

THE PRO APPROACH

a monthly e-publication of the georgia professional tennis association

This year promises to be an exciting year for the GPTA and the Greater Atlanta tennis community! Our first membership meeting featured Greg Patton, Boise State's Men's Head Tennis Coach. We had nearly 60 coaches in attendance, including several local high school coaches new to our association...Welcome to the GPTA!

We were fortunate that Greg took time out of his busy collegiate schedule to come share his expertise, which has helped him post a 299-101 record at Boise State. Greg's all-time career record is an impressive 650-294. Greg's energy and love for the game is infectious, and it was a great opportunity for all of us to learn new drills and come away with a new perspective that will unequivocally help us hit the ground running with our 2010 programming. If you didn't get a chance to see Greg, please stay tuned for information on our next membership meeting and drill session. The GPTA Board of Directors continues to work hard at securing high-caliber speakers, and you will surely find many opportunities to expand your knowledge and skills as a USPTA/PTR tennis professional.

Be sure to mark your calendars as Nancy Harris of Clemson will join our members on March 12th for our first Drill Session of the year. In addition to some great drills and tips, one attendee will walk away with a Clemson Summer Camp scholarship valued at \$600!

The other big news, which I am happy to announce, is that professional tennis has found its way back to Atlanta! The Atlanta Tennis Championships will officially come to Atlanta Athletic Club, July 19 thru the 25th. For more information about the tournament, please see our coverage on page 7 of this issue and on GPTA.com.

Without a doubt, 2010 is an exciting year in the works!

Best regards,

Andrew Minnelli



Billy Uelze, Andrew Minnelli and Arturo Nieto at the Greg Patton Workshop on Feb. 1, at Atlanta Athletic Club.

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members provide workshop feedback

HERE'S WHAT YOU HAD TO SAY ABOUT THE RECENT GPTA MEMBERSHIP WORKSHOP WITH GREG PATTON...

"I wanted to let you know that last Monday was probably my favorite GPTA meeting I have ever attended. Out of all the speakers that was my favorite. Thanks again for putting on the great show..." *Corey Davis*

"Greg's love for this game is contagious. I have never met anyone who is so passionate about what they do. I want to be like Greg when I grow up...Thank you GPTA for organizing this event!" *Viola Madej*

"I believe Greg Patton was well-received and really engaging!" *Kevin Jackson*

"Listening to a coach like Greg, that has a contagious personality and an unparalleled love for the sport...was a push that will lead me to continually reinvent myself and help stir the creative juices." *Eric Baumgardner*



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acsm survey reports 2010 top 10 fitness trends

