

SUCCEED

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

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

○ WINTER | ○ 2 | ○ 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

Mental Toughness: What makes a champion?

What's the alchemy that produces a Roger Federer, Rafael Nadal or Serena Williams? We admire Federer's effortless footwork, Nadal's amazing topspin and Williams' perfect service motion. But the real differentiator is mental, not physical.

Any of the top 100 men on the ATP tour can beat any other top 100 man on any given day. Ditto for the top 50 women. So why don't we see a revolving door of champions?

True champions have an edge. Mental toughness is their go-to weapon. Champions embrace the moment. They have the courage to do measure for

measure under pressure what is necessary to win. Call it Tennis EQ.

To realize the payback for all your physical training, you have to be mentally fit. Courage under pressure forces your opponent to play his best to beat you. Your mind is calm and focused. You play with more control and less anxiety. You achieve improved results with the same physical effort.

Mental toughness is acquired through experience and training like any other skill. **Aspiring champions invest the time and effort required to train the mind.** Consistent performance requires a deep inner belief. You earn that belief

through mental training off the court and overcoming adversity on the court.

Invest in your Tennis EQ. Show up for mental toughness training days when the courts are not playable. Rainy days allow us to spend hours instead of minutes on mental training exercises that are critical to your success.

That's the differentiator, your go-to weapon. It's how great athletes become great champions.

"Will power is not an idealistic notion. It's a materialistic notion. It doesn't exist in you innately. It is developed..."

- Dr. Arun Jetli



OWNERSHIP: CONNECTING & CONDITIONING

We continue to work on training juniors to take ownership of their game. There are 2 critical prerequisites to owning your own success: 1) connecting the physical with the mental and 2) doing strength and conditioning both at drills and on your own. Tennis is a lonely game. Pros can only provide coaching between sets. You must learn to think and act for yourself. We challenge juniors to come to practice with a plan. Come prepared. Come with mini goals for each day. At the end of the drill, write down what went well and what didn't. Then adjust for the next day. We do intensive on court drilling and pattern play working to connect the physical execution with the mental approach. Juniors learn what they're doing, why they're doing it and how to correct. This is the mindset they will need beyond the practice court in the heat of competition.



Getting results

Tournament results and other newsworthies

TAS SELECT SCOREBOARD

Marco Heine,
*TAS Select
Player of the Quarter*



Marco achieved a 10-4 tournament match record in the last quarter playing five Boys 10 Singles tournaments.

Congratulations, Marco!

TAS ACADEMY SCOREBOARD
Visnja Gusavac
*TAS High Performance
Player of the Quarter*



Visnja finished 3rd in singles in two Icy Hot Southern Level 2 tournaments. She was Girls 12 Singles Champion, Singles Finalist and Doubles Champion in Southern Level 3 tournaments. From August - December, Visnja improved her southern Girls 12 ranking from 76 to 32. Visnja is currently ranked 6 in Girls 12 Georgia!
Congratulations, Visnja!

TAS ALUMNI SCOREBOARD
Drum roll, please!
TAS Alumni in the News!

- **Nami Otsuka**, a junior on the Georgia Tech womens tennis team, represented the Yellow Jackets in the ITA Preseason Rankings released this fall. Nami was ranked #108 in the preseason singles poll. Otsuka led the Jackets last season mainly playing from the No 1 position. Overall, this TAS alum went 29-9 in singles play, with a 10-3 ACC conference record.

- **Allie Miller** finished her tennis career at Notre Dame in 2018 in stellar fashion. She was named winner of the Byron V. Kanaley Award, the most prestigious award given by Notre Dame to a student athlete. Allie also took home the Rockne Scholar-Athlete Award and was named to the 2018 All ACC team.

Congratulations, Nami & Allie!

BRING A FRIEND DAY

Help us spread the word! We're hosting a competitive fun day for TAS Academy juniors and their friends. Juniors will participate in singles, doubles and mixed doubles competitions with prizes and refreshments for all!

March 16, 2019, 2-5pm

March 17, 2019, 2-5pm RAIN DATE

RSVP: jgroslimond@yahoo.com

"You don't get there in a day. To achieve success, you have to be a builder. Set your goals, write them down, work on them, achieve them. Set new goals. Repeat."

Gery Groslimond

KEY DATES & REMINDERS

TAS ACADEMY HOLIDAY DRILL SCHEDULE

HOLIDAY SCHEDULE		
12-24	MONDAY	10:00-12:00
12-25	TUESDAY	NO DRILLS
12-26	WEDNESDAY	10:00-12:00
12-27	THURSDAY	10:00-12:00
12-27	THURSDAY	1:00-3:00
12-28	FRIDAY	10:00-12:00
12-31	MONDAY	10:00-12:00
12-31	MONDAY	1:00-3:00
1-1	TUESDAY	NO DRILLS
1-2	WEDNESDAY	10:00-12:00
1-2	WEDNESDAY	1:00-3:00
1-3	THURSDAY	10:00-12:00
1-3	THURSDAY	1:00-3:00
1-4	FRIDAY	10:00-12:00

Please notify us which days & times you plan to come for holiday drills. **DO NOT JUST SHOW UP!** Email Jeff at jgroslimond@yahoo.com.

COACHING

TAS encourages parents to use our coaching expertise. Please review the list of TAS preferred tournaments below, determine your tournament schedule and give us 2 weeks notice for coaching requests.

TOP SIX TOURNAMENTS

- 1/19/2019 Macon GA
Southern Winter Lvl 1 B/G 12s
- 1/19/2019 Rome GA
Southern Winter Lvl 1 B/G 16s
- 2/1/2019 Ridgeland MS
Southern Lvl 1A B/G 12s & 14s
- 3/8/2019 Norcross GA
One Love Tennis Jr Chps
- 3/29/2019 Rome GA
GA State Jr Spring Open
- 6/8/2019 Chattanooga TN
Southern Closed B/G 10s



TENNIS ACADEMY OF THE SOUTH
Atlanta's Premier Tennis Training Program!