

# Serve and Volley

With Totally Tennis Basingstoke

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Basingstoke



## Totally Tennis gripped by Wimbledon mania

**WIMBLEDON** mania has hit Totally Tennis, with the centre bursting at the seams with players young and old gripped by summer tennis fever.

Tennis is firmly in everyone's minds after the French Open and the AEGON Championships at Queen's Club and with Wimbledon starting today the centre has gone mad with people wanting to take up the game or dust off their rackets to restart.

Last week saw the juniors playing more than 300 matches and everyone has signed up for their British Tennis Membership, which gives them a rating, much like a golf handicap.

They can then climb the ratings ladder and hopefully will be playing at Wimbledon or Queens one day too. Top of the leaderboard is Mini Performance player Esther Adeshina, who has played more than 150 matches so far this year, and she is followed by teammate Matthew Berry.

Adults at the club have started the summer season in earnest, with new players joining to play in the teams competing in the local tennis league.

New players are trying out the beginners and improvers courses, which are teaching them the basics so they can enjoy the game more – or at least recognise how good the players are at Wimbledon. These drill sessions are jam-packed with players wanting to get fit and ready for their summer holidays.

The centre's tennis director, Nigel Long, said: "It's great to see so many faces old and new playing tennis at the centre and with Wimbledon starting today I am expecting more and more people through the door."



● Taking centre stage: Andy Murray, top, and Roger Federer, left.

players such as Murray, Federer and Nadal."

Kicking off the fun on the grass in SW19 today will be top seeds and last year's champions Roger Federer and Serena Williams.

Six-times Wimbledon champion Federer has been top-seeded even though he stands second in the current world rankings to Rafael Nadal, who returns to the event after missing the defence of his 2008 crown last year due to injury.

Federer will open today's play on Centre Court as defending champion and the official favourite to win a seventh Wimbledon title.

British number one Andy Murray, the lone hope for the home crowd, is seeded fourth in line with his ranking, while surprise Queen's Club winner Sam Querrey finds himself as 18th seed.

Williams will start proceedings in the ladies' competition and she along with sister Venus, who has been named as second seed, will look to continue their domination of the event.

Venus has won the title five times and Serena three, while the pair will also be looking to defend their 2009 women's doubles title, which they have won four times in total.

If you haven't played in a while, or have never played before, would like your children to start or would like to play with your child or would just like to come down for a knockabout with friends and family, please telephone the office on 01256 358816 or e-mail [tt@totallytennis.co.uk](mailto:tt@totallytennis.co.uk) to find out how you can get on court today.

## Coaches in it for the Long haul ...

TENNIS director Nigel Long has completed the training of another batch of students at the indoor centre.

This is the latest coaching course run by Long and delivered as part of the tennis training company he set up with Mandy Franks from the Batchwood High Performance Centre at Totally Tennis.

This company is a recognised training centre and holds lots of coach development and coach qualification courses. He is assisted in running these by Lorraine Ristic, who runs a performance club in Gloucestershire.

The courses cover all areas required for potential coaches to develop their skills, including mini

tennis, coaching large groups, competition and schools coaching – as well as effective communication and organisation skills, everything needed to be a successful tennis coach and forge a career working with players of the future.

Long said: "The latest batch of coaches still have their assessment day to

come but they are all on track to develop their careers as tennis coaches, hoping to be instrumental in transforming the future of British tennis."

The next UCoach workshop at Totally Tennis is on 'Developing effective technical and tactical skills in under 14 performance players' which takes place on August 11.

That will be followed by a new level two course, which starts on September 11.

Anyone interested in a career in tennis coaching or wishing to update their skills can find information about courses and workshops as well as instructions on how to book by visiting the UCoach website [www.ucoach.org.uk](http://www.ucoach.org.uk)

### Tennis Tip

#### DOUBLE-HANDED BACKHAND

STATISTICS show that the double-handed backhand is now the dominant choice among professional players as it gives more power and control on return of serve and on high balls.

Footwork is crucial as you get to the ball. Look to load up on the left foot (if you are a right hander) and then transfer your weight forwards onto your right just before you hit.

### Tennis Talk



IT WAS an all American final at this year's AEGON Championships at Queen's Club after British number one Andy Murray failed to defend the title he won last year.

22-year-old Sam Querrey, pictured above with the trophy, beat fellow countryman Mardy Fish 7-6, 7-5 to win the title.

The two Americans share the same coach so know each other's games inside out, as well as being good friends off the court. The pair even had a pre-match agreement that the loser would buy the winner dinner!