could not be further from the truth. The success of a collegiate tennis team, and more specifically a collegiate team, depends upon a successful team dynamic. It is true that the player still must play, and the better the player, the better the chances for success. Nevertheless, at the collegiate level, several other variables can positively and negatively affect the outcome of a match, season, or career.

Variables:

1. **Mental Strength:** Some players just seem to know how to win, and others never seem to figure it out. This is often what makes a successful collegiate player.
2. **Experience:** Some players enter collegiate tennis with a wealth of junior/international tournament experience, and others merely with a high school background. From the nationally ranked to the multi-sport athlete, NCAA accommodates these players out of philosophy and necessity.
3. **Conditioning:** The great equalizer! For some, conditioning is a strength and asset, for others a weakness. The better the conditioning, the more one can focus on playing.
4. **Academics:** A reality at this level is that you are STUDENT-athletes, and your primary responsibilities are in the classroom. These responsibilities are more important for some than others.

These variables are at play within a team and from program to program, and they affect the outcome of matches along with technique and tactics. The ability to neutralize or take advantage of these variables is the primary function of a successful team culture.



What is Culture?

In order to create a culture, it is crucial to understand what the definition of the word means, and how it will be applicable to our program.

Definition: culture (noun)

1.
 - a. The totality of socially transmitted behavior patterns, arts, beliefs, institutions, and all other products of human work and thought.
 - b. These patterns, traits, and products considered as the expression of a particular period, class, community, or population: *Edwardian culture; Japanese culture; the culture of poverty.*
 - c. These patterns, traits, and products considered with respect to a particular category, such as a field, subject, or mode of expression: *religious culture in the Middle Ages; musical culture; oral culture.*
 - d. The predominating attitudes and behavior that characterize the functioning of a group or organization.
2. Intellectual and artistic activity and the works produced by it
3.
 - a. Development of the intellect through training or education
 - b. Enlightenment resulting from such training or education
4. A high degree of taste and refinement formed by aesthetic and intellectual training.

Now that we have a definition of the term, we can begin to understand how it works within a tennis program.

The goals of **The Culture** are to account for the variables and create an atmosphere and environment that is welcoming and nurturing (one that encompasses the unique qualities of the student-athlete, coach, and institution). It is the responsibility of the coach to allow players to recognize the importance and value of a successful team culture, and to assist in its creation. It is the responsibility and role of the players to enhance, foster, embrace, and carry on this culture as the cornerstone of a successful program.



Saint Leo Lion Culture

1) The Foundation (outlined in chapter 1): It includes knowledge of team history, trust, commitment, accountability, and an understanding of what those mean and how they are applicable.

2) Language: How you interpret information is a key element of **The Culture**. We are at all times striving to improve how we communicate, but we must also strive to improve how we listen. We have a tendency to hear what we want to hear, and if we are trying to prove something, we will find evidence for it. As part of our culture, we want to prove each other right. In order to want this, we must know each other.

3) Bond: Knowledge of those around you; the better that you know your teammates, the closer the bond that you will have with them. It is not essential to be “best friends” with your teammates, but **it is crucial to understand them, to know their history, interests, motivations, strengths, and weaknesses, and to let them know you**. We all fall into the pattern of making judgments based on our own experiences (seeing the world through our own lens), and thus acting harshly when those around us fail in our eyes. It is the duty of all in the program to create an atmosphere of empathy and understanding. When one player looks across the court to his teammate, he or she should see someone who truly understands his situation, who can motivate him in a language that both players share.

4) Shared Experience: You will spend more time with your teammates than anyone else, more even than your family. Every shared experience has the potential to create a bond and bring you closer. The potential is also there to cause separation. It is your responsibility to turn an experience into a bonding experience.

5) Leadership: The cornerstone of a successful culture is leadership. Everyone must lead in his own way. The best leaders are those that reflect the culture that they are attempting to create and develop.

6) Ritual: How we behave as a team in all manners regarding the team: pre- and post-game meals, warm-up routines, and practices. From the music that we play to the clothing that we wear, we represent the Saint Leo Lion culture. These rituals are a product of necessity and choice, and should aid the team in gaining an advantage whenever possible.

“Confidence Is the Absence of Uncertainty”

Chapter 3

Journey toward a National Championship

Your journey toward a National Championship begins on your first day at Saint Leo University and is a part of your legacy as a human being. If you feel unprepared for such a lofty, life-enhancing experience, good – this is a natural feeling. If you feel prepared, you might be fooling yourself.

A National Championship is the result of hard work, dedication, commitment, trust, development, talent, failure, and success. Just as a trophy is a symbol and not a goal, so is a championship. Every year, over 300 tennis programs begin with an opportunity to become National Champions, and through the course of a short season, that number dwindles rapidly. Eventually, approximately twenty-five teams gather to compete for the ultimate reward. Each of those eight often deserve to win, yet only one can. Our goal is to become one of the eight. There is no timetable to this goal, as such a restriction creates pressure and tension that directly opposes the goal. We can only control what is ours to control, and time is not one of those things.

Here are the characteristics of the team of which you are a member:

Straight Talk:

This is a basic operating principle and part of your commitment to this team and program. Say what is true to you. Call people out on their behavior, positive and negative. You must hold yourself accountable in order for your word to have meaning. Like every one of these characteristics, this one is a constant challenge. Things that might seem petty and insignificant, if left ignored, can create problems.

Commitment-Driven:

We are committed to being a National Championship team, and that commitment affects everything we do, down to small details.

Leadership:

Anyone can lead, and everyone is expected to lead. We all will work to make this an exceptional environment in which everyone feels comfortable and can become his or her best. Everyone must feel free to lead and contribute. Leadership takes many forms and is a major part of one's development.

Communication:

You are fully engaged at all times. Understand the perspective of the speaker, and learn to see positives instead of negatives in what he or she is saying. Your job is to prove them right.

Support:

You will not fail because you are my teammate. I will not let you fail because I am your teammate and I am in this with you. I will call you on your shortcomings, praise you on your successes, and stand with you. You will do the same for me.

Honesty:

Tell the truth to the best of your ability – no withholding.

Speedy Resolution of Complaints:

This keeps us in our relationships. When something is “off,” deal with it directly.

Coaching:

Coaching comes in all directions, and it is based on the above-mentioned characteristics.

Integrity:

Honor your word. If you say it, do it. Make your word your bond, and make your actions mirror your words.

Expectations

My only expectation for you is that you will fail, repeatedly. Expectations create tension, and tension impedes progress. If you release yourself from expectations, then you are free to succeed, and to see your successes. There is a difference between goals and expectations. Goals are something to work toward, while expectations are what we hold ourselves to; thus expectations are more rigid and create more pressure. During your time here, you will only move forward in your development as a person and player. Your first failure will be that you will see this improvement. The more that you hold on to what you expect in terms of your improvement, the more tension you will create, slowing your development. Your first goal is to expect failure.

Failure:

The road to failure is littered with success, and the road to success is paved by failure. When you were first learning to walk as a baby, you fell. Eventually you took your first steps and then learned to run. If you had imposed expectations on your ability to walk you might have become frustrated at each failure. That frustration would have made it more difficult to notice your improvements each time that you tried, and perhaps you would have quit trying. In this way, expectations are the first road to failure. If we expect only to fail, then we can open ourselves to success and in turn enhance our development.

Awareness:

Awareness is the first stage of any development and will appear throughout your life. The less tension that you have, the greater your awareness, which will manifest itself in many forms. The most apparent form comes early in your career and is often confusing. Players often feel as if they are not improving and are actually getting worse. The tendency when making this diagnosis is to get frustrated, make excuses, blame others, or quit. If recognized for what it is, this stage can be used as a developmental springboard. Understand that you are not getting worse – you are only becoming aware of pre-existing weaknesses or areas that need improvement. If you can recognize this early, then you can release yourself of excess tension and create effective strength.

Timeline

Goals are an essential part of improvement and development. Before you could verbalize them or even understand them, you were making and achieving goals. When you learned to walk, walking was your goal. You watched others, learned from them, and achieved. You weren't working under a deadline then, and you aren't now. Timelines are an unnatural creation and can impede progress. You can only be at your best when you are relaxed and free of pressure. Those who thrive under pressure have learned to release themselves from it. In this way, you must not put a deadline on your improvement and development. Our goal is to win a National Championship, but it will only happen when we are prepared for it to happen, and in order to prepare, we must already be National Champions.

By releasing yourself of the fear of failure, the need to improve, and the pressure as to when it must happen, you can become the player that you never knew that you could be. The only thing holding you back is yourself, and the restrictions that you impose upon yourself. **Do not try, do; trying implies the possibility of failure, and failure is assured. Doing accepts and embraces failure as a necessary part of success.**

The Four Centers

We will focus on four distinct centers of development in every practice situation. The four centers are **technical, tactical, physical, and mental/ emotional**. Concentration on one center without regard to the others can lead to imbalance and injury. **This will be the focal point of our training, on and off of the tennis court.**

Technical:

Where will you be without strokes and the understanding from strokes? The answer is simply nowhere. As a team, we strive to learn and understand basic fundamentals – that the dimensions of the court and physical laws dictate stroke production. We pride ourselves on knowing the information and the application of information that will lead to efficient strokes. Efficiency is defined as economy of motion: the least amount of moving parts, the least muscle recruitment. The pain of change is greater than the pain of losing!

Tactical:

You cannot have strategy if you do not have strokes. You will learn and pride yourself on singles and doubles concepts that are dictated by the court dimensions. You will also pride yourself on the fact that you understand the court and percentage tennis. Tactics become instinctive if one learns basic principles and predetermined targets.

Physical:

We strive to train the body to perform the physical tasks required by our sport. We train our muscles to be in a condition that gives us confidence in our abilities (conditioning/ weight training). We train our muscles to do repetitive tasks in order for us to have faith in their abilities (practice). We train our muscles to be efficient to allow us to relax (injury prevention). This center is developed through conditioning, weight training, drilling, match play, etc.

Mental/Emotional:

We strive to clear our minds during competition and allow our bodies to perform their tasks. We strive to manage and accept our emotions and not to be ruled by them. We train our minds to focus on simple tasks (seeing the ball) so as to release our body to muscle memory. We train our minds on and off the court; in the classroom, and in matches; in meditation and during drills. This center is developed through physical training, visualization, meditation, and a general awareness as to additional opportunities throughout the day. When we are frustrated, we admit our frustration, accept it, and release it. We do the same with fear, exhilaration, sorrow, and anger. We practice this on and off the court, in our jobs, our social lives (relationships), and beyond. This center, like the mental center, can be developed during physical training and throughout the day.

