



**Hans Kopp.**  
Owner/Founder

*"We are dedicated in assisting junior and adult tennis players as well as beginners to develop their tennis game to the next level. Every player at any skill level can take advantage of our professional teaching methodology and can be sure of seeing results"*

### Overview

Our tennis programs are designed to ensure that every student receives the technical, tactical, physical and mental training within an optimum learning environment.

Our lessons and programs are a fun and great learning experience, geared towards all levels of play. Each lesson is spent going through a series of innovative drills, exercises and match play situations designed to enhance stroke production, mechanics and improve singles and doubles play.

**Turn your holidays into a tennis vacation. Reserve your lesson or clinic today. Kopp Int. Tennis Mgmt. offers full service coaching options year around:**

- Private and Group Lessons
- Lesson Packages
- Summer Camps
- Traveling Coaches are available
- Corporate VIP tennis programs and outings
- Tournament Preparation
- Round Robin Mixers

**Kopp International Tennis Management, LLC**

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**Kopp Intl. Tennis Mgmt., LLC**

[www.Kopp-Tennis.com](http://www.Kopp-Tennis.com)

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**Photo Album**

### Top Sports Drinks



**Gatorade Endurance Formula**

Calories: 50  
Carbohydrate: 14gr  
Sodium: 110mg  
Potassium: 30mg



**Cytomax**

Calories: 100  
Carbohydrate: 20gr  
Sodium: 80mg  
Potassium: 150mg.



**Accelerade**

Calories: 120  
Carbohydrate: 21gr  
Sodium: 190mg  
Potassium: 65mg.

*Thanks for reading, Hans*

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INTL. TENNIS  
MGMT.

# SERVE Time



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Kopp International Tennis Management, LLC is Florida's premier tennis venue. With multiply locations and highly skilled and experienced international coaching staff we are committed in providing service excellence.

We are a one stop tennis facility and ready to serve every tennis need. At Kopp International Tennis Management, LLC we are able to teach and guide the beginner as well as enhancing technical, tactical, mental and physical performance for the experienced tournament player.



**This Issue**  
• **Cramping**

### How to avoid cramping.

What Is A Cramp? A muscle cramp is an involuntarily and forcibly contracted muscle that does not relax. Muscle cramps normally last from a few seconds to up to fifteen minutes. On rare occurrences they can last longer than fifteen minutes. A cramp can persist numerous times until it eventually goes away. Cramps can affect the muscles differently - for instance it can affect a group of muscles, a single muscle, or even a specific part of a muscle.

The most important thing to do is stretch before and after each run. Make stretching part of your routine, so that you never forget to do it. Plan on spending 10 to 15 minutes before and 5 to 10 minutes after each workout.

Make sure you stay hydrated. Drink plenty of water before you workout. For longer workouts, make sure you drink at regular intervals. It is best to drink before you feel thirsty.

While you exercise, make sure to take deep breaths to oxygenate your blood. Focus on inhaling and exhaling deeply.

Know your limits. Make sure you workout stays within your ability. Gradually add more intensity over time; otherwise you may subject your muscles to excess fatigue.

Cramps are related to many things, including what you eat and how you breathe. But the most important thing to do is stretch before and after every run. So make sure you incorporate a good stretch routine if you want to avoid cramps while running. Your diet can also help you avoid running cramps. Make sure you hydrate before any exercise. During your workout, stay hydrated by drinking at regular intervals. Always make sure to drink before you get thirsty. If you feel thirsty, it's already too late.

Soda isn't a good substitute. Bananas are a good source of potassium, which help to prevent cramps.

The most common causes of running cramps include lack of stretching and muscle fatigue. High temperatures, dehydration and loss of salts and electrolytes also contribute to running cramps. Your age also impacts your risk of cramps.

Since muscle cramps are sometimes caused by dehydration (loss of water) and low levels of potassium, they frequently strike in hot weather, when your body loses water, salt, and minerals through sweating. Drinking plenty of water and eating foods rich in potassium, may help to ward off cramps.

Out of experience it is very important to hydrate. On warmer days it is NOT enough to refill with water, make sure you hydrate with a low sugar sports drink. Please see on the left side for some top quality sport drinks.