STONY BROOK

TENNIS

THE VALLEY

MISCELLANEOUS

#DoMORE
11 Codes of Conduct & Reputation

1) Be **EARLY** for all meetings, practices, classes and tutoring sessions. Be prepared to participate accordingly before the start time. *Failure to do this will reflect and have consequences for you, your Buddies, and the team.*

- During traditional Fall and Spring Season, our schedule is subject to change due to a variety of reasons. You will be expected to be flexible and are advised that if you make plans they will not supersede your commitment to the TEAM.

2) Our conduct determines our reputation individually and as a team. Each community we belong to (family, nationality, team, school, etc.) determines our reputation through our actions. *Failure to conduct yourself in a first class manner, make decisions for the big picture, and provide a positive representation will have consequences for you, your Buddies, and the team.*

- Participation in intramurals may be subject to immediate suspension or possible dismissal from team.
- We will play under the USTA/ITA/NCAA code of conduct/penalties during all matches and practices.

3) Our appearance represents not only ourselves but our family, Country, Team, University, and any other community we belong to. *Failure to represent yourself and the team in a first class manner will reflect and result in consequences for you, your Buddies, and the team.*

- Control hair so it does not affect your vision or play.
- Wear Stony Brook apparel during **ALL** team activities, including team travel. While traveling must wear Travel suit, **NO** exceptions.

“**#1 Goal of SB Tennis – Get Better Every Day**”
4) We will treat all classes as practice sessions and will expect to be early, fully prepared to participate, and do everything allowed by university policy to obtain the best grades. **Failure to achieve the minimum standard academically will reflect and result in consequences for you, your Buddies, and the team.**

- Becoming Academically Ineligible may and could result, in an immediate **100% loss of scholarship.**
- Alert all of your professors that we are part of the tennis team at the beginning of the semester, and distribute your missed class forms to the professor during the first week of class.
- Attend all classes regularly, on time, and be seated near the front of the room.

**Goldstein Academic Center**

- There will be rules regarding the academic services that will be in place. They will be set by our Academic Advisor, Goldstein Staff, and the Coaches, and will be strictly implemented. These rules include but are not limited to:
  - Attendance in Study Hall
  - Singing in and out correctly for Study Hall
  - Attendance at tutoring sessions
  - Attendance at weekly academic meetings
- These services are to help you and should not be taken for granted as we are all here to help you excel both in the classroom and on the court. Goldstein Staff will follow up regarding the specifics.

**Student Athlete Development & Life Skills**

- Located in the Administrative Suite
- Chaired by Courtney Rickard
- **Essential resources** for student-athletes which include but not limited to:
  - Resume Writing
  - Internships/Job Opportunities
  - Overall Student-Athlete health & welfare

“When my body gets tired, my mind says ‘this is where winners are made.’ When my mind gets tired, my heart says, ‘This is where champions are made’.” – Glory Road

Student-Athlete Guide to Success 2019-20

#DoMORE
5) Make sure all gear is prepared to compete each and every day. Failure to prepare our equipment for the day’s activities is a total failure on our commitment to being successful. *Failure to make sure you are fully prepared will reflect and result in consequences for you, your Buddies, and the team.*

Have your racquet bag at **ALL** practices and matches. Prepare bag to always have: at least 2 well strung racquets, at least 1 large water bottle, Policy Manual, and anything/everything else that we require to enable ourselves to reach our potential as a tennis player.

Failure to have racquet bag may result in strike and immediate dismissal from practice.

6) Team gear is expected to be kept in good condition and used. Match uniforms are to be worn for outside **competition only** and practice shirts are to be worn for **all practices**. Each member of the team is expected to be dressed in the same Uniform to begin all matches and **the same SB shirt for all practices**. *Failure to dress accordingly and treat gear appropriately will reflect and result in consequences for you, your Buddies, and the team.*

- Attire should represent SB at all times of travel, and on the day of a match we will wear our Team Warm-Ups.
- Top layer at practice and matches needs to be Stony Brook issued attire

7) All strength and conditioning sessions are considered team practices. Therefore we will be early and prepared adequately. Any music deemed to be inappropriate will be changed to the coaching staff’s choice for rest of semester. It is the TEAM’S job to make sure the music is appropriate even if another team had been in there prior to our arrival. *Failure to do this and be dressed in SB apparel will reflect and result in consequences for you, your Buddies, and the team.*

8) The Athletic Trainers are here to make sure we are able to perform both when we are feeling optimal, and when we are feeling less than optimal. Not feeling 100% is never an excuse for not doing our best. When we have a problem physically we are to see the Athletic Trainers promptly and follow exactly what they prescribe.
Our first stop is Always the Athletic Training Room.
Only under EMERGENCY circumstances are we to go anywhere else first.
Before going to the Student Health Center or Hospital we must obtain a referral from the Athletic Training Room.
Going to see the Athletic Trainer will be treated as any other practice session.

