

Be like Roger Federer
and play tennis
all summer long!



Sign up for summer classes
online at
www.teamwitsken.com
or call the Pickwick Office at
848-2023 to register
for a program
in your neck of the woods!

“Believing you deserve to win is a key element to going into a match with confidence; practicing and training hard builds that confidence and belief.”

Bagel



Winning (or losing) a set 6-0. With the shape of the "0" being evoked supposedly by the round shape of a bagel.

Rick Witsken Snags 3rd Place in Hard Court Nationals

COACH WITSKEN BLASTS THE COMPETITION!

Rick Witsken recently competed in the USTA Men's 35 and over Hard Court Nationals in Scottsdale, AZ at the Scottsdale Athletic Club. As an unseeded player, he smoked the competition all the way to the semi-finals in a 64 person draw winning 4 matches in a row. Rick beat the #3 seed, Rodrigo Navarro (AZ) in the round of 16; 7-5,6-4. He beat the #5 seed, Robert Bull (AZ); 6-2,6-2 in the quarter-finals. He lost to the #1 seed, and tournament champ (also ranked #3 in the world in 35's), Guillaume Gauthier (TX) in the semi-finals 6-7,6-4,6-3. He beat the #4 seed, Jesse Ponwith (AZ) for the playoff for 3rd and 4th place. Rick received a bronze USTA National Champs ball and \$200.

Matt Schiller and Rick also won third place in the doubles competition and received a bronze ball. They lost to the #1 seed Guillaume Gauthier and Dougal Williams. You can see all of the results if you go to www.usta.com -> tennislink -> adult national tournaments. You can also see the bronze tennis ball awards which are on display at the Pickwick indoor facility.

Team Witsken is headed to King's Island

KING'S ISLAND HERE WE COME!



Team Witsken is fired up for some rollercoaster mania! We're headed to King's Island in Cincinnati, OH on Friday, June 25 to ride the rides, eat junk food, and have an all-out good time!

We leave from Pickwick at 7:00 a.m. and return between 10:30 - 11:30 pm. Cost for the trip is \$50 which includes transportation and a park admission ticket. Check www.teamwitsken.com for more details.

TEAM WITSKEN TENNIS TIP

Confidence and Belief

Tennis is a game where confidence is essential, and where typically, the more confident player wins. Have you ever played someone and you knew that there was no way you could lose? The comfort and freedom of that confidence may put you in a position where you might try shots you would never try in a different situation. It is easy to play relaxed and loose, and it can be a great opportunity to improve your confidence in shots or skills that you don't use as much.

Training hard builds confidence for big matches. The most important question you can ask yourself is "Do I deserve to win?" If you have trained and prepared properly and can answer "yes" to this question you will play better in pressure situations. Believing you deserve to win is a key element to going into a match with confidence; practicing and training hard builds that confidence and belief.

Here are **3 easy things** you can do to improve your belief and confidence:

1. **Hit 75 practice serves 2 times a week.** Also show up early to your match and hit a few serves to get used to the conditions, sun, and wind.
2. **Run.** The confidence the pavement can give you is immeasurable. Its a great time to convince yourself you deserve to win. Chances are your opponent isn't working as hard as you.
3. **Lunges.** 25 lunges on each leg 3 times a week can really improve your stability and balance on your volleys.

Prepare well, and play well.

Coach Looney



FREE CLINIC

We need kids!

The summer staff will be doing a training session on Sunday, May 23rd and we need lots of kids to help us demonstrate the QuickStart teaching format.

Pee Wees should come from 1:30–2:00 and Top Notch from 2:00–3:00.

The clinic will be conducted just like a regular class, but will be free-of-charge to participating players.

Call Linda at 848-2023 or email her at linda@teamwitsken.com for information.

It's one-on-one out there, man. There ain't no hiding. I can't pass the ball."

~ Pete Sampras ~

ITL Contact Information

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TENNIS IN YOUR BACKYARD

Team Witsken will be teaching clinics at several sites over the summer. Check out the one nearest to you for quality instruction and all-out fun! Register online or pick up a registration form at the Pickwick facility.

Zionsville Area: Zionsville Middle School, Thornhill, West 86th Street

Carmel Area: University High School, Waterstone, The Woods

Fishers Area: Gray Eagle, The Legends, River Glen

Noblesville: Sagamore

**A SUMMER OF GRAND SLAM TENNIS ...**

THE FRENCH OPEN ... WIMBLEDON ... THE QUICKSTART SUPER SATURDAY ... The TW SUMMER SIZZLE ... THE US OPEN ...

The QuickStart Super Saturday Tournament ~ Saturday, July 24th

This is our first-ever tournament for 7-10 year old QuickStart players. This tournament will be held at University High School on Saturday, July 24th; starting at 9:00 a.m.

The Team Witsken Summer Sizzle ~ Saturday, July 31st

Right on the heels of the Super Saturday is the Team Witsken Summer Sizzle for junior players ages 10-15. This will be a round-robin tournament on Saturday, July 31st at University High School; starting at 9:00 a.m.

We're all about the details!

The indoor facility at Pickwick is the backup for rain-outs. More information will be posted on the Team Witsken website as we finalize the details for both tournaments.

UPCOMING TOURNAMENTS**Zionsville Open ~ June 4th through 6th**

USTA sanctioned tournament, great warm-up for the Midwest Qualifier tournament. Some matches will be played at Zionsville Middle School and Zionsville West Middle School. Players may register for this tournament through the USTA tennislink registration form or by contacting us.

Midwest Junior Team Invitational Tournament ~ July 15th through 18th

This is a team tournament with teams around the Midwest including Indianapolis, IN; Chicago, IL; St. Louis, MO; Columbus, OH; and many other cities. This team based tournament is for players between the ages of 10 and 18 years old where players will compete in singles, doubles and mixed doubles in order to score points for their city. Team Witsken, which represents Indianapolis, is the current champion and has also been champions the last 3 years! Players will be selected for this trip by Coach Rick and Coach Nelson.

INDY TENNIS LEAGUE ... ITL www.indytennisleague.com**JUNIOR LEAGUE**

The ITL started its first ever league for junior players on April 12th. The kids compete in singles or doubles in a non-competitive, fun environment. The Junior League offers players the chance to hone their skills by playing a new player each week for 6 weeks.

JUNIOR SUMMER LEAGUE

The ITL announces a summer league for junior players to be held on Saturdays and Sundays starting on June 12 and 13.

This league will run for 6 weeks and will follow a similar format to the spring junior league. The cost is \$35 per player. More information can be found on the ITL website.

MEN'S SUMMER LEAGUE

The Men's summer league runs for 10 weeks starting May 16th with a playoff week beginning August 4th. Play will be on Sundays from 4:00-6:00. We have over 120 guys signed up for some fierce competition this summer!

WOMEN'S SPRING LEAGUE

Play is underway! It's never to late to join the fun. Email Linda at linda@teamwitsken.com for information.

WOMEN'S SUMMER LEAGUE

Sign Up Today! This league is just around the corner starting on Monday, June 7. The cost is \$75 for returning players and \$85 for new players. Recruit a friend for a \$5 discount! Sign up online or email Linda Pritz at linda@teamwitsken.com.