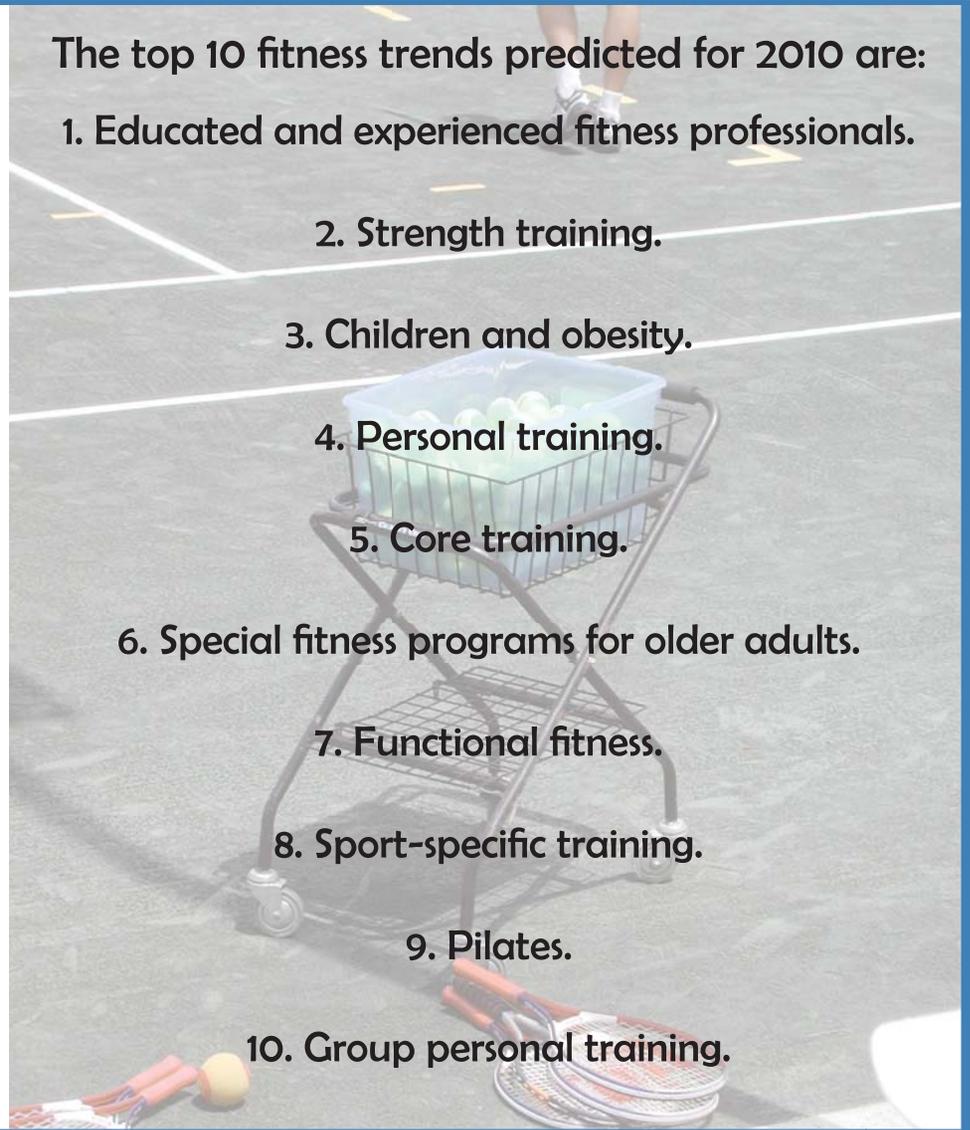
A lasting trend is developing in health and fitness, according to an American College of Sports Medicine (ACSM) survey published in the November/December issue of ACSM's Health & Fitness Journal®. The importance of experienced and educated fitness professionals remains the top predicted fitness trend for the third straight year. The survey, now in its fourth year, was distributed to ACSM certified health and fitness professionals worldwide and was designed to reveal trends in various fitness environments. Nearly 1,500 completed surveys were received from respondents around the world. Thirty-seven potential trends were given as choices, with the top 20 ranked and published by ACSM.

Consistent with 2009 results, the elevated importance of experienced and educated fitness professionals was identified as the top trend of 2010, likely due to increased industry regulation and an influx of specialty certifications and educational programs available for these professionals. This trend has moved up the list since the survey's inception in 2007, when it ranked third.

Strength training surged to second in the rankings, an indicator of the increased focus on strength training for various populations. Though strength training once was viewed only as a training method for male bodybuilders, more average exercisers and women are realizing its importance for healthy bones, muscles and aging.

The top 10 fitness trends predicted for 2010 are:

1. Educated and experienced fitness professionals.
2. Strength training.
3. Children and obesity.
4. Personal training.
5. Core training.
6. Special fitness programs for older adults.
7. Functional fitness.
8. Sport-specific training.
9. Pilates.
10. Group personal training.



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photography for the teaching tennis professional

I have been an avid photographer well before the digital age, and have found even more ways to utilize my cameras, putting those ones and zeros found in today's modern cameras to many uses. I'm primarily a nature photographer, but I quite often shoot tennis sporting events such as the US Open, Davis Cup and Miami-Sony Ericsson. My photos taken at these venues provide a great deal of post tournament enjoyment, and a release of my marginal creative skills. As an offshoot of my sports photography, I now employ my digital SLR to record and provide feedback to my students. In the following paragraphs, I'll describe some of my methods, expenses involved and a brief equipment discussion.

You may be asking yourself, "Why do I want to lug a 4-pound camera and lens to the tennis court when I have every other tennis teaching aid known to mankind in my bag/basket?" Hopefully, a couple of good ideas have already come to your mind, and here are just a handful of others:

1. immediate student feedback on stroke mechanics and court demeanor
2. you can sell your more artistic photos
3. your own personal growth and development
4. capturing those great victorious City Final wins

Technical Discussion:

Today's digital cameras are very versatile, and I've even used my iPhone to capture that special tennis moment. There are basically three types of digital cameras: camera phones, digital cameras and digital single lens reflex cameras (DSLR). For your best results, I'd recommend using a dedicated digital camera, which can be anything from one of the very compact models which easily fit in your shirt pocket made by Sony, Canon and a host of others, to a DSLR. A camera phone can be used, but it will not provide you the overall versatility nor the overall performance of a dedicated digital camera.