By emphasizing balance, and strengthening all four centers, we become aware of existing imbalances, and can efficiently improve and develop.

Adversity Quotient = How Much Can YOU Take!?



**How Much Are You Willing to Take
to Accomplish Your Goals!?**

**Practice is not designed for your pleasure –
it is designed for your improvement.**

THE
JOURNEY
STARTS
NOW!

CHAPTER 4

TENNIS DEFINED



NOTE: Players used in the diagram photos are former HCC players Hiroko Nishikawa and Amanda Yogus. Both players have been ITA Doubles National Champions, ITA All-Americans, and NJCAA All-Americans.

Hiroko has also been ITA Rookie of the Year, ITA Player of the Year, HC Student-Athlete of the Year, Academic Scholar Award Recipient, two-time FCCAA Player of the Year, and Team MVP.

Amanda was named Most Improved Player after her sophomore season.

Tennis Defined

A definition of tennis is running and hitting targets with a score. The idea behind this definition is to take the various complexities of the game and simplify them in one sentence.

The Running

Running is merely one of the physical aspects of the game. Balance, agility, coordination, strength, and speed all represent the physical aspects of tennis. A tennis player must be a good athlete.

The Hitting

The technical aspect is by far the most important aspect of tennis, but it is often neglected or misunderstood. Almost everyone in tennis can run, but not everyone can produce quality strokes. Tennis players should have a golfer's mentality - they should be highly receptive to ideas and insights pertaining to stroke production. Often, tennis players and their parents are totally consumed by the idea of "groups" - who is in their child's group and if lessons are providing a good workout. Nevertheless, the bottom line is that you cannot win without a forehand, backhand, serve, and volley that won't hold up under pressure.

The Targets

Singles and doubles strategy is the plan. Stroke production is the tool used to carry out the plan. Strategy, however, is often overrated, while stroke production is underrated. In order for a player to execute a strategy, he or she must first know how to execute the strokes used in the strategy.

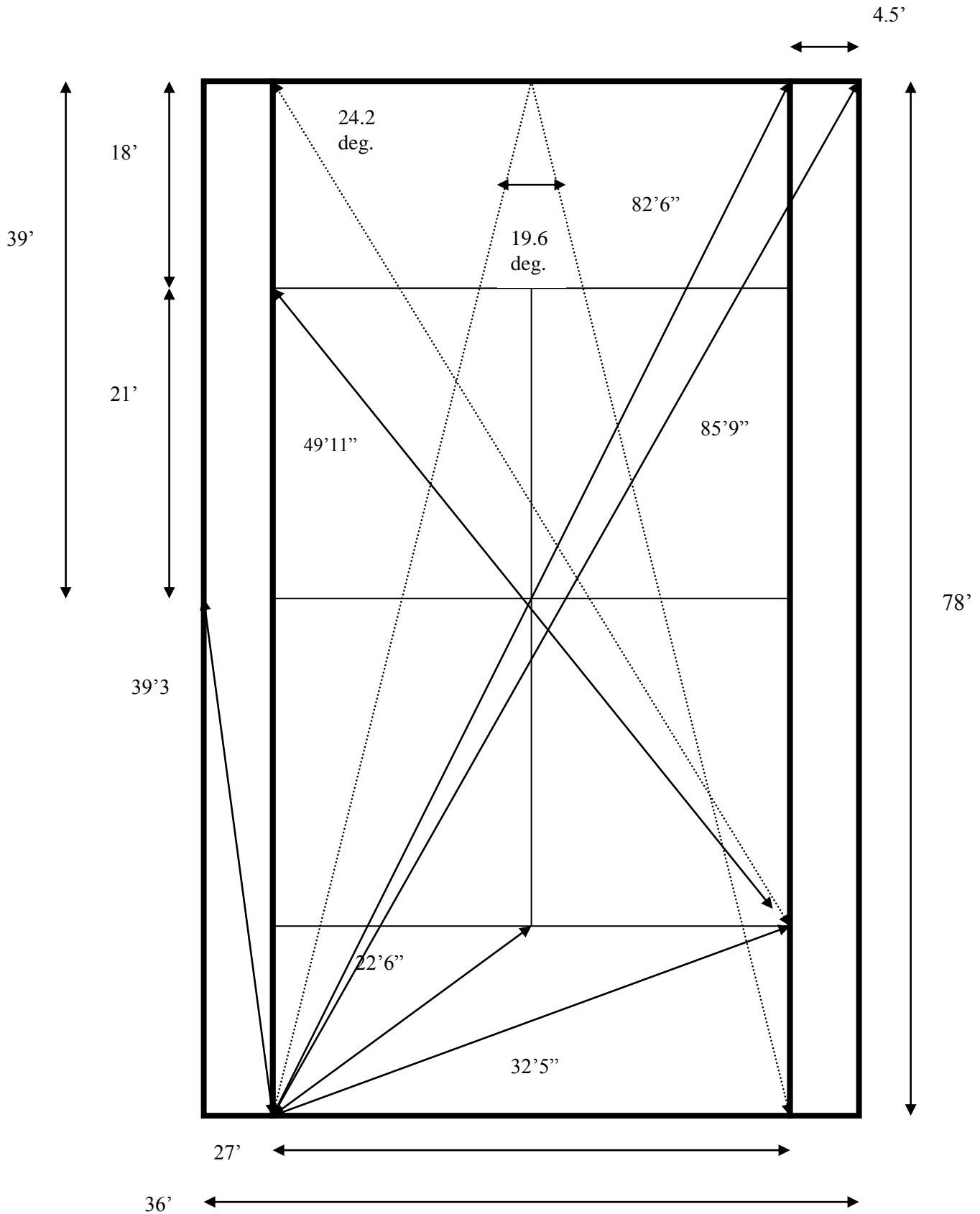
The Score

Pressure comes from the knowledge that the game will produce a winner and a loser. We need to help players develop strokes that hold up under pressure. Our goal is to introduce scoring during stroke production, so that players can hit the ball to the intended target in a match-play situation. Be managed by stats, not by score!

THE DIMENSIONS
OF THE COURT
AND PHYSICAL
LAWS DICTATE
STROKE
PRODUCTION -
NOT A COACH'S
OPINION OR ANY
UNIQUE THEORY.

~ Vic Braden

Dimensions of the Court

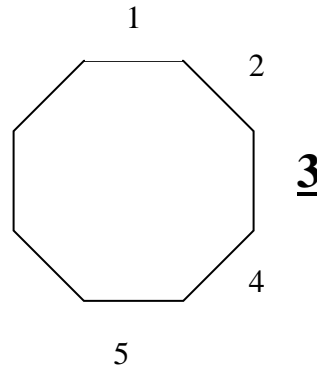


The Forehand Groundstroke

The Grip

In the ready position, your dominant hand should hold the grip on 3 (see below.)

This grip is commonly referred to as an Eastern grip. The palm of your dominant hand should be on the same plane as the surface of your racquet face. The reference points on your hand are the knuckle of your index finger and the heel pad of your hand. These two points form a straight line that should sit on the third panel of the grip. The heel pad of your hand should be on the edge of the butt of the racquet. You should hold onto the racquet loosely enough for someone to pull it out of your hand and then squeeze it slightly just before impact. The hand should (from the bottom) go finger, finger, finger, thumb, finger.



The Swing

Your ready position is the backswing for your forehand groundstroke. When turning for a forehand, your body will pivot, or make a unit turn. The racquet should be at eye level and the swing will begin like a volley. The elbow should remain off the body as it does in the ready position. From there the body will complete the turn, the racquet going no farther back than the shoulder. The racquet will free-fall as you step out. Note: the racquet face must be “on edge” as demonstrated in the picture in order for you to take advantage of gravity and let the racquet free-fall. You can hold the throat with the non-dominant hand during the unit turn to make sure the racquet does not go too far back. We call the free-falling of the racquet and body and the step forward the “three-point landing.” The three points are 1) the body dropping, 2) the racquet dropping, 3) the step going out. Once the racquet drops, the body should feel as if it is in a sitting position, or “in the slot.”

Next, the body will lift up as the racquet travels toward the contact point. The lifting of the body will in turn impart topspin to the ball. Topspin is simply a downward motion of the ball created by an upward motion of the arm and racquet. You want to swing high, low, high and also inside out (refer to diagrams below). Your hips should begin to turn into the ball just before you transfer your body weight forward. The contact point should be even with or slightly in front of your stepping foot. The wrist should remain fixed during the shot, and the racquet face should be vertical at the hit. Your eyes and head should stay down, but your body should lift.

The Finish/Follow-through

From the contact point, the wrist will continue in a fixed position toward the intended target. The body will remain at a forty-five degree angle to the baseline. The arm will relax from the elbow, your hitting hand finishing over your right eye (for a right-hander.) The follow-through is a byproduct of a good swing. Catching the racquet with your opposite hand will help keep the body in sync with the racquet and help keep you from getting too close to the ball at impact.

The Five Check Points:

1. Ready Position
2. Unit Turn
3. Three-Point Landing
4. Contact Point
5. Follow-through

Tips

- Act as if you are swinging around a beach ball
- If you put your back against a fence, you should be able to swing without the racquet hitting the fence on backswing or follow-through
- The swing goes high, low, high and inside-out
- Pretend you are sitting in a chair and then “lift” yourself up
- Try to imagine that you’re swinging inside a hula hoop

DIAGRAMS



Ready Position



Unit Turn



Racquet Face is "On Edge"



Three Point Landing



Contact Point



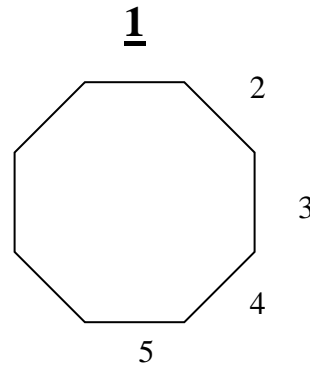
Follow Through

The Backhand Groundstroke

The Grip

In the ready position, your dominant hand should be on 3 (see below).

Refer to the forehand for reference points on the hand. To change to the backhand grip, whether it is two-handed or one-handed, move the grip line on your dominant hand to the right side of panel 1. For a two-handed backhand, the grip on the opposite hand should be on panel 3 in the other direction. For a one-handed backhand, the opposite hand should cradle the throat of the racquet with the index finger of the string bed. The index finger should be spread on the dominant hand.