9) Positive or negative, our impact will be felt in the program and athletic community long after we are gone. Recruiting is the easiest way we make a positive impact on our legacy to the future of our alma-mater.

- Provide honest feedback to the Coaching staff after the visit.
- Provide the recruit a comfortable and safe atmosphere.
- Use the recruiting money supplied, to ensure the necessary expenses are covered.
- Alcohol and Drugs are NEVER to be present regardless of our or the recruit’s age or desires.

10) Alcohol affects normal body functioning for a minimum of 48 hours after consumption. Using any Alcohol, Tobacco, or other non-trainer approved substances is strictly prohibited. Failure to adhere to these regulations will reflect and result in consequences for you, your buddies, and the team.

- Only medication(s) prescribed by a physician and approved by the AT are acceptable.
- Cigarettes and smokeless tobacco are prohibited under NCAA and SBU rules.
- Understand that throughout our four years of eligibility we will be subject to random drug tests, no matter our location in the world or time of year.

11) Cell Phone Policy –

- Match Day – all cell phones will be collected by the Coaching Staff prior to the Mental Warm-up and redistributed upon conclusion of Team Meeting after match.
- Practice – all cell phones will be turned to silent, and put in bags prior to mental warm-up and not to be checked again until the conclusion of practice.
Stony Brook Tennis Code of Conduct Strike Policy

- Strike Policy is applied at the discretion of Coaching Staff and will be handled on a case by case basis
- The 11 Codes of Conduct & Reputation are a part of but **NOT LIMITED TO**

1. **Warning**

2. Offender(s) are required to get all balls out and placed back in shed for a week (6 practices)
   - Key to shed will be returned to Team Room daily after practice and left there until next morning

3. Offender(s), along with a Buddy, are required to get water out and placed back in shed for a week (6 practices)
   - Key to shed will be returned to Team Room daily after practice and left there until next morning

4. Offender(s) will be required to do a Weight Room Organization / Set-up under the supervision of the Strength and Conditioning Staff

5. Possible indefinite suspension from team and team related activities. Conversation with Coaches and Support Staff about future with Stony Brook Tennis program.

"The legs feed the wolf" – Miracle
I ______________________________ agree to abide by and follow the rules and policies outlined in this guide for success. By signing below I acknowledge that I will do what it takes to be a Champion on the court, in the classroom, and in life. As a member of a team that is greater than myself, I will fill my role positively and Champion those ideals which the team has set forth to be greater than my own individual agenda. I understand that failure to adhere to these guidelines will reflect and determine outcomes (both positive & negative) for myself, my Buddies, my Team and may result in a suspension, possible removal from the tennis program, and possible loss of scholarship.

Signature: ___________________________ Date: ______________

*This page is to remain in the guide which will remain with you – DO NOT tear out this sheet.

“You can motivate by fear and you can motivate by reward. But both those methods are only temporary. The only lasting thing is self-motivation”

– Homer Rice

COE – “Culture of Excellence” – SB Tennis

Expectation of Play & Performance

Student-Athlete Guide to Success 2019-20

#DoMORE
Stony Brook Tennis will be defined by certain characteristics of play. Tennis is a fluid sport where often one player’s actions dictate the other’s reaction. We will always strive to begin every match taking the first action. Every player has strength and weaknesses and we must practice our weaknesses and play to our strengths constantly. The principals and philosophies that we use will build the foundation for the Stony Brook style of play and reputation regardless of previous coaching.

We will expect you to hit 2 baskets of serves each week outside of practice. This will allow you time to focus on what you need to do, and increase the necessary repetitions allowing us to master the most important and pressure filled shot in the game while decreasing the likelihood that injury will occur by getting our body accustomed to the repetitive motion.

We will be expected to have at-least 2 well strung racquets each and every day. We do NOT suggest stringing with all poly.

