

SUCCEED

FULL SERVICE TRAINING ACADEMY FOR PLAYERS WHO STRIVE TO ACHIEVE THE BEST THEY CAN IN TENNIS, ACADEMICS AND CHARACTER

GROW

STAFF OF 12 INSTRUCTORS AND MORE THAN 100 PLAYERS IN TRAINING

EXCEL

MORE THAN 250 NCAA SCHOLARSHIP ATHLETES, 15 ALL AMERICANS, 5 NCAA INDIVIDUAL CHAMPIONS

FALL | 1 | 2018/2019

# TAS the zone

TRAINING TO MEET THE GOALS AND ASPIRATIONS OF THE INDIVIDUAL PLAYER

*What you need to do to play better, smarter, with commitment and confidence*

## Helping you achieve your goals

What's your action plan? How do you get motivated? Where do you see yourself in 6 months, 1 year, 5 years? Most important, what level of pain are you willing to endure? Everyone wants a trophy. Not many want to train like an Olympian.

*The rudder:* you set the direction of your tennis career through goal setting. *The oars:* you get to your destination by committing to a system of training and competition.

Look at the life's work of any successful athlete from Julio Jones to Kobe Bryant to Roger Federer and you'll see the same story. You have to work hard, work smart and stick with it. When obstacles arise, you work through them. When you fail, you look to

learn the lessons that will carry you forward. Goals only become reality when you embrace the system.

Be the first player on the court and the last player to leave. Commit to deliberate practice. Know what skill you're working on before the drill starts. Take notes. Read your notes. Focus on one goal at a time. Seek out feedback. Measure your progress. Be one percent better today than yesterday.

Ask yourself "What is my action plan? How do I stay motivated? What level of pain am I willing to endure to achieve my goals?"

**"You'll never get anywhere by holding the rudder. You have to row."**

**- James Clear**



## A WORK IN PROGRESS *What we're working on*

We're teaching TAS juniors how to train like a pro. The key is ownership. Learn to work independently and own your efforts and results. What you do each day in training on court and off is your responsibility. For example, do you try hard when hitting against players better than you and then slack off when you're in a group of weaker players? That's not how you create success. Be disciplined and centered. Approach your work on the court with the same work ethic and attitude no matter who is on the other side of the net. We're giving juniors the same tools the pros use to own their performance: note taking and review, mental rehearsal between points, controlled breathing, disciplined, deliberate practice and mental imagery techniques to improve focus before, during and after a match.



# Getting results

*Tournament results and other newsworthies*

## TAS SELECT SCOREBOARD

**Mason Taube,**  
TAS Select  
Player of the Quarter



Mason is ranked #9 in Georgia for Boys 10s. This summer, he defeated players ranked #2, #3, #4 and #6 in the state. Mason won all his matches except one in the Macon Qualifier/State Championship and made it to the finals in doubles! An impressive showing by a committed athlete! **Congratulations, Mason!**

## TAS ACADEMY SCOREBOARD

**Mai Nguyen,**  
TAS High Performance  
Player of the Quarter



Mai is ranked #35 in the Girls 14s Southern and #135 in the Girls 16s Southern. As a 14 year old, she played in the Girls 16s Southern. Mae also participated in the National Hard Court and National Clay Court Championships. Mae has a great work ethic and a winning attitude on the court and off!  
**Congratulations, Mae!**

## TAS ALUMNI SCOREBOARD

**Drum roll, please!**  
TAS Alumni in the News!

- **Jeremy Yuan** at Univ of Chicago is NCAA All American in singles and doubles!
- **Ladd Harrison** at UNC Chapel Hill was selected team captain and voted Iron Man of the UNC Mens' Tennis Team
- **Megan Kurey**, former NCAA All American at Georgia Tech, is now Women's Tennis Assistant Coach at Kansas State University
- **Caroline Price**, former All American and NCAA Championship finalist at UNC Chapel Hill, is a USTA coach on tour with young pros.

**"You have to be emotionally centered in order to focus on playing your game one point at a time."**  
- Gery Groslimond

## KEY DATES & REMINDERS

### TAS FIELD DAY

September 22, 2018, 1-3pm  
Jeff & Karen Groslimond  
5585 Mill Gate Court  
RSVP: [jeffgroslimond@gmail.com](mailto:jeffgroslimond@gmail.com)

### KIDS' FUN DAY

September 29, 2018, 1:30-3pm  
Introduction to TAS Youth Tennis program at SSTC  
For boys & girls 6-8 yrs  
TELL A FRIEND!

### SSTC JR TENNIS CHAMPIONSHIPS

October 5, 2018  
GA Level 4  
Complimentary Coaching \$65 value  
Intro to tournament coaching  
**REGISTER NOW!**

## PATHWAY TO SUCCESS

*How do you move up? Competition counts!*

You prepare your game on the practice court.  
You prove your game on the match court.  
TAS' junior progression has been refined over decades to inspire and prepare aspiring juniors to reach for the top. There's no magic bullet. You won't cover this ground in a day, a week or a year. But if you have vision and clear goals and you're willing to work hard, we have the pros and the methodology to take you there. TAS training and USTA competition create a platform for continuous player development. This is the proven pathway to success!

