



Around the WaterCooler



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Hurricane Harvey Relief

Many coaches have asked how we can help the tennis coaches and programs that were affected by Hurricane Harvey. We talked about setting up a foundation, doing a go fund me account, and several other ways. One great idea came from a couple of coaches about Adopting a team in need from the affected area. So if any program would like to volunteer to help out with this it would be a great help to those who have lost a lot. Please contact me if you would like to help and we will get a list of teams in need that have been affected by this tragedy. Thanks for your help and support. Thanks to Coach Darnell and Coach Sostarich for this idea.

Drill of the month

This past week we have concentrated on hitting balls crosscourt. Yesterday we did drill where players hit crosscourt looking for consistency hitting over the service line. As easy as this sounds, many of my players had trouble doing it.

Progression: 3 to 5 mins. of trying to hit crosscourt past the service line in a row. How many times can they do that in a row.

Play a set where the 1st ball must go crosscourt and pass the service line (returners). If not point is over. You will be surprised how many can't get points started.

Want to get involved with the TTCA?

Contact any of the officers on the left and we will find a way to get you involved.

Practice with a

Purpose

With the new season upon us, how can you assure you're getting the most out of your practices? Running a meaningful practice can be difficult at times, so here are some tips:

1. Quality over Quantity - Holding a 2.5 hour practice may not make your kids anything other than worn out. Don't be afraid to cut your practice times shorter in the name of quality. Shorter, more intense practices are used by successful teams around the country. Get a lot of our your players in a shorter period of time with great drills and less down time.

2. Practice the Pressure- Put your players in pressure situations: Matchplay with 1 serve, one player starts down 0-30 each game, points won at the net count double. If your team is comfortable with these situations in practice, it will definitely help them be more comfortable with the pressure is on in a team match.

3. Have Fun!! - Cut loose sometimes and start or end a practice with a fun game that your team enjoys, and maybe asks for all the time. There's nothing wrong with having a complete game day at practice, either. Loosening up some can relax your players during the long fall or spring season, and may allow them to play better and enjoy the game more.

Try these suggestions this fall, or in the spring, and see if a little variety doesn't help your players reach new heights. Good luck this fall, hope to see you in November at the State Tournament!

Playoffs?

Go to the UIL tennis manual for information about the upcoming playoffs. I will also send more information in next month's newsletter.

Tyson's Corner