Coaching staff will string racquets for $10 and must allow for 2 days to complete. Only emergency scenarios will not be subject to 2 day turnaround timetable.

We will expect everyone to take the necessary pre/post-training steps to perform at our best every single day. This means icing shoulders, getting in the ice-bath, and making time to foam roll/stretch, etc.

“Being perfect is about being able to look your friends in the eye and know that you didn’t let them down because you told them the truth. And that trust is you did everything you could”.

– Friday Night Lights

2019 – 2020

Student-Athlete Guide to Success 2019-20

#DoMORE
**Stony Brook Tennis Team Goals**

- Be Good Teammates
- Get Better Everyday
- Focused and **PERFECT** Effort – In Practice and at Lifts
- Create a **COMPETITIVE** and **WINNING** Culture from Day 1
- **EVERYONE** Cheering – Let’s Go **Red**
- No **Complaining**
- Excel in Doubles
- Be a Top Seed at Conference
- ITA Academic All-American as a Team
- Win MVC Championship

2019 – 2020

**Stony Brook Tennis Team Rules**

- Be 10 Minutes Early Every day
- No Sulking – Champion Mentality
- Respect for Teammates – On and Off the Court
- Respect Ourselves – On and Off the Court
- Cell Phones in Bags While at Practice – Cannot Be Checked
- Wear the Proper Uniform at Practice & Matches
- Wear the Proper Travel Gear
- Cheer on Teammates Until Match is Completed

“Attitude Reflects Leadership, Captain” – **Remember the Titans**

Student-Athlete Guide to Success 2019-20

#DoMORE
Wooden on Leadership

Pyramid of Success

Competitive Greatness
“Success is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable.”

John Wooden, Head Coach

Success is not a destination, it is a journey.

Poise
“Do you feel it? Don’t be thrown off by events whether good or bad.”

Confidence
“The stronger root is well-founded self-belief. It is earned, not given.”

Condition
“Ability may get you to the top, but character keeps you there—mental, moral, and physical.”

Skill
“What a leader learns after he’s learned it all counts most of all.”

Team Spirit
“The star of the team is the team. We supervise the one.”

12 Lessons in Leadership

1. Good Values Attract Good People
2. Love Is The Most Powerful Four-Letter Word
3. Call Yourself A Teacher
4. Emotion Is Your Enemy
5. It Takes 10 Hands To Make A Basket
6. Little Things Make Big Things Happen
7. Make Each Day Your Masterpiece
8. The Carrot Is Mightier Than A Stick
9. Make Greatness Attainable By All
10. Seek Significant Change
11. Don’t Look At The Scoreboard
12. Adversity Is Your Asset

Industriousness
“Success travels in a company of very hard work. There is no trick, no easy way.”

Self-Control
“Control of your organization begins with control of yourself. Be disciplined.”

Alertness
“Constantly be aware and observing. Always want to improve yourself and the team.”

Initiative
“Make a decision! I share to act in often the biggest failure of all.”

Intentness
“Stay the course. When threatened by storms, weather obstacles, persevere relentlessly.”

Friendship
“Strive to build a team filled with camaraderie and respect, comrades in arms.”

Loyalty
“Be true to yourself. Be true to those you lead.”

Cooperation
“Give direct command for what’s right rather than whose right.”

Enthusiasm
“Your energy and enjoyment, drive and dedication will stimulate and greatly inspire others.”

Student-Athlete Guide to Success 2019-20

#DoMORE
HOOVER, Ala. – Transferring from Tulsa meant Georgia safety J.R. Reed was ineligible in 2016, destined for scout team and practicing in the background, far from the prominent spotlight he occupies now.

So, as Reed admits now, “I was slacking off for like the first two weeks.”

Some head coaches won’t take the time to watch scout team practice footage, but Georgia’s Kirby Smart is not one of them. Smart, then in his first season with the Bulldogs, made an example of Reed’s effort in front of his new teammates.

“Ever since then, I respected that man for that,” Reed said, “because he actually pays attention to everything. He just doesn’t say he does it. Like he actually does it.”

Smart is entering his fourth year with the Bulldogs, the program he once played for and took over in 2016 after winning a bunch of games and trophies as Nick Saban’s defensive coordinator at Alabama.

