



STEVE VAUGHAN'S WILD WEST TENNIS

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

Pre Match Routine

Rob Knox:

35 Singles #8 Nationally

35 Doubles #1 Nationally

2 National 35 Doubles Wins, 1 runner up, 1 3rd place

USPTA Rank #2 Men 40

USPTA #2 50 Doubles

2 Time Consolation Winner National Father/Son

Senior Father/Daughter Runner Up

PNW Tennis Family of the Year

Two months Prior:

Probably need to get in better shape. Adjust diet and aerobic routine. Hopefully drop a few pounds by game day.

One month:

Practice more. Ideally, two practice matches and two drill sessions a week

2 weeks to game day:

In my practice sessions, I'll do three and four shot sequences You know--/serve/volley/volley/overhead, approach/volley/overhead...etc..

Hit a couple buckets of serves every other day or so. And hopefully, have somebody serve to me so I can work on my return.

Three days or so: Spend time a couple times a day doing mental imagery (daydream). Visualize good shots by me. Good serves, good returns. Poaches. I find this helps my performance.

Finally, I remind myself to hustle after every ball, stick with my first choice, be a good partner and enjoy the moment.

Rob Knox