The Swing

The swing path on the backhand is identical to that on the forehand. On both the two-hander and one-hander, the dominant arm must be against the body during the unit turn. Keep the elbow of the non-dominant arm raised, as it is in the ready position. The contact point on the one-hander is slightly farther in front of your body (because the shoulder housing the hit is closer to the net.) The grip change will occur as the body turns for a volley first. Remember these stages: turn, change the grip, and straighten the arm. The body should turn so much that your opponent can read what is on the back of your shirt.

The Finish/Follow-through

The follow-through should finish with your knuckles to the sky. The hitting arm should go up and toward the target while the racquet stays on the same side of the body as the contact point. The proper finish should look like an archway over your head. We also call this motion ATA (airing the armpit).

The Five Check Points:

1. Ready Position
2. Unit Turn
3. Three-Point Landing
4. Contact Point
5. Follow-through

Tips

- ATA (air the armpit)
- If you put your back against a fence, you should be able to swing without hitting the fence on the backswing or follow-through
- The swing goes high, low, high and inside-out
- Pretend you are sitting in a chair and then “lift” yourself up
- Try to finish like an archway

DIAGRAMS

Two-Handed Backhand



Ready Position



Unit Turn



Racquet Face is "On Edge"



Three Point Landing



Contact Point



Follow Through

DIAGRAMS

One-Handed Backhand



Ready Position

Unit Turn

Racquet Face is "On Edge"



Three Point Landing

Contact Point

Follow Through



Air the Armpit (ATA)

Arm Relaxes behind the Head

DIAGRAMS

One-Handed Under spin Backhand



Ready Position

Unit Turn, Arm Tilted Back

Side View



Swing is like a Banana

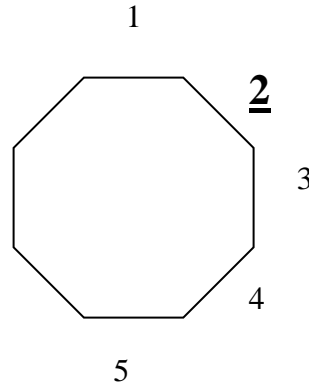
Nearly Vertical Contact Point

Follow Through

The Serve and Overhead

The Grip

The Continental Grip, or grip on panel 2, is the grip for both the serve and the overhead because it allows greater wrist flexibility. Keep in mind that the grip determines the angle of the racquet face, while the angle of the racquet face determines the angle of the racquet path. Preparing for the overhead with the non-hitting hand on the throat of the racquet (index finger on the strings) helps change the grip, set the racquet at the most efficient angle, keep the hitting arm relaxed, and turn the body. Remember to hold the grip loosely.



The Stance

On the serve, your racquet should be pointing at your opponent, elbows and arms hanging loosely at your sides. Your front foot should point toward the net post. Your back foot should be parallel to the baseline, and you should be able to draw an imaginary line from the toe of your front foot to the toe of your back foot. Your front shoulder should point toward the left net post.

The Swing

The service motion is identical the delivery of a baseball player or a football quarterback. The distinguishing feature of all three motions is that the palm faces down. Power on the serve comes from four primary sources: shoulder rotation, hip rotation, elbow bend and extension, and the twist of the forearm.

The serve can be described like this...start with your weight on the front foot. Rotate your left knee inward so that all of your weight shifts to your back foot. When your body turns, your hands should not come back past your belly button. The arms should begin to rise at the same time. The racquet hand should rise at a 45-degree angle as you begin to salute yourself with the racket. As the shoulder goes forward, an equal and opposite reaction will make the elbow go back (this is the "brushing the hair" segment). Next, the racquet will rotate (not going behind the back) to the "talk on the phone" position. Pronate (twist your forearm up) to the contact point. After contact, the racquet face will rotate out to the right first before your arm relaxes and makes a letter "X" with the other arm on the other side of the body. In an ideal contact point, everything from the tip of the racquet to your toes will form a straight line leaning out into the court, and your body will face the net post, in a position referred to as the "power line." The contact point for the serve should be at the peak of your reach, out to the right for a right-hander.

The Toss

The toss should accommodate the ideal service motion. It should be aimed at the peak of your reach and slightly to the right of your head (for a right hander) and about a racquet length in front of your body. Holding the ball like a glass of water, not as if you have marbles in your hand, will allow the tossing arm to go forward and the hand to feel as if it is making the letter "J." Turn and toss as opposed to tossing and turning (you're not sleeping).

The Seven Check Points:

1. Ready Position
2. Unit Turn (Left knee inward)
3. Salute Position
4. Brush the Hair
5. Talk on the Phone
6. Twist Up
7. Letter "X" to the Side

Tips

- Use a continental grip
- Keep the swinging arm loose like a cooked piece of spaghetti
- Stay sideways until after the contact point
- Establish a rhythm
- To warm up, serve on balance, keeping your feet still
- Bring your arms up together
- Tie a string to the ceiling and toss and swing to the string
- Work on having a "palm down" serve and twisting up, instead of the pizza-position, pull-down "palm up" serve

DIAGRAMS

Serve



Ready Position & Stance



Turn



Weight is on the Back Foot



Salute Position



Brush the Hair



Twist of the Forearm



Power Line



Letter "X" to the Side

DIAGRAMS

Overhead



Unit Turn w/ Left Hand

Salute Position

Brush the Hair



Talk on the Telephone

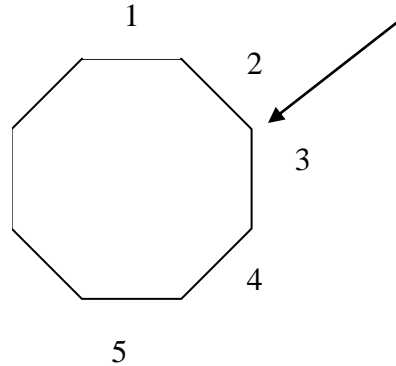
Contact Point

Letter "X" to the Side

The Forehand Volley

The Grip

The Eastern grip, or a composite grip (between 2 and 3), is the grip for the forehand volley. Again, the grip determines the angle of the racquet face, while the angle of the racquet face determines the angle of the racquet path. An eastern grip will help keep the face vertical; a vertical face will allow you to swing directly at the target; and this swing path will allow you to swing fast and move forward aggressively.



The Stroke

The forehand volley resembles a pressing motion. Your elbows should be raised like they are in the ready position (grip starts on 3).

Now turn with the elbows up until your racquet face is parallel with the net. The racquet should be like a wall. From there, step and swing together; the stroke should look like you're bringing the wall to the ball. There is no backswing! Ideally, the contact point should be at eye level and the racquet face will stay flat. The elbow of your hitting arm should start and finish in a bent position. Your left hand should mirror your right hand, so it should look as if you are clapping your hands together, though they shouldn't quite touch. On the follow through, the racquet should face your intended target and you should freeze your short swing like you're posing for a picture. Leading with the elbow will allow the face of the racquet to stay on line with the flight of the ball.

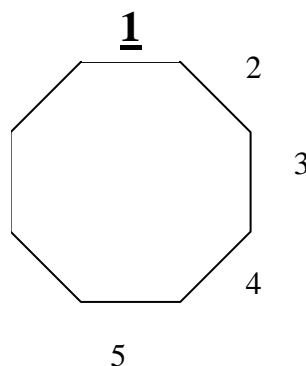
Tips

- Act as if you are bringing a "wall to the ball"
- No backswing
- The racquet face should NOT go down
- The angle of the racquet face determines the angle of the racquet path
- It's not step and punch; the step and swing go together
- Your elbow should be raised and bent throughout the swing – power comes from a swing from the shoulder and the body's movement forward, not the straightening of the elbow at contact

The Backhand Volley

The Grip

The right side of panel 1 is the grip for the backhand volley. As on the forehand, this grip will help keep the racquet face vertical, allowing you to swing and move forward aggressively.



The Stroke

The backhand volley again resembles a pressing motion. Your elbows should be raised like they are in the ready position (grip starts on 3). Now turn

with the elbows up, until your racquet face is parallel with the net, and change the grip. The racquet should be like a wall. Step and swing together as if you were bringing the wall to the ball. Just like the forehand volley, there is no backswing! Ideally, the contact point should be at eye level and the racquet face will stay vertical. Once you turn, straighten the arm; it should stay straight through the hitting zone. Your left hand should separate from your right hand like a slingshot. On the follow through, the racquet should face your intended target and you should freeze your short swing like you're posing for a picture. The racquet face will open slightly after the ball is gone.

Tips

- Act as if you are bringing a "wall to the ball"
- No backswing
- The racquet face should NOT go down
- The angle of the racquet face determines the angle of the racquet path (open face means downward path)
- It's not step and punch; the step and swing go together
- The arm will remain straight throughout the swing
- The shot will feel like a sling shot

DIAGRAMS

Forehand Volley



Ready Position

Unit Turn

Step and Swing Together

Backhand Volley



Ready Position

Unit Turn

Step and Swing Together

The Approach Shot and Serve Return

The Approach

The approach is the money shot; the volley is the cash-in shot. The goal in the rally is to wait for your opponent to miss or hit short so that you can ultimately play an approach shot and get to the net. The goal on the approach is to hit it with depth and get in position for the volley. In general, approach crosscourt off a ball landing in the middle of the court and down the line off one landing closer to the sideline. A cross-court approach is effective because it forces the passing player to change the direction of the incoming ball to hit what would otherwise be his easier passing shot (down the line, where he has more court area to hit into). An approach with underspin is also effective, especially against someone with a western grip; its low trajectory will force the opponent to hit up, while its slower speed will give you more time to close in and your opponent less pace to work with on his passing shot – all factors that improve your chances of getting an easy volley.

The Stroke

A “tabletop approach” is an effective alternative to the topspin approach. A lost art in tennis, this is a great shot for taking speed off the ball and giving it a low trajectory. Like a volley with an added follow-through, the tabletop has a short backswing and a swing path resembling an inverted bow; as on a regular forehand or backhand, the swing path goes high, low, high. During the hit, stay sideways and keep moving forward – movement, not body rotation, is this shot’s power source, another reason it allows you to get closer to net. On the one-handed backhand tabletop, take a carioca step (step under your front foot with your back foot) to help stay sideways and maintain balance as you move forward.

The Serve Return

The simple objective on the return is to get the ball back in play 100% of the time. Keep in mind that few players in the history of tennis could consistently hit winners on the return of serve, so why should you!?

Execution

If the serve is low and slow, the returner has two options: hit a traditional groundstroke with topspin, or treat the return like an approach shot, hit it with a tabletop, and attack the net. If the serve is fast, the swing should resemble the approach shot motion. On a fast serve, think of these four points: take a short, tabletop swing; track the ball closely from the server’s racquet; squeeze the ring and index finger for a solid grip just before contact; and try to move in at an angle to cut the ball off and steal aces.