The cupboard was hardly empty for Smart at Georgia. Mark Richt won 10 games his final season in Athens, making the 10th time the Bulldogs accomplished that in Richt’s 15 years – without winning what would have been the program’s first national championship since Herschel Walker in 1980.

Fair or not, that drought has grown to define Georgia football over the years, in large part because so many other Southeastern Conference schools have been able to do it during that span, leaving the Bulldogs as perhaps the sport’s best to have the longest drought.
Richt’s Bulldogs came close.

Smart’s Bulldogs, so far, have also come close.

It’s fitting the two-word mantra that Smart attached to his program entering what is expected to be another strong season atop the Southeastern Conference’s Eastern Division: “Do More.”

“It’s a great theme because it’s simple,” Smart said. “We like it because we understand how close we’ve been to taking the next step. Although 24-5 the last two seasons is good, it’s not good enough. It’s not where we expect to be at the University of Georgia. Our mission is to bridge that gap.”

That unspoken nemesis in Georgia’s gap that needs bridging is obvious, and it is Smart’s old program.

Alabama was in Georgia’s way during the Richt days, and it’s clearly still in the way now. The Crimson Tide rallied to edge the Bulldogs in overtime of the 2017 national title game in Atlanta.

It was a bitter result for Georgia to swallow that was followed by another in the same stadium last season. Alabama again rallied to beat Georgia 35-28 to win the SEC championship on the way to another national title game for Saban’s Tide.

“Definitely motivation,” Georgia offensive tackle Andrew Thomas said. “We want to be the best, and the national championship is that.”

While Georgia has clearly established itself as the SEC’s top contender to Alabama, it has also clearly not been able to knock Alabama off the throne. So despite the Tide not even being on the Bulldogs’ 2019 schedule, many of the questions during Georgia’s turn at SEC media days Tuesday had to do with Saban’s team.

“I’ve got a lot of respect for their program,” Smart said, “but also I’ve got a lot of respect for ours and where we’ve come. I think we’ve got a really good football team. To be honest, I'm not going to define our season by Alabama. I'm going to define our season by how we play, but we all know they've been king of the SEC for a while.”
There are reasons to think this could be the Bulldogs’ year to change that. Smart’s staff has recruited some of the nation’s top classes, and Georgia will get seven starters back on defense in addition to last season’s leading rusher D’Andre Swift.

The biggest reason, however, is junior quarterback and two-year starter Jake Fromm is back and now “the leader of our program,” Smart said.

“We had a guy come speak the other day to our team talking about characteristics that (NFL) scouts look for,” Smart said of Fromm. “He checks every single box on that list. He’s won a lot of football games.”

Fromm described Smart as a coach who may not always be in the meeting room for Georgia’s quarterbacks but you feel his presence at all times.

“Sometimes he’ll be there for an hour. Sometimes he’ll pop his head in for like 30 seconds, and he’ll make a joke a leave,” Fromm said. “You never know when Coach Smart is going to come in, so you’ve always got to be on your toes.”

That attention to detail Smart has shown, it’s quintessential Saban, like so many other aspects that Smart has employed at Georgia.

The next step is obvious while the path is not.

Can the student beat the teacher?

“I’ve got a lot of respect for Coach Saban and his program,” Smart said. “I probably wouldn’t be here today if it weren’t for him. But I also understand that we’ve got a really good program, too. We’ve been able to recruit at a high level. I’m excited about the team we’ve got coming back.

“The biggest thing is concerning ourselves with us and not concerning ourselves with someone else.”
I believe there are three main components that must be present in a tennis player’s arsenal in order for them to say they are “Mentally Tough.”

The first of these components is the toughest to obtain and maintain: Awareness. What I judge awareness to be is the ability of a player, in any moment during a match, whether winning or losing, to be aware how they got themselves in that position. More often than not, people think being in the winning position may relieve them of some pressure to win. I think it’s just as difficult to maintain good judgment while winning as it is when you are losing, in which case you have the score to consistently remind you of the importance of every point and gets you focused on a goal.

While winning, a player may enter a “Relaxed State.” This can be very dangerous. A player who is winning should be aware that their opponents may be more willing to try different things in the match to win. They may also feel less pressure to play their ideal kind of point, and “Go for broke,” which may throw the winning player off balance. The point is that, regardless of position in a match, every player should know how and why they are in the position they find themselves in.

