

# TIM ARMSTRONG

SCHOOL OF TENNIS

Term 3 / 2018

## Winter Issue #2

Your guide to an exciting term!

19 August 2018

### Breaking In The New Shoes...

It's been a long, cold winter in the Cape, but now is the time to set the courts on fire!

The holidays are long behind us and we are well underway at Medowridge Tennis Club. As coaches, we are always itching to get back onto the courts and help you and your children achieve all of your tennis related goals.

Whether it's playing TSA tournaments, aiming to qualify for WP Tennis, or simply wanting to have fun on court with your parents and friends, we have the passion and expertise to ensure that you find success in whatever field you choose



*Friends and tennis go hand in hand*



## Training VS Practicing

Picture this -an athlete decides to become a professional fighter and punches a punching bag for months on end, only to come up against an opponent who had been fighting other humans for half the time. The smart money for the vast majority of people would be on the fighter who had experienced fighting against real opponents, and rightly so. Hitting a tennis ball with friends and family fits the same example and plays a crucial role in building confidence, skill and awareness. For this reason, we encourage all of our students to consider coming down to the courts with friends and playing whenever they have the time to do so. If you would like to receive information on becoming a member at Meadowridge Tennis Club as a family, please talk to Coach Mike and he will gladly help you get the process underway.

It is key to remember that we train with our coaches and practice anything we do outside of our lessons. This reinforcement is vital in the ultimate growth of a player. Much the same way practicing your maths will make equations easier to solve later in life. We look forward to seeing more students playing at the club.



### School Tennis

As most of you know, the school tennis program comes into effect as of term 4. However, we are looking to be ready for this reality well ahead of time with our students.

Becoming a part of school tennis is something that lasts with children for years to come and paves the way for them to potentially push on to new and loftier aspirations. In order to make a success of their school tennis, it is required for a student to be able to play a match of a decent standard and be able to implement their own strategies and tactics. This is something harnessed in training, but mastered through practicing with family and friends.

All of our coaches share your enthusiasm with your personal goals. We are a team and will do what it takes to help you succeed.



**Anderson overcoming Federer**

## Kevin's Recent Success

Tennis in South Africa is very much on the upward trend, and with players like Kevin Anderson succeeding with reaching the Final of Wimbledon, as well as the Semis at the Canadian Open.

Upon his appearances at these finals, we heard our students all talking about his performances as well as the fact that he plays with Dunlop. Many students likening their racket to his and clearly feeling inspired.

Hopefully, we'll have a Kevin coming from the Southern Suburbs in the coming years. Well done, Kev!



## TSA Apparel

We have a growing portion of children that are attending (and succeeding) through TSA (Tennis South Africa) tournaments throughout the province.

We at TAST want this to be recognized as a major achievement and offer TAST hoodies by Under Armour to those who represent themselves and our school at the highest levels. We are in the final stages of completing all of the necessary arrangements with our sponsors and so I urge all of us to watch this space closely.

Not all of us will see ourselves competing in TSA tournaments, but nonetheless, we are proud to coach you as budding players. There will be Under Armour t-shirts available to all who represent the school and want to get their hands on some clothing from this incredible brand.

Pricing for all of the above mentioned will be released soon and orders will be able to follow thereafter.



## Competing At The Top

Tennis is a game of mistakes and can be one of the most frustrating sports to play. Often we forget that at the end of the tunnel, with just enough hard work and determination, can be a bright and shining light.

We at Tim Armstrong School of Tennis congratulate our very own Jared Godfrey from Meadowridge Tennis Club for competing and winning in a tightly fought final this weekend in the most recent TSA at Western Province Cricket Club.

Jared played his heart out and has made us all very proud to see him succeed. This achievement is testament to his constantly superior work ethic and desire to get the most out of his game. Well done, Jared!



# Sealing Your Spot For Next Term

Winter has been busier than ever for all involved at MTC and so summer (where tennis becomes a school sport) is bound to be even busier. For this reason, we urge you to communicate your plans for the future with your coach in depth and as soon as possible so that we can start the process of making your goals for the term ahead come to life. Whether it be including private sessions or getting involved as a parent in the mornings to sharpen your social game, we will do our utmost to make sure that you and your family are suitably slotted into our expanding and growing schedules.

*Thank you to all the parents and pupils who have been with us throughout the winter term. It is thanks to you that we have been able to experience our joint successes at ranking tournaments in the province and we look forward to seeing this energy filter into next term's tennis!*



## **Tim Armstrong School of Tennis Team**

Meadowrdige Tennis Club

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