DIAGRAMS

Return of Serve/ Approach Shot



Ready Position



Turn like a Volley



**Take the Wall to the Ball
/ Forward Step**



Follow Through

CHAPTER 5

“MUST KNOW PAGES”



Saint Leo Lion Condensed Team Rules and Regulations

- Be on time to practice! Being late will result in running unless you have a valid excuse. Give yourself plenty of time to get to practice and arrive as early as possible to warm up.
- Wear your team shirt/sweatshirt often to class. Show that you are proud to be part of the Saint Leo Tennis Team.
- Address coaches as “COACH” or as “COACH –” (last name or first name as they prefer).
- Show respect to opposing teams and their facilities. Leave facilities cleaner than you found them!
- Do not use profanity or obscene gestures.
- You must maintain a GPA of 2.0 or higher to play in matches.
- Attend all classes and have your professors’ fill out a progress report weekly or bi-weekly as determined by the coach.
- Use or possession of drugs and alcohol is not allowed. Those who choose to abuse this rule will be dismissed from the team.
- Do not be late for the bus on travel days. If you are not on time to get on the bus, you will be left behind.
- SLU Team members will be required to sit in the first two rows of every class they attend. Those who choose not to abide by this rule will be suspended from matches indefinitely.

10 Things that Require Zero Talent...

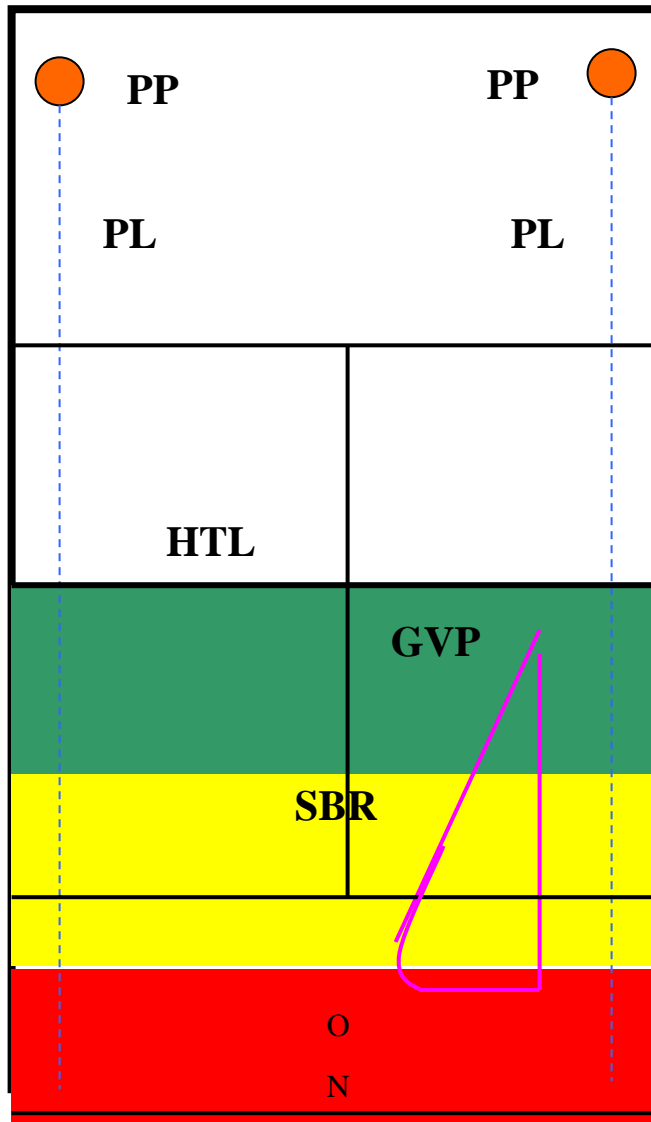
1. Be on Time
2. Work Ethic
3. Effort
4. Body Language
5. Energy
6. Attitude
7. Passion
8. Being Coachable
9. Doing Extra
10. Being Prepared

Dr. Jim Loehr's 12 Mental Toughness Concepts

- Eye Control
 - Between points, controlling your visual field helps control your mental focus
 - Pick a very small spot on your strings, the ball, or the ground. Focus on this spot between points to maintain focus during them.
- Rituals
 - Prior to serve and return of serve
 - Directly related to how well you hold up under pressure
 - A way to relax or raise intensity right before playing a point
 - Two components:
 - Physical - gestures, movements, and motions
 - Mental - precise series of steps; visualize exactly what you want to happen on the next point, how you will do it, and how it will feel
 - Defense against rushing
 - Most important to maintain when under pressure (so you don't rush)
- Pace
 - Don't rush
 - Establish the best pace for you and maintain it (especially when under pressure)
 - Dictate the pace of the match
 - If you're losing, it doesn't mean you have to lose fast
- Breathing
 - Helps you combat both physical and mental strain
 - Breathing out at the point of contact lengthens your stroke and makes you more fluid and relaxed
 - Saying a specific word out loud - an "auditory cue" - when you hit the ball will deepen concentration - your breathing should be perfectly in sync with your hit
 - Control your breathing between points as well
- High Positive Intensity
 - You must be able to manage and control your intensity
 - Practice maintaining the same level of intensity
- Confident Fighter Image
 - Look how you want to feel ("fake it till you make it")
 - The more intimidating the image, the better
 - Show your opponent your determination
 - Project confidence, particularly under pressure
- Relaxation & Calmness
 - Put your racquet in your non-dominant hand and shake out your arm to stay loose and to free muscles of tension
 - Tune into your muscles
 - Balance intensity with appropriate relaxation and calmness
 - Let the body recharge itself between points
- Managing Mistakes

- The single most challenging thing to do in a match
- Clear mistakes as quickly as possible - dwelling on them makes the ideal performance state impossible
- Play in the “here and now”
- The more involved you are with mistakes, the more difficult it becomes to fine-tune emotionally
- Take the time to clear mistakes from your head before the next point
- Look the same whether you are winning or not, or under pressure or not (duck on water)
- Visualize dealing with mistakes positively
- Negative Self-Talk
 - Two types of negative self-talk
 - Overt - audible
 - Covert - internalizing
 - If you talk at all, it needs to be positive, encouraging, and enthusiastic
- Enjoyment
 - When you enjoy yourself, you play better; you are calmer and more in rhythm with your strokes, breathing, and body
 - Practice doing these things, just like anything else
 - It’s not worth the price without enjoyment and fun
- Positive Attitude
 - In order to be a winner, you have to think like a winner
 - It’s easier to think negatively; thinking positively takes work
 - Physical consistency requires mental consistency
 - Achieving full potential requires discipline
- Racquet Up
 - Keep racquet, chin, and shoulders up
 - Don’t withdraw – keep the fight going and make it obvious to your opponent that you are going to continue to fight
 - Make a signal for yourself so that every time you do it, it acts as a trigger to keep you fighting
 - Your opponent will grow more confident if you appear to withdraw

7 Concepts of Singles Strategy



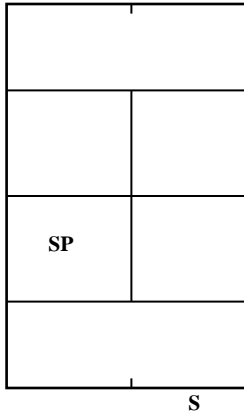
1. **Red, Yellow, Green.** Red Zone = Wait. Yellow Zone = ^DMove Forward. Green Zone = GO!
2. **Defensive, Neutral, Offensive.** You should not miss from the defensive or neutral areas of the red zone. Rally deep between the percentage posts and wait for your opponent to miss or hit short. In the offensive area, try to take control of the point with a forcing shot.
3. **Percentage Posts.** Three feet inside the singles sidelines and the baseline. When rallying, aim inside them to avoid missing wide and to give your opponent less angle to move you.
4. **Percentage Line.** They run through the percentage posts, parallel to the singles sidelines. Aim inside them on approach shots to avoid missing wide, to give your opponent a smaller target on passing shots, and to give yourself a predetermined target, which will help you relax.
5. **Short Ball Range.** How many steps you need to reach GVP. If you come in on a crosscourt approach, you can force your opponent to change direction of the ball to hit what would otherwise be his easiest passing shot – down the line, where he has the most open court. But to come in crosscourt, you need a ball that is shorter and closer to the middle, since you will have to run farther to cover the line (reach GVP). Rallying between the percentage posts will limit your opponent's chances to move you out of the middle, maximizing your own opportunities to come in cross-court. Your short ball range is 7 steps. It takes you 13 steps to reach the net from the baseline.
6. **Hold the Line.** On a volley below net level, hit up the percentage line. Jam your opponent and close in on the net. The first volley should be played back in the same direction in which it was initially hit.
7. **Good Volleying Position.** Three feet from the net, where you have 130 degrees of potential angle. (You have less than 20 degrees from the baseline and 30 degrees from the service line.)

Doubles Formations

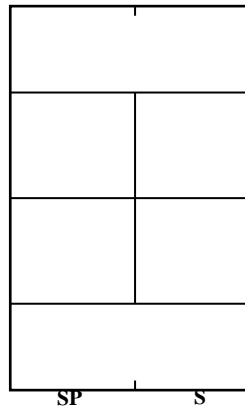
Serving

Goal of Server: Get first serve in and get to net

Goal of Server's Partner: Communicate with server, be ready to move

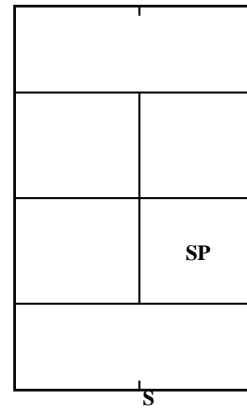


Conventional



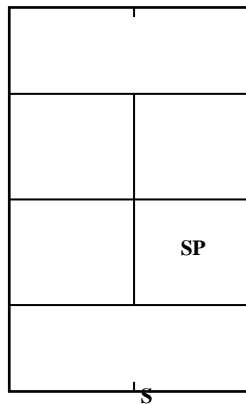
Offset

Used when player is injured/
against strong returns



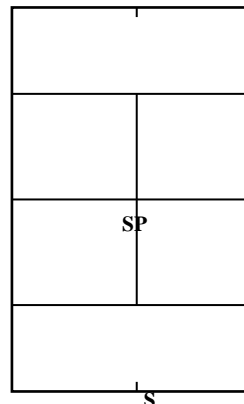
Motion

Used to confuse returner;
server tells partner to
"switch" before service
motion starts; cannot
purposely cause distraction
before ball is hit



Australian

Used to offset good cross-
court return; forces receiver
to hit down the line;
server's partner can stay or
poach