This brings us to the second of the three main components: Confidence. It’s common to hear people comment on a player who hits the ball hard and goes for risky shots when it’s not necessary to be a confident player. I don’t think that’s what “confidence” should be considered. I see “confidence” as the ability of a player to act calm in pressure situations, and to be calm before a match even begins. This confidence should be like a support system for a player ... the catalyst
to play your best. You know for a fact that if you go in a match thinking, “I don’t have a good slice or my second serve is weak,” and think for a second that you cannot do something about it, then you leave yourself vulnerable. What helps, naturally, with developing confidence is practice. I don’t think any player can hear enough times that practice is the key to being the best, both on and off the court. So, the more we practice, the more we mature as players and learn to depend on our shots to help us win matches. Displaying negative emotions towards yourself is not a good thing and is a waste of time. Believe in your ability, it shows.

The third and final piece to mental toughness is “Strategy.” By strategy, I mean the ability of a player to measure risk, know their own capabilities, and read their opponents as best they can. Together, these observations can provide a picture of how you can win a match ... a blueprint of your tennis match which can show you what your best way of winning any situation in the match is.

Although the three components of mental toughness I discussed, Confidence, Awareness and Strategy, are separate, it seems they are each equally as necessary as the next one. Of course every player is different, but it’s safe to say that without awareness, a strategy would be hard to come across and make up, and without confidence, your match might end sooner than you think. And of course, without a strategy, your confidence might go down the drain and leave you saying, “But I hit a million backhands cross-court this past week getting ready for the match.”

Be mentally tough ... be yourself ... be good!

“This is going to come down to which runners can handle the pain” – McFarland

Student-Athlete Guide to Success 2019-20

#DoMORE
Rethink How “Off Days” Are Spent

Tyler Cotterell

Depending on where you are in your fitness journey, you could be in the gym anywhere between 2 and 6 days per week. As long as your gym frequency coincides with your personal goals, then there is no right or wrong number of days in the gym. What I want to focus on in this post is how we approach our “Off Days.” Rest is extremely important. Overtraining is certainly a real phenomenon, which occurs when your body doesn’t experience the proper amount of recovery between workouts. However, the notion of rest and a day off from the gym, has become distorted and extremely misinterpreted. Never should you actively program in days to your week that involve staying in your PJs and binge watching Netflix all day. While occasionally having days like this is important mainly for your psyche, they cannot be considered proper off days where you’re working towards your fitness goals. Your days away from the gym need to be considered “Active Rest” days rather than full off days.

The Value of Recovery

The science behind exercise and weight training in particular, is that when you lift weights you are breaking down muscle fibers (regardless of whether your goal is overall strength, muscle growth or muscle toning). When these fibers are broken down, it is imperative that they are given the proper time to repair. This is aided by ingesting a protein filled meal with complex carbohydrates shortly after a workout or supplemented with a post-workout protein shake. Relatively smaller muscles, like those in your arms or shoulders need more recovery time than prime movers such as your glutes, quads, pectorals or lats. Depending on how much money you want to invest in your recovery, the following methods of passive recovery are relatively common: foam rolling, cupping, massages, ice baths and cryotherapy- all designed to lengthen out the muscle fascia, with varying levels of success depending on the individual. While these options will certainly aide in your recovery and leave you feeling rejuvenated after, average Janes or Joes usually don’t have the time or money to spend on recovery that most of the above list would require. Therefore, I want to focus this blog on a recovery method that is realistic to consistently implement week in and week out- active recovery.
First, Change Your Mindset About Rest!

Muscles such as the calves and the deep abdominals are prime examples of muscles that are damn near always activated in everyday life. Anytime we walk we’re firing the muscles in the calves and anytime we stand or sit unsupported and upright, our abs are engaged. So consider this— even on days you train your abs or your lower body, your recovery still is involving firing the muscles you’ve just trained. You can get good results by coming to the gym and working out like a beast for 45-90 minutes several times a week— but if your off days are spent in front of the TV rotating between chairs as your activity, you’re putting a ceiling on your results. You can get to that next level, if you reevaluate how you’re spending your “rest time” outside of the gym.

