



STEVE VAUGHAN'S WILD WEST TENNIS

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

Pre Match Routine

Gail Patton: Oregon Tennis Professional and national class player.

My Routine:

1 week prior:

Continue strength/conditioning workouts (3/week) but decrease intensity (i.e. less reps, less weight etc.)

I do 4-5 court workouts, 2-3 matches, 1-2 drills

I am mindful to get a good night's sleep, am mindful to eat well-protein from chicken, lean meats, tofu, pasta, and lots of fruit and vegetables.

Check shoes for comfort and wear, break in new shoes if needed.

Affirmations, set performance goals- write and recite.

2-3 days prior:

Increase fluids, check grips and strings and replace anything needed. Buy snacks /electrolytes

Organize tennis bag, sunglasses, hat, sunscreen, sports cream, kleenex, knee braces, first aid supplies

Add nutrition bars, dried fruit, extra water bottle, tennis shoes, towels

Pre game day:

hearty breakfast, read and recite affirmations and goals, fill cooler with drinks, pickle juice, Ensure

warm up on court if possible, if not then stretching, shadow hitting, imaging.

Gail Patton