



STEVE VAUGHAN'S WILD WEST TENNIS

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

Pre Match Routine

Mike Tammen: Teaching Professional 20 national titles, four World Cup competitions, currently #1 ranked player in his age division in the U.S.

The week before competition I am usually working, so I try to play a few sets, drink a bit more water, eat a little more pasta, watermelon, and bananas but that's about it.

The day before competition I drink a lot of water, eat pasta at my favorite restaurant with friends, and just relax.

The day of competition I get up at my usual time of 6:30 a.m. I stretch, have coffee, oatmeal, and keep the same routine that I have every morning.

I get to the tournament early, warm up on court, then stretch again. If there aren't any warm up courts, then a jogging type machine. This will lead me to the match time, but I have to stay flexible as tournaments are very seldom on time. If I have to wait very long I'll do another light stretch.

Between matches I will take some advil, ice, stretch, eat, then play the next match.

In the evenings I will stretch, ice, advil, hot tub, pasta with friends, watch tv (tennis usually), sleep by 9 or 10.

I hope this helps.