

PLAYER NAME Amy n

TOURNAMENT Adult Flex League

AGE GROUP Adult

DATE(S) Summer 2004

MATCH PLAY OBSERVATIONS

- 1) Competed well in all matches. Played tough but realized limits of play based on prepared fitness level.
- 2) Serves were erratic from time to time. Need to work on Serve +1 combinations
- 3) Returns were fine, but need to be deeper in court & need to take advantage of 2nd serve opportunities.
- 4) Work on making forehand more aggressive

MATCH PLAY

PRE-MATCH RITUAL(S)

- Preparation was difficult sometimes due to match timing schedule & work schedule.
- Had to figure out on that day what type of nutritional plan to have based on match timing.
- Tried to find ways to stay calm & stress free

PHYSICAL

- The heat was draining!
- Lots of H₂O, electrolytes & energy chews
- Still had struggles with hydration but no chafe

MENTAL

- Had been a long time since I competed so nervous energy did creep in.
- Tried to manage it by staying focused on simple gameplay patterns

FUTURE PERFORMANCE GOALS

2 WEEKS

- Serve +1
- Fitness level & tolerance in rallies
- More practice matches!

1 MONTH

- Another competitive event
- Fitness Benchmarks
- Look for another season or VTR tournament.

2 MONTH

- Serves on command.
- Returns reliable.

FUTURE GAMEPLAN

NEXT TOURNAMENT

- Fitness should not be a factor!
- Feel match confident!