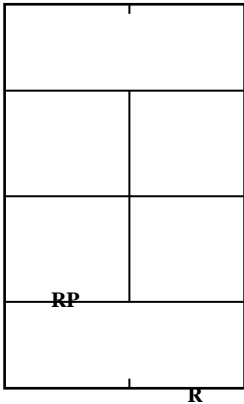
I-formation

Used when returner has weak
return/net player has good
lateral movement; keep
returner guessing; server's
partner goes to either side

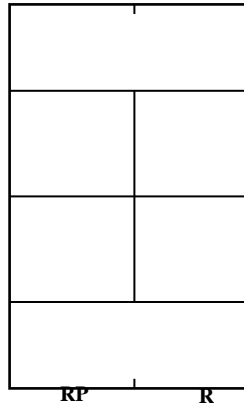
Returning

Goal of Receiver: Get to the net; tell receiver's partner where to stand

Goal of Receiver's Partner: Call service line; move forward on weak return, be ready to defend on strong return

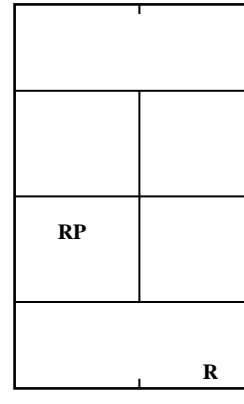


Conventional
(Neutral)



Offset
(Defensive)

Used when player is injured/cannot return crosscourt; used against big server or team that is attacking well



Attack
(Offensive)

Used on weak first/second serve; opportunity to communicate poach

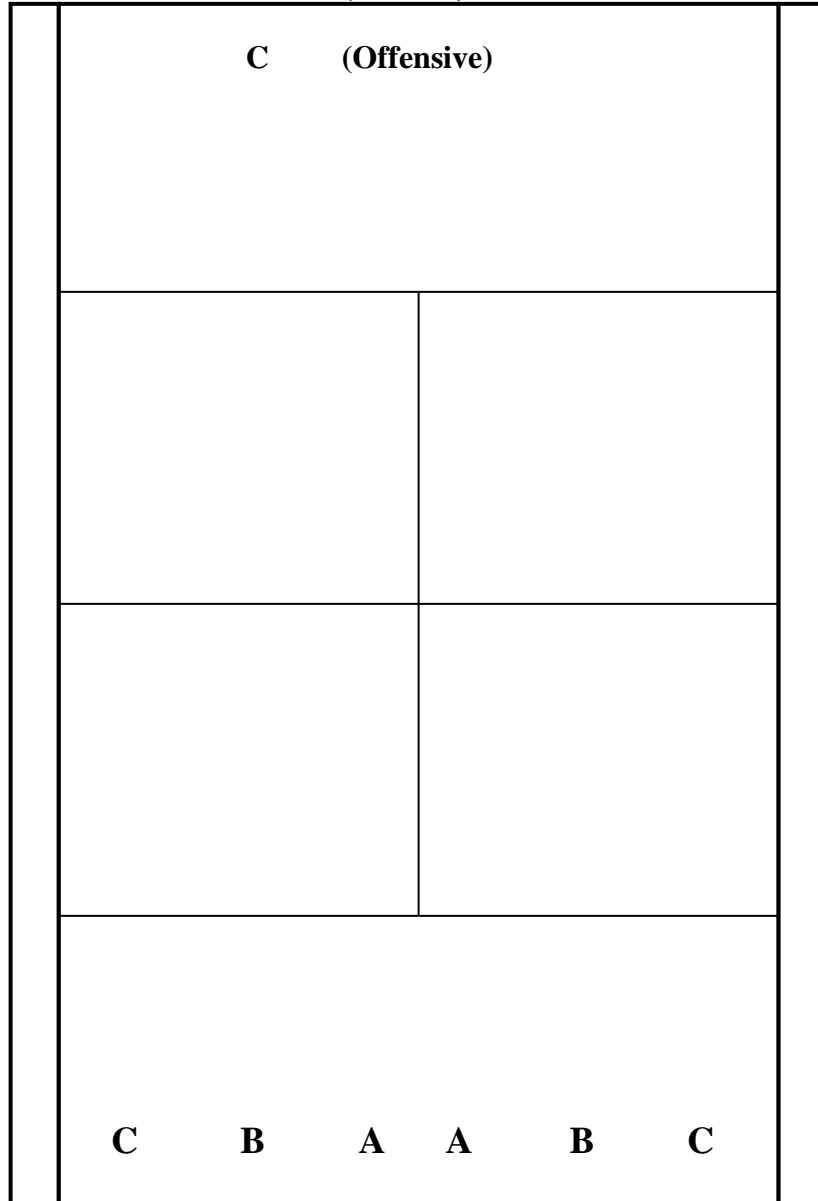
Ivan Lendl Grid

RED ZONE

A (Defensive)

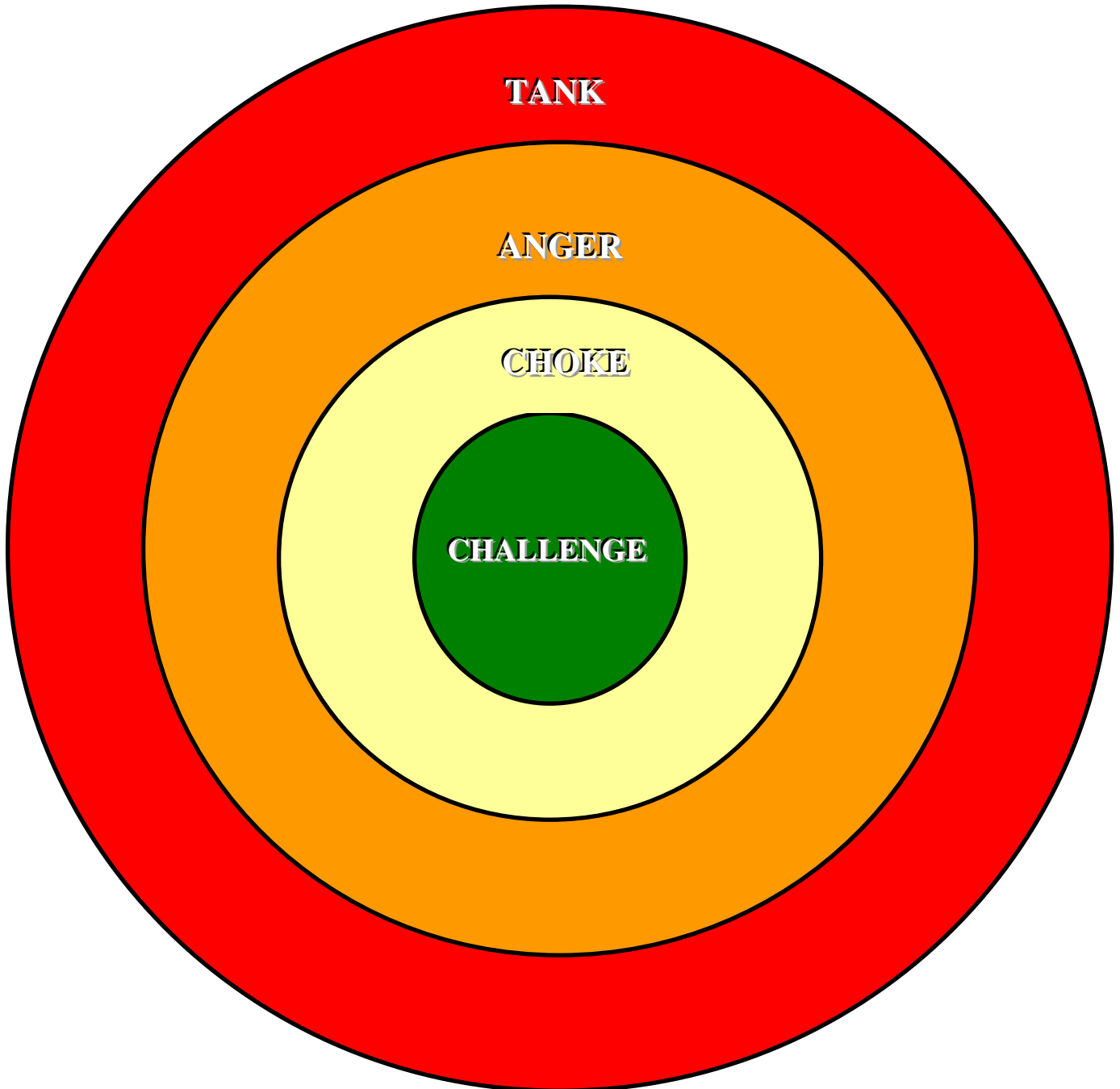
B (Neutral)

C (Offensive)



- A to A, in the defensive part of the red zone. The goal is to rally down the middle to the As to stay in the point. For every foot you move back from the baseline, aim a foot higher over the net.
- B to B, in the neutral part of the red zone. The goal is to rally to A or B and wait for your opponent to miss or hit short. The B points are similar to the percentage posts.
- C to C, in the offensive part of the red zone. The player can hit to A, B, or C because he or she is in a point ending situation.

Competitive Circle



CHAPTER 6

ATTITUDE, LEADERSHIP, TRUTH



ATTITUDE

Credit to John C. Maxwell's book,
YOUR ROAD MAP FOR SUCCESS

SEVEN SIGNS OF A GREAT ATTITUDE:

1. Belief in Self
2. Willingness to see the best in others
3. Ability to see opportunity everywhere
4. Concentration on solutions
5. Desire to give
6. Persistence
7. Responsibility for one's life

Do you really know the meaning of: honesty, perspective, work, common sense, respect, opportunity, appreciation, journey/destiny, reliability, responsibility, resilience, accountability, college placement, college advancement, and LIFE (yours)?

More key points pertaining to attitude...