Active Rest Parameters

Whichever activity you choose on your active rest days, should generally stay within the following guidelines:

- Generally sub-maximal intensity—remember this is still an off day
- Between 20 and 60 minutes in duration
- Make sure it’s something that you’re not doing on your “normal gym days”
- Low Impact— the end goal is still recovery so you shouldn’t be beating your joints up with tons of exercises like box jumps or burpees
- Be creative! Get outside your comfort zone and do something you wouldn’t normally do. Moving differently is a good thing and could spark a metabolic change in your body

Active Rest Options

#1 Get Outside

Not everyone lives in areas that are conducive for daily wilderness walks, but find a local spot—be it a park, nice neighborhood, the boardwalk— and carve into your schedule a 20-40 minute brisk walk on a day you’re not planning on getting in the gym. Depending on your fitness goals, this can even be escalated to a light jog as well. Remember, this walk or jog should be sub-maximal, but the idea is you’re not submitting to doing “nothing.” The other positive to getting outside is the good it
does for your soul. Take in your surroundings, disconnect from technology and appreciate what nature has to offer. If you have this mindset, you will return from your walk not only feeling physically refreshed but mentally as well.

#2 Play Like a Kid

Find a sport that interests you and see if your area has a pick up league. Preferably this would be something that has a bit of a cardio aspect to it such as basketball, volleyball, soccer, flag football, ultimate frisbee or dodgeball. The benefit to exercising through a pick up sport is that you’re able to get in great activity while most importantly having fun- it’s okay to unleash the inner child in you every once in a while and make exercise enjoyable. I’ve never really met anyone that looked forward to running on a treadmill, and that’s where playing a pick up sport comes in. You’re able to get a great cardio session in, move differently than you normally do, and it’s all disguised under the pretense of friendly competition.

#3 Invest In a Speed Ladder

There will be a lengthy blog coming up soon that dives completely into the benefit of speed ladders. In the meantime though, as all of my clients can attest, I love them- even more so for non-athletes. The biggest benefit to a speed ladder is the fact that it works you cardiovascularly while simultaneously forcing you to move differently than normal. This is the perfect recipe for an active rest day- moderately challenging cardio output, but most importantly a speed ladder connects your mind and body in a way that no piece of cardio equipment can. YouTube some basic speed ladder moves to start and spend 20-25 minutes running through them several times each and I guarantee you’ll get a great workout in- that
stays within the active rest day parameters. There is much more to come on the speed ladder and how to fully implement it into a daily warm-up routine, but for now I’d advise making the investment to give yourself a great new option for your days away from the gym.

### #4 Bodyweight Home Workouts

So much emphasis is placed on being in the gym to get a workout in. While your best resources are most likely at the gym, you shouldn’t view that as your only option to have a good workout. Doing a bodyweight workout at home is especially valuable if you’re exclusively lifting weights when you’re in the gym. While the metabolic effect of a bodyweight workout isn’t as good as resistance training, the low impact on your body is what is conducive for it being an active rest day workout. I would recommend picking 8 body weight exercises that are challenging but not impossible and organize them in a circuit fashion (remember to limit the “impact” exercises- with recovery still as the overarching goal). I’m a fan of Tabata style training (20 s. ON/ 10 s. OFF) for this type of workout- if you perform 4 rounds with a minute rest in between, you’ve just reached your 20 minutes of required activity for the day.

Sample Body Weight Circuit: (“BW”= Body Weight)

- BW Squats
- Push-Up Position Plank
- BW Alternating Front Lunges
- Push-Up Position Opposite Shoulder Taps
- BW Alternating Reverse Lunges
- Push-Up Position Arm to Side
- BW Alternating Lateral Lunge
- Reverse Crunches

** TIP: If you get easily bored- to keep it fresh perform the 2nd and 4th rounds in reverse order

This is just a sample, where each exercise can be easily regressed or progressed based on your needs. For example, if you wanted more of a cardio component, add in moves such Ice Skaters or Squat Jumps. If you can’t hold a push-up position
for 20 seconds, either hit it from an incline position or do exercises such as Bird Dogs or Dead Bugs

***Under this category would also be the option of Yoga- getting an extended stretch in on your active rest days is a great way to actively lengthen your muscles out and get yourself prepped for your next weight room session. Youtube has an innumerable amount of videos to follow along with for all different skill levels. The more you mobility and flexibility you add away from the gym, the better your big compound lifts will feel.

#5 See Last Week’s Blog—Mini-Bands!

Mini-bands serve as a perfect active rest day option as well- especially, if you’re not using them regularly either in your warm ups or a part of your workouts. Again, mini-bands provide a low impact option that will get your heart rate moderately elevated, but is not going to break down your muscles like traditional resistance training does. Check out last week’s blog for further details about how to create a workout with them.

