



Junior Championships, Wimbledon from 29 June – 7 July, 2013(Grade A)

Simran Kaur Sethi participated in the Singles Qualifying event. She lost to 15th seed Australian Cabrera in a tough match 6-7(10), 3-6.

Allianz Kundler German Juniors from 9-14 July, 2013(Grade 1)

In boys section Sumit Nagal lost in second round to Croatian Serdariusic in a tough match –setter match 2-6, 6-2, 2-6 while Pranjala Yadlapalli and Riya Bhatia participated in the girls category and lost in the first round.

Biesterbos Open, at Netherlands from 2 – 7 July, 2013(Grade 2)

In boys category, Sumit Nagal reached Semi Finals in Singles and Quarter Finals in Doubles whereas Sri Vaishnavi Peddy Reddy lost in the first round in Singles in girls section.

ITF Junior Open Linz 2013 at Austria from 16-21 July, 2013(Grade 1)

In boys category, Sumit Nagal lost in the first round in Singles and 2nd round in Doubles. In girls section, Pranjala lost in the 2nd round in Singles and was Finalist in Doubles event.

UPCOMING TOURNAMENTS IN AUGUST

12 – 17 August	Adidas Nationals, Chennai	Boys and Girls U/14
19 – 24 August	Adidas Nationals, Chennai	Boys and Girls U/18

INTERNATIONAL TOURNAMENTS IN INDIA IN AUGUST

19 – 24 August	ITF Womens(10K), Delhi	Womens
26 – 31 August	ITF Womens(10K), Delhi	Womens
26 – 31 August	ITF Juniors, Chennai	Boys & Girls Under 18

Mental Tips for Tennis

- **MENTAL TIP #1, This One Is Critical:** The week prior to a match, don't change what you typically do with regard to your normal preparation (strokes, warm-up, routines, food, etc.). Yes, my first tip is to be cautious about what tips you add! However, there is one big exception - sleep.

I strongly suggest preparing yourself for matches by going to sleep and getting up at approximately the same time for an entire week prior. Trying to play after getting a few less hours than you're used to, or getting up a few hours earlier than normal, can affect your coordination, emotion control and decision making (ie. your performance!). Assume you'll have an early match and get yourself used to being up early. You'll have a big advantage over other players.

- **MENTAL TRAINING TIP #2, Are You Performing Between Points?** Between Point Ritual: Maybe you've heard this amazing stat before - that there is only 10-15min of actual tennis for every hour you're playing a match. In other words, the actual time you spend engaged in a point is quite small compared to the time it takes between points. Since there is so much time between points, it can have a big effect on the way you play the next point.

So, we recommend using your time REALLY well, to basically put the last point behind you, recover and prepare for the next point. To do this, we've create an ideal between point ritual: 1) Switch the Racket: out of your dominant hand to relax your arm and prevent a hanging racket; 2) Control Your Eyes: so they generally stay on your court – thoughts tend to follow eyes; Breathe/Relax: nervousness tends to produce shallow breathing and tense muscles; and, Visualize: see what you're about to do to start the next point.

When you say all 4 parts together, it rhymes: Switch the racket, Control the eyes, Breath/relax, and Visualize.

- **MENTAL TRAINING TIP #3, Take Notes for Confidence.** Before your match or tournament go around the facility and take notes about conditions you will play in. Notice how fast/slow the surface of the court is, where the sun is on which times of the day, wind conditions, if there is water on the courts or if you need to bring your own, know the altitude of the facility (it might help you choose the right tension for your strings), etc. Be as detailed as possible.

This step will help you better prepare for every match, and enhance your confidence as you play. Fear is really the opposite of confidence, and what causes so many to play tight and make errors. Increasing your knowledge of the unknown (ie. the opponent, facility and conditions) is one of the best ways to reduce fear and build confidence.

- **MENTAL TRAINING TIP #4, Visualize.** We find most tennis players already do some kind of visualization and don't even know it. Try this – can you remember each shot of the last game you played? Start on the first point– what did you hit and where did it go? Congrats, you're visualizing! Now, visualization is a skill that gets clearer and more controllable with practice. This is what you want – the ability to create ideal pictures in your mind. You eventually want them to be so clear, you can even imagine what the shot feels like. Before you know it, your actual shot will consistently match your images! A lot of professional tennis players all over the world use this technique and claim that it's their most important mental skill.

- **MENTAL TRAINING TIP #5, GAP Training.** What you're about to read is perhaps the most important mental skill to learn because it unlocks all the other mental skills. GAP Training is all about awareness of thoughts. If you can't recognize what you're thinking, unwanted emotions will follow and you'll be helpless to change them. So here's what to do:

1. Sit in a quiet place and focus on how the air feels going in and out of your nose.
2. Then move your attention to your thoughts.
3. As soon as you notice the thought, it will temporarily drift away and you'll be left in the "GAP" between thoughts.
4. Your goal is to become aware of thoughts that come into your mind, letting them go, and returning to the space in-between your thoughts. Having lots of thoughts is out of your control right now.

RECOGNIZING those thoughts is what your goal is. Once you learn to recognize, and then classify them as helpful or harmful, you will gain the power necessary to think positively.

AITA RANKINGS (as of 22 July, 2013)

BOYS UNDER 12

1. Rithvik Choudary(AP)
2. Terence Prahil Das(GUJ)
3. Sacchitt Sharma(DL)

GIRLS UNDER 12

- Prinkle Singh(JK)
Dedeepya Sai (AP)
Mahak Jain(MAH)

BOYS UNDER 14

1. Alex Solanki(DL)
2. Nitin Kumar Sinha(WB)
3. Vasisht Vinod Cheruku(KAR)

GIRLS UNDER 14

- Zeel Desai(GUJ)
Mihika Yadav(MAH)
Snehal Mane(MAH)

BOYS UNDER 16

1. Garvit Batra(DL)
2. Sumit Nagal(HR)
3. Alex Solanki(DL)

GIRLS UNDER 16

- Snehadevi S Reddy(TN)
Pranjala Yadlapalli(AP)
Akshara Iska(AP)

BOYS UNDER 18

1. Rishab Agarwal(AP)
2. Shaik Abdullah(AP)
3. Sumit Nagal(HR)

GIRLS UNDER 18

- Simran Kaur Sethi(DL)
Snehadevi S Reddy(TN)
Pranjala Yadlapalli (AP)

MENS SINGLES

1. Somdev Devvarman(TN)
2. Saketh Myneni(AP)
3. Prakash Amritraj(TN)

WOMENS SINGLES

- Ankita Raina(GUJ)
Rishika Sunkara(DL)
Prarthana Thombare(MAH)

Should you have any queries/ suggestions, please contact
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