- How far can I go?
- When our attitudes outdistance our abilities, even the impossible becomes possible
- Your attitude determines your altitude
- Who and where you are today results from your attitude
- Your current attitude is a choice; it is not determined by
 - Circumstances
 - Upbringing
 - Limitations
 - Others
- Your attitude determines how you approach the journey
- How you think affects your approach to the journey in a powerful way
- What I believe about life determines how I perceive life, which determines what I receive from life
- Your attitude means the difference between success and failure
- The better your attitude is, the farther you will go
- When you believe in yourself, you're free to focus on improving yourself and reaching your potential
- Giving is the highest level of living
- Claim responsibilities, not rights
- Associate with positive people
- When you spend time with positive people, you help yourself to see things in a better light
- Make the present moment your happiest
- Take action to change your attitude
- You have to change through actions

FIVE CHARACTERISTICS OF SUCCESSFUL PLAYERS

1. Commitment

- Don't be lukewarm, put your whole self in – Be PASSIONATE about what you do
- “A leader with great passion and few skills will always outperform a leader with great skills and little passion.” – John Maxwell
- Be committed to becoming the best you can be – Skill Development (develop the unconscious)
 - Confidence comes from demonstrated ability

There are four types of players:

1. Unconscious & incompetent
2. Conscious & incompetent
3. Conscious & competent
4. Unconscious & competent (develop the unconscious to become automatic through repetition)

2. Toughness (physical & mental)

- Mental more so than physical (attention to detail because good is in the details)
- BE COMFORTABLE WITH BEING UNCOMFORTABLE (pressure is good & stress is bad)
- You have to have tenacity, which is the ability to stick with it and be persistent in your attitude and effort
- If you want to be the best player you have to be the hardest worker, and those who work the hardest are the last to surrender

3. Communication (on & off the court)

- Listening vs. hearing (listen with your eyes, ears, mind, and heart)
- Great players crave hard instruction
- Have huddles on the court to communicate with teammates
- Sometimes you have to figure it out without your coach (communicate to “Fix It”)
 - Adapt, Improve, and Overcome

4. Leadership

- Leadership starts from the top
- You have to learn to serve before you can lead (servant leader)
- Lead from the front not from the rear (lead by example because your example isn't the main thing, it is the only thing)
- Not everybody can lead, but everybody has a role

Roles:

1. Define
2. Understand
3. Accept
4. Fulfill

5. Goal Oriented

- Have long term and short term goals
- Set specific goals that are observable and measurable (have a narrow focus to help concentration)
- Set goals that are realistically attainable and within your control
- Determine what you want – find out how much it is going to cost you – decide whether you are willing to pay the price
- You must have the persistence to follow through with your set goals (BE A FINISHER)

DIMMITT

Desire

Is

Much

More

Important

Than

Talent

“Each Point Is a Match Unto Itself”

Each point is one brick and winning a match is like building a house. You need points to win games, games to win sets, and sets to win matches.

Focus on each ball, to focus on each point. Mental toughness is focusing on the task at hand.

Tennis is a performance; the actor in a movie must know his lines. From the first to the last word by word. In tennis, from the first to the last, ball by ball.

Breathe; “yes” is the word on every ball.

You make it happen! Be responsible for yourself!

7 Rules for Effective Teams

- 1. Priority #1... Get The Job Done!!!** - In many team environments, top priority is “what’s in it for me,” limiting the team’s ability to get the job done. Focusing on getting the job done is an automatic emotional response. Decisions are based on what it takes to finish the job, not what it does for the individual. The program is bigger than the individual.
- 2. Teammates’ attitudes are byproducts of leadership style.** - If subordinates’ attitudes are negative toward the team, it is because of leadership style. If they are positive, it is because of leadership style. If attitudes need changing, it must start with the leaders.
- 3. Sharing knowledge inspires motivation.** - People who have opportunity to share knowledge feel they are a part of the team. Team members want to impress with their ability to contribute valuable information. Sharing knowledge inspires a desire to seek information, excel, accept challenges, and reject the status quo.
- 4. Coach, not control.** - People who only follow orders do not assume responsibility, are not motivated and do not have a desire to excel. Coaching is inspiring people to find solutions to problems themselves. Finding solutions is a motivating force, and it also becomes a habit. Coaching is sharing knowledge.
- 5. Worker/team responsibility** - Being responsible for results is a highly motivating force. Also, a group of six or more, focused on a common goal, becomes a highly intelligent force. It is aware of minor problems and has the authority to manage them. The team is recognized for its ability to prevent problems while getting the job done.
- 6. Supply quality resources.** - Available resources (tools, supplies, work environment) are as important as efficiency in completing tasks. Teammates will work hard to get jobs done, but they need quality resources to be efficient. Resources can produce pride, which affects output quality.
- 7. Opportunity to learn.** - There is always a better way of doing a task, including a repetitive task, and better ways are found with worker responsibility. Challenges motivate people to learn, and the desire to learn is based on opportunity for challenges.

THE 7 TRAITS OF EFFECTIVE LEADERS: HOW MANY DO YOU SHARE?

Experts have identified seven specific actions that successful leaders carry out. They are:

- **Make others feel important.** If your goals and decisions are self-centered, followers will lose their enthusiasm quickly. Emphasize their strengths and contributions, not your own.
- **Promote a vision.** Followers need a clear idea of where you're leading them, and they need to understand why that goal is valuable to them. Your job as a leader is to provide that vision.
- **Follow the Golden Rule.** Treat your followers the way you enjoy being treated. An abusive leader attracts few loyal followers.
- **Admit mistakes.** If people suspect that you're covering up your own errors, they'll hide their mistakes, too, and you'll lack valuable information for making decisions.
- **Criticize others only in private.** Public praise encourages others to excel, but public criticism only embarrasses and alienates everyone.
- **Stay close to the action.** You need to be visible to the staff of your school. Talk to people, visit their offices and work sites, ask questions, and observe how business is handled. Often you will gain new insights into your work and find new opportunities for motivating your followers.
- **Make a game of competition.** The competitive drive can be a valuable tool if you use it correctly. Set team goals and reward members who meet or exceed them. Examine your failures and celebrate your group's successes.

WORDS OF WISDOM:

*Public schools were created not to serve the public, but create the public.
Education is economic development...and social justice...and civic infrastructure.*

LEADERSHIP TIPS: Cardinal Rules of People Management

There are some basics to managing people that are sometimes lost in the din of management fads and buzzwords. These basics are always worth repeating:

- Remember there's more than one right way to do a job.
- Expect everyone to be different.
- Limit your criticism.
- Be with your people.
- Give plenty of feedback.
- Trust your people to do their jobs.
- Be clear about your expectations, priorities and deadlines.
- Conduct regular, informal performance appraisals.
- Give people ownership of their work.
- Give people the resources they need to do their jobs well.

What Winning Leaders Do

In *Winning*, former General Electric CEO Jack Welch says he found that some ways of leading always seem to work in creating a winning company – and that they became his “rules”:

1. **Leaders relentlessly upgrade their team, using every encounter as an opportunity to evaluate, coach, and build self-confidence.** Take every opportunity to inject self-confidence into those who have earned it. Use ample praise, the more specific the better.
2. **Leaders make sure people not only see the vision; they live and breathe it.** There were times I talked about the company’s direction so much in one day that I was completely sick of hearing it myself.
3. **Leaders get into everyone’s skin, exuding positive energy and optimism.** Unhappy tribes have a tough time winning.
4. **Leaders establish trust with candor, transparency, and credit.** Leaders never score off their own people by stealing an idea and claiming it as their own.
5. **Leaders have the courage to make unpopular decisions and gut calls.** Don’t run for office. You’re already elected.
6. **Leaders probe and push with a curiosity that borders skepticism, making sure their questions are answered with action.** “We’ll look into it,” says Welch, is that all-too-common business head fake.
7. **Leaders inspire risk taking and learning by setting an example.** There is no edict in the world that will make people take risks or spend their time learning.
8. **Leaders Celebrate.** Celebrating makes people feel like winners.

A LEADER'S CHECKLIST:

Important Qualities of a Positive Leader:

- ___ is worthy of trust - willing to risk
- ___ has worthy motives
- ___ is sincere in involvement
- ___ has high moral and spiritual beliefs and behaviors
- ___ holds a sound philosophy of life (written down somewhere)
- ___ shares ability to encourage others to achieve their best
- ___ uses ability to recognize strengths and weaknesses of others and self
- ___ exercises ability to think and make decisions
- ___ develops physical stamina, abundance of energy, people sense and drive
- ___ contributes to the success of others
- ___ exercises appropriate citizenship
- ___ cheerfully practices good manners and regard to regulations
- ___ seeks fairness and honesty
- ___ organizes: personally, professionally, and functionally
- ___ demonstrates humility
- ___ displays enthusiastic attitudes tempered with responsibility
- ___ has a sense of humor and good sportsmanship
- ___ uses a compassionate attitude
- ___ is clean/neat
- ___ is friendly/committed
- ___ combines honesty with integrity
- ___ manifests a tolerant understanding of differences in people
- ___ knows procedures, handicaps, and limitations
- ___ is consistent, punctual, steadfast, and dependable

___ has a sense of awareness and relationship

IT'S THE TRUTH!

“You can't lead by standing in the middle of a crowd. You have to get up front.”

- Dr. Paul Houston

“People who want milk should not seat themselves in the middle of a pasture on a stool and wait for the cow to back up.”

- Dr. JoAnne Owens-Nauslar

John Wooden's Strategy to Find Happiness...

1. Promise yourself that you will talk health, happiness, and prosperity as often as possible.
2. Promise yourself to make all your friends know there is something in them that is special and that you value.
3. Promise to think only the best, to work only for the best, and to expect only the best from yourself and others.
4. Promise to be just as enthusiastic about the success of others as you are about your own.
5. Promise yourself to be so strong that nothing can disturb your peace of mind.
6. Promise to forget the mistakes of the past and press on to greater achievements in the future.
7. Promise to wear a cheerful appearance at all times and give every person you meet a smile.
8. Promise to give so much time improving yourself that you have no time to criticize others.
9. Promise to be too large for worry, too noble for anger, too strong for fear, and too happy to permit trouble to press on you.

RULES FOR BEING HUMAN

1. **You will learn lessons.** You are enrolled in a full-time school called “life on planet earth.” Every person or incident is your teacher.
2. **There are no mistakes - only lessons.** “Failures” are the stepping-stones to “success.”
3. **A lesson is repeated until learned.** It is presented in various forms until you learn it. If you are here, there are still lessons to be learned.
4. **Every time you meet someone, you meet your master.** Everyone you meet knows much more about something than you do.
5. **If you don't learn the easy lessons, they get harder.** Pain is one way the universe gets your attention.
6. **You'll know when you've learned a lesson when your actions change.** Only action can transform knowledge to wisdom.
7. **“There” is no better than “here.”** When “there” becomes “here,” you'll notice another “there” that again looks better than “here.”
8. **Your life is up to you.** Life provides the canvas: you do the painting.
9. **Your answers lie inside you.** All you need to do is look, listen, and trust.
10. **You'll tend to forget all of this.**
11. **You can remember any time you wish.**



Pat Summitt's Definite Dozen



1.	Respect Yourself and Others
2.	Take Full Responsibility
3.	Develop and Demonstrate Loyalty
4.	Learn to be a Great Communicator
5.	Discipline Yourself so No One Else Has To
6.	Make Hard Work Your Passion
7.	Don't Just Work Hard, Work Smart
8.	Put the Team Before Yourself
9.	Make Winning an Attitude
10.	Be a Competitor
11.	Change is a Must
12.	Handle Success Like You Handle Failure

CODE OF RESPECT

The essence of good discipline is

RESPECT

Respect for authority
and Respect for others;
Respect for self
and Respect for rules.