Work Smarter!

The easiest way to get burnt out with exercise both physically and emotionally is to do the same thing day in and day out. This fact highlights why recovery is important, but also why active rest strategies are imperative to implement. The strategies listed above are more than likely different physical options than what most people are performing on a daily basis. We’ve got to lose the “gym or nothing” mentality regarding fitness and realize we cannot afford to take 2, 3 or 4 days completely off from any type of activity- and still reach our goals. So this next week I challenge you to go out and employ one of these strategies on your “off day” from the gym. Get up and move a little bit and don’t succumb to the allure of doing nothing to recover.
Google May Be Your Worst Enemy

By Todd Widom

What is one of the first things you do when you figure out your son or daughter's starting time for their tournament on the weekend? You type their opponent’s name into Google and you get to see their Tennis Recruiting Rating and results. You may also look up their UTR Rating. Then, you may speak to your child about these ratings and numbers. This is where the stress begins.

Do not forget that your son or daughter knows who they are playing already, what their opponent’s rating is and how they have done recently. Do you know what all this means? You guessed it! Nothing. Speaking or looking up what the rating of an opponent is will not help your child focus on the important details of what it is going to take to perform well in a particular tennis match. We live in a time where we can find out anything with the swipe of a screen on our smartphones. There are advantages and disadvantages to all of this information. There should be no discussion and there should be no thinking about what the potential consequences could be if you give up a certain amount of games or loses to this level of player. Not only is this negative thinking, but your child's brain will be thinking of how not to screw up the match, which will, in turn, make them very nervous and unable to perform at their best level. I am sure many parents and juniors reading this have done this exact type of preparation for tournament matches. In fact, I know many juniors and their parents who go through this type of preparation before every tournament and wonder why their child is so uptight when competing. This will just create additional stress on the child.
Regardless of all the technology around us, there is a certain way to prepare your child to perform at their best level in a tournament, win or lose. There should be objectives they are trying to be achieved each time your son or daughter gets ready to compete at a tournament. Every child is different, but below are some objectives that should be monitored at a tournament.

I do not care who they play, they need to understand how to follow a game plan. When they find out whom they are playing, they need to know the strengths and weaknesses of that particular player. They may call a friend who happens to know that particular player to find out how the player plays. If they cannot find out any information on their opponent, the warmup during the match and first two games should be used to figure out how they are going to play their opponent. With the game plan now in their head, how long could they execute this plan for? Many junior tennis players cannot stick to a solid game plan for extended periods. They have mental lapses of concentration during their matches. Top players have very short mental lapses and others have lapses that can last for games. It comes down to how disciplined your child is in not only their tennis, but also their lives. I have noticed that this current generation of children have short attention spans and I think this is due to their surroundings. Everything is done quickly without taking time to think things through. The next thing to accomplish during a match is to have a great attitude with a fighting spirit.

That is it in a nutshell ... have a game plan and follow it, concentrate on the game plan, and have a great positive attitude. Win or lose, you know what is going to happen when your tournament is over. You are going to come back to practice and hopefully work on the things that did not go well in your tournament. It really is that simple. Do not clog your brain with meaningless statistics. Prepare your brain properly and you will have more fun and enjoy competition much more by keeping things simple and in perspective.
**Glossary of Terms:**

**90 Degree Ball** – The ball that lands in the Green Zone, where we can hit it while approaching fully inside the baseline and have enough time to set up and change direction comfortably.

**R.I.P** – Return in Play, getting the return in play & not fighting our body. Looking for a Neon return.

**R.O.C** – Range of Consistency, playing within a shot selection that we are capable of repeating for as long as it takes to win the point. Better than 70% of the time. Consistency & Discipline win.

**Directionals** – The system of hitting outside balls back outside, inside balls back inside, and changing the direction when we are inside the court on a 90 degree ball. Often times the first player to hit away from the directional approach finds themselves out of position first.

**X Patterns** – The process of getting behind the ball, then approaching forward to it in order to hit it either cross court or down the line, depending on the directional. Coming from the Spanish style of play. The ‘X’ is created by beginning in the center of the court, opening the hips (open stance movement) to move back behind the ball, then forward to hit it, then recovering back to the center.

