

July, 2019

ROME TENNIS CENTER at BERRY COLLEGE MONTHLY NEWSLETTER



Register for Junior Fall Session

Fall Junior Programming Sessions:

Session #1:

August 26-September 13 (no class on Labor Day)

Rain Week: September 23-27

Session #2:

September 30-October 25

Rain Week: October 28-November 1

Session #3:

November 4-December 6 (no class week of Thanksgiving)

Rain Week: December 9-13

Rome Titans(3-5yrs.)

3:30-4:00 pm Tues./Thurs.

Adult Programming



New Schedule Beginning

Monday August 5th!!

Monday **LiveBall** 7:00 - 8:15 pm

Wednesday **LiveBall** 7:00 - 8:15 pm

Thursday **Adult Academy** 7:00 - 8:15 pm

Friday **Quad Doubles** 6:00 - 7:30 pm

Red Romans(5-8yrs.)

4:00-4:30 pm Tues./Thurs.

Orange Romans(8-10yrs.)

6:00-7:00 pm Tues./ Thurs.

Green Romans (9-12yrs.)

6:00-7:00 pm Mon., Wed., *Friday

JETA Prep (11-18 yrs.)

4:30- 6:00 pm Mon.Thurs.,*Fri.

JETA- Junior Elite Tournament Academy (11-18yrs.)

4:30- 6:00 pm Mon.-Thur. *Friday

*Friday = Match Play

Tips from the Pro's

Intense match? Try out Dr. Jim Loehr's 16 Second Cure!

Why do technically proficient tennis players lose matches to apparently worse players? The biggest reason is loss of on-court composure when players lose consecutive points, get angry, or stop trying. Dr. Jim Loehr's 16 Second Cure is a time management method that can be implemented between points to help the player stay in the moment and avoid the negativity that can lead to defeat.

The 16 Second Cure is a four step process that can help a frustrated player conquer those inner demons in the brief time allotted between points when players recover and prepare for the next point. Players can implement the 16 Second Cure with the following steps:

1. Positive Response: Immediately after a point, assert positive body language (e.g. head up, shoulders back, fist pump). Turn away from the net and start walking towards (or a few feet beyond) the baseline.
2. Relaxation: Take the pressure off your dominant hand by switching your racquet to your non-dominant hand. Breathe deeply to decrease your heart rate and physically prepare for the next point.
3. Concentration: Think of a plan for the next point. Which tactics will give you the best chance to win the next point? While you are contemplating, focus your eyes on your racquet strings. The mind tends to wander when the eyes wander.

**August Save the Date:*****JETA Parent Meeting Sunday***

August 18th

4:00pm

**League Standings****World Team Tennis League:****Monday Corporate League***Week 4 of 8 completed*

Remember to keep your strategy flexible because much can happen within one point.

4. Preparation: Prepare for the next point by getting to the moment right before you serve or receive the ball. Use a comfortable and natural routine that you can replicate between every point. Finally, believe you can be successful in the upcoming point.

As long as there is a point left to be played, you can be successful in your match!

*Julie Fusik, USPTA Elite Professional
Director of 10 & Under Tennis*

Harbin Strong (1).....170
Tater Bug.....123
Winshape Romans.....82
Harbin Strongest (2)...73
Team Connect.....72
Winshape Titans.....46

Wednesday 3.0 + Division

Week 5 of 8 completed

Farrer.....197
All Terrain Roofing.....174
Willingham.....162
Caleb.....112

Wednesday 4.0 + Division

Week 5 of 8 completed

Ellington.....213
Jones.....167
Dawson.....159
St. Clair.....122

ADULT DAVIS CUP

“The Battle of Four Countries”

When: August 16, Friday @ 6:30pm

Cost: \$8 plus each player will bring an appetizer native to their country/team.

Friends' Pass Holders \$4/Per Player

Pre-Registration required.

Format: Doubles play with a team format. Players will be divided up into (4) different countries/teams. Play will be Regular & Mixed Doubles. Team matchups and partners will be rotated accordingly - Guaranteed (3) Rounds + Playoffs.

Awards for the winning team!!

For Registration click on Clinic/Camps
Register online at RomeTennisCenter.com

Questions? Please email bopoiem@rometenniscenter.com



Are you coming to my event?

LOCATION

100 Match Point Way Rome Tennis Center at Berry College

DATE AND TIME

08/16/19 6:30pm-08/16/19 8:30pm

Rome Tennis Center at Berry College would like to invite you out to play some tennis with WTT awards night to follow. Let's have some fun!



Upcoming Events

Good Luck to all to all of the local Junior Team Tennis teams competing at the State Tournament in Macon, Georgia July 19-21!

Teams competing:

12U Intermediate Jessie: Sophia Styperek, Nicholas Styperek, Maxene Sy, Maverick Sy, Xander Jessie, Brooks Lowe, Cecilia Baggett, Asa Serapion

BB&T Atlanta Open-
ATLANTIC STATION ||
JULY 20 - JULY 28, 2019

18U Intermediate Ratliff: Hamilton Ratliff, Jessica Brown, Alejandro Onesto, Mia Crider, Gracie Nixon, Allie Cox, Samuel Holder, Avery Tatum

18U Advanced Thornton: Angelle Thornton, Baron St. Clair, Caleb McCurry, Mary Riddle, Robert VanOrder, Chantry Bridges, Jake Wall, Chloe Johnston, Grace Watters, Caden Butler

Upcoming tournaments at R.T.C.B.C.:

USTA Girl's 14U Hardcourt National Championships

August 3-10

USTA Southern Junior Team Tennis Championships

August 9-11



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Connect with us