It is an attitude which begins at home,
is reinforced at school, and
then applied throughout life.

Agassi Prep students must memorize and recite the school's "Code of Respect" each morning in honor of their commitment to the school's ideals. The students' parents also are required to honor the code.

**From Andre Agassi's College Preparatory Academy
In Las Vegas, Nevada**

Bill Gates's Eleven Rules of Life

RULE 1

Life is not fair – get used to it!

RULE 2

The world won't care about your self-esteem. The world will expect you to accomplish something BEFORE you feel good about yourself

RULE 3

You will NOT make forty thousand dollars a year right out of high school.
You won't be a vice president with a car phone, until you earn both

RULE 4

If you think your teacher is tough, wait till you get a boss. He doesn't have tenure.

RULE 5

Flipping burgers is not beneath your dignity. Your grandparents had a different word for burger flipping. They called it Opportunity.

RULE 6

If you mess up, it's not your parents' fault, so don't whine about your mistakes, learn from them

RULE 7

Before you were born, your parents weren't as boring as they are now. They got that way from paying your bills, cleaning your clothes, and listening to you talk about how cool you are. So before you save the rain forest from the parasites of your parent's generation, try delousing the closet in your room.

RULE 8

Your school may have done away with winners and losers, but life has not. In some schools they have abolished failing grades and they'll give you as many times as you want to get the right answer. This doesn't bear the slightest resemblance to ANYTHING in real life.

RULE 9

Life is not divided into semesters. You don't get summers off and very few employees are interested in helping you find yourself. Do that on your own time.

RULE 10

Television is NOT real life. In real life, people actually have to leave the coffee shop and go to jobs.

RULE 11

Be nice to nerds. Chances are you'll end up working for one.

CHAPTER 7

TEAM WORKSHEETS



**DO NOT GIVE UP WHEN YOU
STILL HAVE SOMETHING TO
GIVE. NOTHING IS REALLY
OVER UNTIL THE MOMENT
YOU STOP TRYING**

**COMING TOGETHER IS A
BEGINNING...KEEPING
TOGETHER IS
PROGRESS...WORKING
TOGETHER IS SUCCESS!**



3-Minute Management Course

Lesson One:

An eagle was sitting on a tree, resting, doing nothing. A small rabbit saw the eagle and asked him, "Can I also sit like you and do nothing?" The eagle answered: "Sure, why not?" So, the rabbit sat on the ground below the eagle and rested. All of the sudden, a fox appeared, jumped on the rabbit and ate it.

Management Lesson:

To be sitting and doing nothing, you must be sitting very, very high up

Lesson Two:

A turkey was chatting with a bull. "I would love to be able to get to the top of that tree," sighed the turkey, "but I haven't got the energy." "Well, why don't you nibble on some of my droppings?" replied the bull. "They are packed with nutrients." The turkey pecked at a lump of dung and found it actually gave him enough strength to reach the lowest branch of the tree. The next day, after eating some more dung, he reached the second branch. Finally after a fourth night, the turkey was proudly perched at the top of a tree. He was promptly spotted by a farmer, who shot him out of the tree.

Management Lesson:

Bullshit might get you to the top, but it won't keep you there.

Lesson Three:

A little bird was flying south for the winter. It was cold; the bird froze and fell to the ground into a large field. While he was lying there, a cow came by and dropped some dung on him. As the frozen bird lay there in the pile of cow dung, he began to realize how warm he was. The dung was actually thawing him out! He lay there all warm and happy, and soon began to sing for joy. A passing cat heard the bird singing and came to investigate. Following the sound, the cat discovered the bird under the pile of cow dung and promptly dung him out and ate him.

Management Lesson:

- 1) Not everyone who shits on you is your enemy
- 2) Not everyone who gets you out of shit is your friend
- 3) And when you're in deep shit, it's best to keep your mouth shut!

This ends the three-minute management course...

Goal Sheet

Before completing this worksheet, re-read the section on "Expectations" in Chapter 3. Keep in mind, goals should be realistic and objective. When goal setting, aim high...the game demands it!

Team Goal # 1: _____

Team Goal # 2: _____

Team Goal # 3: _____

Personal Goal # 1: _____

Personal Goal # 2: _____

Personal Goal # 3: _____

Personal Goal # 4: _____

Jung Myers-Briggs Personality Test

According to Jung's typology, all people can be classified using three sets of criteria. The sets are:

- **Extraversion - Introversion**
- **Sensing - Intuition**
- **Thinking - Feeling**

Isabel Myers-Briggs added the fourth set:

- **Judging - Perceiving**

The first set of criteria describes where a person gets his or her energy. Extroverts tend to draw energy from the external world – the people around them – while introverts tend to draw it from within themselves.

The second set of criteria defines how a person perceives information. Sensing means that a person mainly believes information he or she receives directly from the external world. Intuition means that a person mainly believes information he or she receives from the internal or imaginative world.

The third set of criteria defines how a person processes information. People in the thinking category tend to make decisions through logic, those in the feeling category through emotion.

The fourth set of criteria defines how a person implements the information he or she has processed. Judging means that a person organizes all his or her life events and acts strictly according to this organized plan. Perceiving means that he or she is inclined to improvise and seek alternatives.

The different combinations of the criteria determine a brain type. There are sixteen types. Each has a name (or formula) according to the combination of criteria. For example:

ISTJ

Introvert Sensing Thinking Judging or

ENFP

Extrovert INTuitive Feeling Perceiving

For a certain person a type formula and quantitative measure of expression of each criterion (strength of the preference) can be determined using the "Type Inventory." Then the corresponding type description can be presented. So, by activating the Jung Typology Test and answering the inventory questions, you will discover your type formula, strength of the preference, and type description. It may help you to identify your general lifestyle and your style in certain fields of activity (business, love, education, communications, conflicts, etc.)

The Myers-Briggs Personality Test is not scientifically validated

QUESTIONNAIRE

Answer on each of the following 32 groupings of phrases and word pairs which choices most accurately describe you. Record your answers in the chart at the end.

1. a) seeks many action-orientated tasks, public activities, interaction with others
b) seeks more private, solitary activities, with quiet to concentrate
2. a) practical
b) theoretical
3. a) logic
b) empathy
4. a) orderly
b) relaxed
5. a) active, makes contact with most people at social events
b) passive, stays with few friends at social events
6. a) observant
b) imaginative
7. a) truth
b) tact
8. a) plan
b) improvise
9. a) communicate
b) internalize
10. a) realistic, sensible
b) conceptual, creative
11. a) justice
b) mercy
12. a) regulate, structure
b) "live" and "let live" within reason
13. a) act
b) reflect
14. a) down-to-earth
b) visionary
15. a) firm, stern
b) soft-hearted, compromising
16. a) work
b) play
17. a) good conversationalist, talking easily
b) reticent conversationalist, searching for words
18. a) works with "what is," factual
b) innovative, philosophical
19. a) analyzing, thinking
b) relating, nurturing

20. a) organized
b) flexible
21. a) likes to learn by talking
b) likes to learn by reflecting
22. a) data and facts
b) possibilities and ideas
23. a) head
b) heart
24. a) "Deadline! We've got to come to a conclusion!"
b) "What deadline? Can't we gather more information?"
25. a) outgoing
b) reserved
26. a) realistic, seeing "what is"
b) imaginative, seeing "what could be"
27. a) tough-minded
b) warm-hearted
28. a) decisive
b) curious
29. a) responds quickly to questions and events
b) takes time to reflect before responding to questions and events
30. a) level-headed
b) original, far-sighted

31. a) cool
b) warm
32. a) putting things in their places
b) free and easy

You have the capacity to fly, but we don't know what kind of flying creature you are. In a way, you are an "Unidentified Flying Object." That's why you need to take the:

"U.F.O." Type Detector

	A	B		A	B		A	B		A	B
1			2			3			4		
5			6			7			8		
9			10			11			12		
13			14			15			16		
17			18			19			20		
21			22			23			24		
25			26			27			28		
29			30			31			32		
	E	I		S	N		T	F		J	P

Error!

INTROVERTS

Sensing

ISFP “Amiable Artisan”

appreciates beauty, color, and texture, spontaneous and impulsive, reticent, quiet, sensitive, modest, extremely kind, not verbally expressive, sensitive to suffering of others, gross motored skilled.

ISFJ “Amiable Helper”

concerned with the welfare of others, responsible, quiet, friendly, conscientious, thorough, patient, loyal, often taken for granted, attracted to service occupations, gross motored skilled.

ISTP “Athletic Artisan”

artful with machines and tools – which offer an outlet for self-expression, lives for action and excitement, interested in sports and business, witty but usually not wordy, friendly and generous to peers, fine motored skilled.

ISTJ “Investigator”

stable, conservative, dependable, decisive, logical, organized, systematic, painstaking, thorough, dutiful, realistic, compelled to bring order and perfection, gatherer of data, fine motored skilled.

iNtuitive

INFP “Sensitive Idealist”

deep internal values, idealistic, avoids conflict, can make great sacrifices, appears calm, may be reticent, welcomes new ideas, aware of feelings of others, interested in scholarly activities, verbally skilled

INFJ “Creative Wordsmith”

conscientious, concerned for others, helps others develop, empathetic, highly imaginative, creative, sensitive, rich inner life, excellent writer, quietly forceful, verbally skilled.

INTP “Creative Logician”

master of logical reason, desires understanding of universe, designs logical systems, seeks precision, tends to excel in theoretical, abstract subjects, intellectual abstraction skilled.

INTJ “Applicator of Ideas”

self-confident, independent, master of applied logic, builder of systems, not impressed with authority, determined, single-minded, stubborn, skeptical, intellectual abstraction skilled.

EXTRAVERTS

Sensing

ESFP “Entertainer”

performs to entertain others, enjoys creating party-like atmosphere, spender, not a saver, radiates warmth and optimism, impulsive, effective communicator, enjoys business, gross motored skilled

ESFJ “Friendly Facilitator”

personal, warm, values harmony, conscientious, works for others’ best interests, nurtures relationships, sensitive to praise and criticism, expresses emotions, focuses on usefulness, commerce-orientated, gross motored skilled.

