



# STEVE VAUGHAN'S WILD WEST TENNIS

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

## Pre Match Routine

Heather Drakulich: 4.5 player and former lead singer Out Of the Blues Dance Band.

Daily: I wake up early every day and do yoga while watching a yoga DVD. I do exercises that go along with that, push ups, planks, etc. I also walk with my dog Andre ( named after Andre Agassi) for 45 minutes to an hour every day.

Before a match, I try to do some gentle stretching. I like to hit for at least 20 minutes before a match if a court is available. I used to have an index card to remind myself of about five things to remind myself about and would review it before the match.

Sometimes I have song in my head that keeps me relaxed.

Heather Drakulich