Most people have some familiarity with the pocket digital camera, and these are very good for working on brightly lit, sun-filled courts where you can capture your students' strokes and those wonderful, awkward looking poses we all attain with our non-dominant hitting hand. Not to mention the tongue, which occasionally falls out of one's mouth, to

continued on next page



The author, GPTA member Peter Arebalo, shot this photo of Bill Anderson at the GPTA February workshop with a Canon EOS 7D.

ensure we are applying ourselves fully to the running forehand pass winner down the line. These cameras are limited to taking single frames at a slower rate, making them more suitable for static shots, which are useful to analyze serves and volleys. And as most of you are probably aware, trying to capture that single moment in time of a stroke can be very challenging. There is often a few tenths of a second of delay when pressing the shutter button until the camera decides to do something, and the photo capture is lost.

For those of you ready to graduate and really expand your on-court photography, I'd recommend a DSLR. The DSLR provides a significant number of features, from interchangeable lenses, much better high ISO performance, to multiple frames per second. So what do these enhanced DSLR characteristics really mean to me?

Photo Composition With a choice of lenses you can vary the way you compose your photo. You can focus your efforts on a specific attribute of your students' strokes or capture that ALTA City Final winning overhead. Not to mention the Bryan brother's chest bump when they've just won a Davis Cup Tie!

High ISO High ISO performance is very important as this dictates to a large degree the shutter speeds you'll be able to effectively shoot. Today's very good DSLR's can shoot with ISOs as high as 3200 with very good results.

Shutter Speeds When shooting court strokes and movement, you will need shutter speeds in excess of 1/1000 of a second to ensure you capture the photo with a minimum amount of blur. If you have a camera that can shoot five frames per second (FPS) or greater, you can really start showing your students the nuances of their stroke mechanics, as at these high FPS the photos almost appear as a video. I find my students really enjoy seeing these stop-action photos of themselves in action, as it really highlights the physicality of the game.

So what does all this set you back in the terms of cost? I'll assume you already own a camera phone, so you know the relatively inexpensive cost associated with these devices. As you move to a dedicated digital camera, expect to pay from less than \$100.00 to the vicinity of \$300.00 for the most expensive models. If you're ready to cross the DSLR boundary, you'll spend from \$300.00 for used bodies, to the mid \$1,000.00 range for the more versatile Canon and Nikon bodies. Notice I said bodies for the DSLR's, as being able to own a zoom lens with a reasonable reach—reach equals magnification—is very important. You need the flexibility to be either court-side or some distance away when shooting a tennis event like ALTA/USTA matches...not to mention when the tennis photo bug really bites, and you're shooting with 7 pounds of camera and lens from 300 feet away from your favorite tennis star. Very good quality lenses range from \$600.00 and up, and once purchased, become a life-long investment as cameras bodies come and go, as your great glass will stay with you forever.

I've touched on only a very minor amount on shooting information, and I'll leave some of this discovery up to you and your respective creative photography skills on the court. Check back next month for my top picks for cameras that you can use in your tennis career. In the meantime, feel free to email me with any questions!

Peter Arebalo
parebalo@pro2tennis.com



Canon EOS 7D

THE PRO APPROACH

january member survey results: event location



“The Atlanta Athletic Club is easy to get to. The indoor courts are an event saver if the weather isn’t cooperating. The facilities are very nice and can accommodate our needs.”

Eddie Gomez

Be sure to check out our latest online member survey...let us know what you value the most about your GPTA membership!
We will post the results in the next issue of THE PRO APPROACH!

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atp tournament update: atlanta athletic club to host

ATP AWARDS TOURNAMENT SANCTION TO ATLANTA

On December 17, 2009, the ATP formally awarded an ATP 250 sanction to the USTA Southern Section.

The tournament, set for July 19-25, 2010, at Atlanta Athletic Club, will serve as the kick-off to the 2010 Olympus US Open Series. Last month, the ATP board voted to buy the Indianapolis sanction under rules which allowed the ATP to match any offer made for the event. The board made this decision with a view to the long-term ATP calendar and to maintain its ability to address issues relating to the length of the season in the future. After positive discussions between the ATP and USTA, the ATP board became comfortable that it could meet this goal, while at the same time awarding the tournament to Atlanta and USTA Southern Section under mutually acceptable terms.