ESTP “Supervisor”

outstanding at organizing and running activities and orderly procedures, matter-of-fact, consistent, efficient, realistic, values traditions, a “pillar of strength,” commerce-orientated, fine motor skilled.

ESTJ “Energetic Promoter”

supreme realist, master manipulator, entrepreneur, promoter, thrives on excitement, socially sophisticated, good-natured, tolerant, body-conscious, fine motored skilled.

iNtuitive

ENFP “Pied Piper”

enthusiastic, imaginative, sees possibilities in everything, spontaneous, easily bored with repetition, relies on ability to improvise, problem-solver, promoter, verbally skilled.

ENFJ “Empathetic Educator”

leader, teacher, sociable, expressive, opinionated, catalyst, concerned, cooperative, tolerant, empathizer, devoted, fluent, imaginative, interested in ideas and possibilities, verbally skilled.

ENTP “Precocious Planner”

ingenious, imaginative, quick, resourceful, alert to possibilities, enjoys complexity, reason and logical abstraction, enthusiastic, competent, outspoken, master of one-upmanship, comedic, intellectual abstraction skilled

ENTJ “Chief Executive Officer”

cannot not lead, harnesses people to a distant goal, supreme strategist, takes charge, good public speaker, communicates vision and purpose of the organization, intellectual abstraction skilled.

Myths Test

Circle a "T" if you think the statement is true or "F" if you think it is false. All statements can be proven true or false, and you will be provided with the rationale at the conclusion of this test.

1. T F Toss high for more time.
2. T F There's not enough time to change grip on volleys.
3. T F Down together, up together is the best way to teach a beginner to serve.
4. T F Ground strokes are hit low to high.
5. T F The most advanced grip to volley with is continental.
6. T F The fastest way to recover for a shot is using shuffle steps.
7. T F Topspin is created by rolling the wrist.
8. T F To hit a slice serve, you must "cup" the ball.
9. T F It is best to stay down when hitting groundstrokes.
10. T F To effectively hit a kick serve, one must arch the back.
11. T F Always approach down the line.
12. T F You should "come over the ball" on a one-handed backhand.
13. T F The power source on the serve is bending your knees.
14. T F On the return of serve, it is optimal to wait in your forehand grip, either semi-western or western.

A Simple Test to Determine How Well a Person Can Follow Directions

You will have 10 minutes to complete this test – ample time if you concentrate and work rapidly. No pressure!

1. READ EVERYTHING BEFORE DOING ANYTHING.
2. PRINT YOUR NAME IN THE UPPER RIGHT HAND CORNER.
3. CIRCLE THE WORD "NAME" IN QUESTION TWO.
4. DRAW TWO SMALL SQUARES IN THE UPPER LEFT HAND CORNER OF THIS PAPER.
5. PUT AN "S" IN EACH OF THE SQUARES
6. PUT A CIRCLE AROUND EACH OF THE SQUARES
7. COUNT OUT LOUD IN A NORMAL SPEAKING VOICE, BACKWARDS FROM TEN TO ONE.
8. SIGN YOUR NAME IN NORMAL MANNER UNDER THE TEST TITLES.
9. AFTER THE TEST TITLE, WRITE THE WORD "YES."
10. PUT A CIRCLE AROUND EACH WORD IN SENTENCE SEVEN.
11. PUT AN "X" IN THE LOWER LEFT HAND CORNER OF THIS PAPER.
12. DRAW A TRIANGLE AROUND THE "X" YOU JUST MADE.
13. ON THE REVERSE SIDE OF THIS PAPER, MULTIPLY 784 BY 4,597
14. DRAW A RECTANGLE AROUND THE WORD "PAPER" IN SENTENCE NUMBER ELEVEN
15. WHEN YOU HAVE REACHED THIS POINT IN THE TEST, CALL OUT YOUR FIRST NAME.
16. WHEN YOU HAVE REACHED THIS POINT IN THE TEST, CALL OUT LOUD "I HAVE."
17. ON THE REVERSE SIDE OF THIS PAPER, ADD 9,465 AND 5,678
18. PUT A CIRCLE AROUND YOUR ANSWER TO NUMBER THIRTEEN, THEN PUT A SQUARE AROUND THE CIRCLE.
19. NOW THAT YOU HAVE FINISHED READING EVERYTHING CAREFULLY, YOU ARE TO COMPLETE ONLY SENTENCE NUMBER TWO.
20. NOW THAT YOU HAVE COMPLETED THE ENTIRE TEST ACCORDING TO INSTRUCTIONS, HOLD UP YOUR RIGHT HAND AND KEEP IT UP UNTIL THE INSTRUCTOR MOTIONS YOU TO LOWER IT.

BRAIN TEASER

As a tennis player, one must learn to problem solve. The tennis court is a mistake center, and a tennis match is similar to a math problem. You need a formula to solve a math problem. In tennis, your formula is tactical information as it relates to the dimensions of the tennis court.

Below are 4 puzzles...Think outside the box!

Example Puzzle

KEATS
KEATS

Answer: Parakeets (Pair of Keats)

Puzzle # 1

0

B.A.
MBA
P.H.D

Answer: _____

Puzzle # 2

OVER

PROJECTOR

Answer: _____

Puzzle # 3

M__CE
M__CE
M__CE

Answer: _____

Puzzle # 4

Trip Ticket

Answer: _____

WATER OR COKE???

WATER

1. Seventy-five percent of Americans are chronically dehydrated.
2. In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger.
3. Even MILD dehydration will slow down one's metabolism as much as 3%.
4. One glass of water shut down midnight hunger pangs for almost 100% of the dieters studied in a University of Washington study.
5. Lack of water is the number one trigger of daytime fatigue.
6. Preliminary research indicates that 8-10 glasses of water a day could significantly ease back joint pain for up to 80% of sufferers.
7. A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math and difficulty focusing on the computer screen or on a printed page.
8. Drinking five glasses of water daily decreases the risk of colon cancer by 45%, plus it can slash the risk of breast cancer by 79%, and one is 50% less likely to develop bladder cancer.
9. Drinking any other beverage does not count for your quota of water. You still need at least eight 8-oz glasses per day - more if you're a large person.

COKE

1. In many states (in the USA) the highway patrol carries two gallons of coke in the truck to remove blood from the highway after a car accident.
2. You can put a T-bone steak in a bowl of Coke and it will be gone in two days.
3. To clean a toilet: Pour a can of Coke into the toilet bowl and let the "real thing" sit for one hour, then flush clean. The citric acid in Coke removes stains from vitreous china.
4. To remove rust spots from chrome car bumpers: Rub the bumper with a rumped-up piece of Reynolds Wrap aluminum foil dipped in Coke.
5. To clean corrosion from car battery terminals: Pour a can of Coke over the terminals to bubble away the corrosion.
6. To loosen a rusted bolt: Apply a cloth soaked in Coke to the rusted bolt for several minutes.
7. To bake a moist ham: Empty a can of Coke into the baking pan, wrap the ham in aluminum foil and bake. Thirty minutes before the ham is finished, remove the foil. The drippings mix with the Coke, which gives you sumptuous brown gravy.
8. To remove grease from clothes: Empty a can of Coke into a load of greasy clothes, add detergent, and run through a regular cycle. The Coke will help loosen grease stains.
9. It will also clean road haze from your windshield.

FYI:

1. The active ingredient in Coke is phosphoric acid. Its pH is 2.8 (normal pH is 7.0). It will dissolve a nail in about four days. Phosphoric acid also leaches calcium from bones and is a major contributor to the rising increase in osteoporosis.
2. To carry Coca-Cola syrup (the concentrate) commercial trucks must use the hazardous material placards reserved for highly corrosive materials.
3. The distributors of Coke have been using it to clean the engines of their trucks for about 20 years!

Daily Monitoring/Weekly Chart

Dates _____ to _____

Item	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
ACADEMIC:							
Total Hours in School							
Total Homework Hours							
Academic Effort (A - F)							
Extra Reading Time (Hours)							
PHYSICAL:							
Stretching (Y/N) (# of times)							
Diet (A - F)							
Number of Meals							
Total Hours of Sleep							
Time to Bed / Time Up							
# Glasses of Water							
Sugar - # of times							
PHYSICAL TRAINING:							
Endurance Work (time)							
Strength Work (time)							
Speed Work (time)							
MOOD CONTROL:							
Positive Intensity (A - F)							
Positive Attitude (A - F)							
Confident Fighter Image (A - F)							
Concentration (A - F)							
Confidence Today (A - F)							
Motivation Today (A - F)							
Had Fun Today (A - F)							

Item	Sun	Mon	Tues	Wed	Thurs	Fri	Sat
TENNIS:							
Drill Work (time)							
Practice Match Play (time)							
Lesson Group Training (time)							
Lesson Private Training (time)							
Tournament Match-play (time)							
# of Self-Arranged Sets/Matches							

DAY	OPPONENT'S NAME	SET SCORES	SINGLES/ DOUBLES	OPPONENT'S LEVEL (Up/Even/Down)	Rate: Performance (A - F), Body Language, Composure
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Daily Food & Fitness Log

Food			Date:			Date:		
Breakfast								
Snack								
Lunch								
Snack								
Dinner								
Things that got in the way of my routine								
Ideas to keep this from happening again								
Exercise	Lbs/Reps	Lbs/Reps	Lbs/Reps	Exercise	Lbs/Reps	Lbs/Reps	Lbs/Reps	
	/	/	/		/	/	/	
	/	/	/		/	/	/	
	/	/	/		/	/	/	
	/	/	/		/	/	/	
	/	/	/		/	/	/	
	/	/	/		/	/	/	
	/	/	/		/	/	/	
	/	/	/		/	/	/	
Aerobic Exercise	Date:			Aerobic Exercise	Date:			
Type:				Type:				
Minutes:				Minutes:				
Heart Rate:				Heart Rate:				
Notes:				Notes:				
Food			Date:			Date:		
Breakfast								
Snack								
Lunch								
Snack								
Dinner								
Things that got in the way of my routine								
Ideas to keep this from happening again								
Exercise	Lbs/Reps	Lbs/Reps	Lbs/Reps	Exercise	Lbs/Reps	Lbs/Reps	Lbs/Reps	
	/	/	/		/	/	/	
	/	/	/		/	/	/	
	/	/	/		/	/	/	
	/	/	/		/	/	/	
	/	/	/		/	/	/	
	/	/	/		/	/	/	
	/	/	/		/	/	/	
	/	/	/		/	/	/	
Aerobic Exercise	Date:			Aerobic Exercise	Date:			
Type:				Type:				
Minutes:				Minutes:				
Heart Rate:				Heart Rate:				
Notes:				Notes:				

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