



STEVE VAUGHAN'S WILD WEST TENNIS

"Camps And Vacations With A Western Flavor"
BEND • SALISHAN • COSTA RICA • PALM SPRINGS • GRAND SLAMS

Pre Match Routine

Bill Matthews: Competitive tennis player, 12 national age division awards in singles, doubles and mixed doubles, including gold, silver and bronze balls.

Ok, pre tournament routine. Spend 50% of time drilling and 50% playing and grooving strokes that will build my confidence during play.

A must is also to do other workouts for endurance. I ride my road bike 100 miles a week and it's low impact.

Everyone gets a case of the nerves at the beginning of a tournament, so learn to deal with that and relax and focus on all your drilling training.

Last but not least, is to buy the best doubles partner you can!

I hope this helps!

Bill