“This is a great win for the parties involved and is a wonderful example of cooperation and understanding between different authorities in tennis coming together to achieve the common goal of promoting and developing tennis in the United States,” said Mark Young, the ATP Chief Executive Officer for the Americas. “We at the ATP wish the tournament every success and are delighted we could find a way to work with the USTA to achieve this outcome.” “USTA Southern is thrilled to be bringing professional tennis back to Atlanta,” said Rex Maynard, President, USTA Southern Section. “When the sport works together in a collaborative fashion, great things happen. With our vibrant member base, and the overall appeal of tennis throughout this great region, we are convinced this event will be a great success.” “We are very pleased with the ATP board’s decision to award this event to Atlanta,” said Lucy S. Garvin, USTA Chairman of the Board and President. “A healthy professional tennis schedule in the U.S. sparks interest in the game and helps us to fulfill our mission of growing the sport on every level.”



ATLANTA TENNIS CHAMPIONSHIPS QUICK FACTS

Tournament level:
250-point ATP tournament

Dates: July 19-25, 2010
Site: Atlanta Athletic Club

Singles main draw: 28-player draw
Doubles main draw: 16-team draw

Olympus US Open Series:
First tournament in eight-tournament series leading up the US Open. 2010 will be the seventh year of the Series.

Web site:
www.atlantatennischampionships.com

Tickets: Premium, box seats and champagne table tickets go on sale Jan. 19. Other tickets will be going on sale at a later date, to be determined.
Ticket contact info: 678-527-2138,
tickets@atlantatennischampionships.com

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wheelchair tennis committee offers instruction certification workshop

The Southern Wheelchair Tennis Committee was pleased to offer a Wheelchair Instruction Certification Workshop in conjunction with the Southern Tennis Association Annual Meeting in Atlanta. The workshop, hosted at Midtown Athletic Club at Windy Hill, was conducted by GPTA member and PTR Clinician Harlon Matthews.

Matthews surprised the attendees by bringing in six sport chairs for some real “hands-on” experience for the coaches. TSRs (Tennis Service Reps) from four states participated in the workshop as well as pros from around the state. GPTA Hall of Fame member Randy Stephens, Chairman of the National Wheelchair Committee, stopped by to meet the attendees and attend the workshop.

Among the course materials given to the attendees was the USTA Wheelchair Tennis Manual and Drills DVD. Participants left the workshop with resources and experience in order to effectively work with wheelchair athletes. If you would like a copy of this 80-page manual and DVD, contact Yasmine Osborn at osborn@sta.usta.com.



The USTA Southern Wheelchair Tennis Committee is devoted to the growth and development of wheelchair tennis in the Southern Section. The next Wheelchair Instruction Workshop is Feb. 15th, during the PTR International Tennis Symposium on Hilton Head Island, S.C., USTA National Coach Dan James will conduct the workshop.



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as heard on the courts...

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The GPTA is on Facebook!
Be sure to read our posts on the latest events, news and happenings.

Do you have some news to share? Send us an email today: editor@gpta.com.



The GPTA Georgia Pro Planning Calendar is now online! Check it out...it includes all the deadlines and pro-am dates you'll need to plan your year, including the newest pro am on the schedule at Laurel Springs!

The 2010 USTA Georgia Digital Yearbook is now available for your viewing pleasure on the USTA Georgia website: www.ustageorgia.com. USTA Georgia hopes you enjoy all of the Community, Junior and Adult sections along with the beneficial Member Organization and Volunteer Directories. You can utilize the hyperlinks to access further information, email contacts and visit USTA Georgia's advertisers' websites. The organization thanks the GPTA members for their continued support and participation in Growing the Great Game of Tennis throughout the state.

GPTA professional and owner of Anderson Tennis Inc. (one of the newest tennis management companies in Atlanta), Bill Anderson, is the new Director of Tennis at The Fields Club in Peachtree Corners. The Fields Club boasts 16 courts and 409 family memberships as well as 18-21 teams involved in league play. Bill is introducing new adult programs including weekly co-ed drill sessions, numerous social events and a more structured format for team coaching. The junior program is also a main focus for Bill; soon he will introduce a multi-tier system to accommodate all ages and levels. He has also formed new programs for 4-10-year-old beginners to start this month. It is Bill's mission to provide The Fields Club members and their guests great customer service and positive tennis experiences through an array of programs, fundraisers and social events. Good luck to Bill as he works to improve The Fields Club program and tennis throughout Atlanta!

