

T115 - Burn Calories

*Why Play Tennis?
"to burn more calories!"*



The average person burns more calories playing tennis (around 330 for doubles and 420 for singles) than doing low impact aerobics, weightlifting, riding a stationary bike hiking, walking a golf course or playing softball, baseball or volleyball -

This doubles event is open to all levels. Most of your rounds will be played with players of similar ability. Plus you can participate in a FREE Cardio Tennis class!

Cardio Tennis is a fun, high energy tennis class for all levels. It's set to music and will be a fun way to warm-up for this event. You will hit plenty of tennis balls, laugh and maybe try something new!

T119 - Be Happy Play Tennis



LOL, tennis players scored higher in vigor, optimism and self-esteem while scoring lower in depression, anger, confusion, anxiety and tension than other athletes and non-athletes according to Dr. Joan Finn and colleagues at Southern Connecticut State University.

You can enter your event schedule here:

Date: Saturday, March 10, 2012

Time:
Cardio Tennis 3:00 - 3:45pm
Mixer 4:00 - 6:00pm
Dinner 6:00 - 8:00pm

T127 - Slow Down between Points



You may not be able to eliminate the anxiety and nervousness you feel before competition, some of it can actually improve performance. Instead you want to find ways to control and manage the stress of competition. If you tend to speed up and play fast when you are uncomfortable in a match try to remember to slow down between points. For example, you can take a few steps towards the back fence to regroup or focus on your racquet strings between points. Use this time to be aware of the match tempo and make adjustments to compete better in the match!

You can enter your contact information here: