

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

○ SPRING/SUMMER | ○ 3 | ○ 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*

## Practice Makes Perfect...

The 10,000 Hour Rule describes the number of practice hours required to achieve mastery of a complex skill. But psychologists who study the nature of human performance tell us you don't master a complex field by just "showing up". To excel, you must engage in "deliberate practice." **It's not only how many hours you practice; it's how you practice.** TAS juniors understand that goal setting, repetition and feedback are key to deliberate practice. Learning takes place with repetition, assessment and expert feedback. You practice a skill, assess your performance, incorporate feedback and improve. Again and again and again.

What motivates you to put in the intensive hours required to succeed? When are you having fun? Studies of human performance conclude that improvement is what motivates us to get back out on the practice court. When juniors enjoy the success that results from improved play, they're motivated to put in more hours practicing. **Competition is essential to motivation and improvement.** How well do you perform under pressure? Can you stay focused? Do you learn from your errors? Can you translate practice into performance? Competition puts your skills and expertise to the test. Success on the court is the great motivator.

Summer is the ideal time to put in critical hours on the court and ramp up your game. Deliberate practice and match experience are the two interdependent forces that will propel you to success. **Take advantage of TAS' summer drills along with a stepped up summer tournament schedule to make big improvements. Use the ten weeks of summer as an intensive that will take you to the next level of tennis.** You'll be that much closer to completing your 10,000 hours and mastering your sport.

**"Excellence demands effort and planned, deliberate practice of increasing difficulty."**

**- Dr. K. Anders Ericsson**

## LET YOUR GOALS DO THE DRIVING

TAS pros are working with juniors to develop meaningful goals to drive practice and competition. We encourage juniors to set 3 month, 6 month and 1 year goals. Then we help them develop a plan to achieve their goals. Successful people talk about a path to success. It always starts with goals. Goals are the logical end point of your desires and dreams and the ultimate measure of your success. **Goal setting is a critical step in shaping your game and your future.** No one just happens upon success in tennis. You have to know where you're going before you can get there. Goals help chart your path and drive your effort. **For juniors who have not yet done goal setting, please make the effort to complete your tennis goals and review them with TAS staff.**





# Hard work pays off

*Tournament results and other newsworthies*

## TAS ACADEMY SCOREBOARD

**Evan Rigsby**  
TAS High Performance  
Player of the Quarter



Currently ranked #8 in Georgia in Boys 12s, Evan reached the finals of the Icy Hot USTA Southern Level 2 in singles and doubles in Little Rock. He placed 3<sup>rd</sup> in the Icy Hot in Montgomery. Evan demonstrates an impressive work effort every day, and it's paying dividends.

**Congratulations, Evan!**

## TAS ACADEMY SCOREBOARD

**Marco Skrinjar**  
TAS High Performance  
Player of the Quarter



Marco is currently ranked #5 in Georgia in Boys 12s. He reached the finals of the Icy Hot USTA Southern Level 2 and the quarterfinals of the USTA National Level 3 Capitoline Classic in Rome. Marco consistently puts in the hard work required to excel on the court.

**Congratulations, Marco!**

**“The better I get, the more I realize  
how much better I can get.”**

**Martina Navratilova**

## TAS SELECT SCOREBOARD

**Elena Gusavac**  
TAS Select  
Player of the Quarter



Elena has earned a record of 13-8 and is currently ranked 26 in the Girls 10s in Georgia. She had 2 wins at the GA Jr Spring Open Level 2 Championships in Rome. She also won the CTC and Top Tennis Academy Jr Championships in Woodstock. Elena loves tennis and seems to make friends wherever she goes.

**Congratulations, Elena!**

## TAS ALUMNI SCOREBOARD

**Jeremy Yuan**, a sophomore on the University of Chicago men's tennis team, was recently named ITA All-American in doubles. Jeremy is an NCAA national qualifier in singles and First Team All-USA. He was the ITA Central Region doubles champion as well as ITA Central Region singles finalist. While winning trophies on the court, Jeremy was also named to the UAA All Academic Team.

**Congratulations,  
Jeremy!**

## TOP TOURNAMENTS

*Please give us 2 weeks notice for coaching requests.*

6/8	Southern Closed Boys' & Girls' 10s	<a href="#">700017519</a>	New Orleans	LA
6/8	Southern Closed Boys' & Girls' 10s	<a href="#">700017419</a>	Caycee	SC
6/8	Southern Closed Boys' & Girls' 10s Central	<a href="#">700073519</a>	Chattanooga	TN
6/8	Southern Closed G/B 12s Level 1 Championships (National level 3)	<a href="#">700005119</a>	Cary	NC
6/8	Southern Closed BG 14s Level 1 Championship (National level 3)	<a href="#">703410819</a>	Macon	GA
6/8	Southern Closed BG 16s Level 1 Championship (National Level 3)	<a href="#">700014519</a>	Little Rock	AR
6/8	Southern Closed BG 18s Level 1 Championship (National level 3)	<a href="#">700005819</a>	Mobile	AL
7/19	USTA Southern Icy Hot Level 2 Clay Courts BG 12s-14s	<a href="#">700125519</a>	Dothan	AL
7/19	USTA Southern Icy Hot Level 2 Clay Courts Boys 16s-18s	<a href="#">700127719</a>	Pelham	AL
7/19	USTA Southern Icy Hot Level 2 Clay Courts Girls 16s-18s	<a href="#">700007519</a>	Auburn	AL

## KEY DATES



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

### AWARDS DAY

**June 1, 2019, 1:30-3pm**

Join us for a fun day of games, awards and prizes! We'll gather to celebrate a great year and honor our graduating seniors! We'll also be handing out awards for excellence to deserving TAS Academy and TAS Select juniors!

**Games, Prizes and Refreshments!**

**Rsvp:**  
[jgroslimond@yahoo.com](mailto:jgroslimond@yahoo.com)

## TAS ACADEMY SUMMER DRILL SCHEDULE

**Session 1: May 28 - June 28**  
**Session 2: July 1 - August 2**

High Performance Academy  
Monday-Friday 1-3:30pm  
Register for 15, 20 or 30 drills per 5 week session.

Performance Academy  
Monday-Thurs 1:30-3:30pm  
Register for 10, 15 or 20 drills per 5 week session.

Register online at  
[leagues.bluesombrero.com/sandyspringstennis](http://leagues.bluesombrero.com/sandyspringstennis)

Email Jeff which drills you 'll attend by Friday of the week before. **DO NOT JUST SHOW UP!** Send emails to [jgroslimond@yahoo.com](mailto:jgroslimond@yahoo.com).

## TAS SELECT SUMMER CAMP SCHEDULE

**Sessions 1-9, All Summer**  
Monday-Friday 9am-1pm  
Register online at  
[leagues.bluesombrero.com/sandyspringstennis](http://leagues.bluesombrero.com/sandyspringstennis)