



STEVE VAUGHAN'S WILD WEST TENNIS

"Camps And Vacations With A Western Flavor"

BEND • SALISHAN • COSTA RICA • PALM SPRINGS • GRAND SLAMS

Pre Match Routine

Len Woffard has won 12 gold balls in national events and many silver and bronze balls. He teaches tennis in Portland, Oregon.

One week before my match I regrip and re-string all my tennis racquets.

I do a lot of stretching normally but particularly before a match. The day of the match I make sure that I get a light hit in, enough to work up a small sweat.

I will eat before a match but I make it light. Lots of water before during and after a match.

Len Woffard