**I.F.G** – Insert for Greatness

**Making your V** – The process of closing toward the net strap from our starting position. Thus between our partner, ourselves, and circling back around on each shot, we are creating a ‘V’ to PINCH/SQUEEZE the center of the court - covering the middle. If we get passed - we should get passed down the line – always.

**Neon Return** - A return in the Neon Zone which is just behind the service line. This return should have some topspin on it to cause it to dip below the height of the net.

**Dipper** – A ball that uses heavy topspin to dip below the height of the net inside the service box to force the opposing player to hit the ball up.
Ojai – A warm-up drill that starts with one player at the service line, their partner on the opposing baseline hitting dippers until the net player has fully closed the net – then the baseliner will throw up a lob with the purpose of moving the net player back behind the service line. Then the drill restarts ideally continuing with the same ball and no stoppage of play.

Be a Bee not a Butterfly – Bees are aggressive by nature, flying with purpose toward the net to sting the ball and their opposition. Butterflies stay back, and may be beautiful, passive creatures who don’t control the world they live in but flutter through it.

Winning – To Play Good Tennis

+/−/Neutral – How we judge emotions. + = + = Neutral =

P.L.C – Practice Like Champions. Believe you’re the best, practice like you’re the worst.

Rubbish Removal – To clean out ALL garbage from the travel vehicle or courts.

Neutral Ball – Balls struck from within the Yellow zone, in which our goal is to play directional and never make an unforced error. Making Neutral Balls are a point of emphasis for all Stony Brook players to become solid, disciplined players.

SkyHigh – The exuberance of intensity, energy, and determination to compete which is expected each day at practice when we wake up looking down at the grass and not looking up at it.

Good – When something is slightly above average to what is the average expectation.

Great – When something far exceeds the average expectation.

E-L-E – Everybody Love Everybody
**Heavy-Heavy** – A cross-court drill where the emphasis is on hitting a heavy topspin ball that lands with consistency deep toward the corner. The player should look to hit this ball hard to make it jump through their opponent’s racquet. A variation may be done using **Short-Angle Heavy-Heavy** where the object remains to hit a heavy top spin ball. However, with emphasis on keeping it shorter and angled off the court so as to pull the opponent past the alley when they make contact - thus opening up the court.

**Lift/Drive** – When in a neutral or defensive position on the court (Yellow or Red Zone) you want to lift the ball with your legs over the net and deep into the court with lots of topspin. When your opponent has given you a short ball (Green Zone) and you are stepping inside the baseline you are looking to drive the ball off your front foot.

**Dynamics** – The act of stretching while moving in a controlled manner in preparation for activity. This will always be a part of our warm-up.

**Recover** – The act of moving back towards the center of the court, OR the anticipation of our opponent’s next shot. If the ball has just been struck behind the baseline this act will almost always include moving back forward towards the baseline. In terms of training, practice, matches, **To Recover** is the act of taking the best possible immediate and continued care to prepare for the next time we will ask our mind’s & body’s to give us 100% effort.

**Discipline** – The ability to make the choice for the best long term outcome rather than the easier short-term path.

**Mental Toughness** – To have good discipline in less than ideal conditions and to give one’s best effort under the worst of conditions.

**Give/Take** – Two things happen during a match - points are either given or taken. We want to minimize the points we give and maximize the points we take.

**LFG** – Let’s F%&*ing GO!!!
This guide is designed to give you an outline of what is expected of you. However, the bottom line is that there is no substitute for common sense. Be early, be fully prepared, and hustle for every ball. You are your reputation, and your reputation begins from the first day in any environment.

Welcome to the Seawolves Tennis Program 2019-2020 quest to be **CHAMPIONS** in all phases of life!

I _____________________________ agree to abide by and follow the rules and policies outlined in this guide for success. By signing below I acknowledge that I will do what it takes to be a Champion on the court, in the classroom, and in life. As a member of a team that is greater than myself, I will fill my role positively and Champion those ideals which the team has set forth to be greater than my own individual agenda. I understand that failure to adhere to these guidelines will reflect and determine outcomes (both positive & negative) for myself, my buddy, my team and may result in a suspension, possible removal from the tennis program, and possible loss of scholarship.

Signature: ______________________        Date: ______________

After fully reading your guide to success, please print your full name on the first line above, sign your name on the signature line, and date this sheet. Then tear only this sheet out and return it to Coach at the initial team meeting.