



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 single and doubles play.

Now taking reservations for our summer camp

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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SERVE Time



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Kopp International Tennis Management, LLC is Florida's premier tennis venue. With multiple 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
Tennis Elbow

What Is It?

According to the sports medicine, as well as talking to many people who suffered from tennis elbow, "tennis elbow is localized pain over the bony prominence called the lateral epicondylitis." It is a common "tendinitis" that affects participants of racquet sports. It also affects people who perform repetitive wrist extension (wrist bent away from palm) and forearm rotation.

What Is the Cause?

Any sort of repetitive stress on the muscles connected to the lateral epicondyle can cause tennis elbow. Too much stress on these muscles can lead to micro tearing; causing pain that is usually centralized in the muscles' origin in the outer elbow.

What is the Best Treatment?

Traditional treatment of tennis elbow includes modification of exercise, use of over-the-counter anti-inflammatory drugs like ibuprofen, ice treatment and total rest. Alternative treatments include acupuncture, splinting and various types of herbal remedy for tennis elbow. But before any treatment, identifying the cause of the problem is the obvious priority. The first thing to do, therefore, is have a competent coach evaluate your game, particularly your backhand, as this is the stroke mostly responsible

for tennis elbow pain. If your technique is poor, your coach will guide you in making the necessary changes.

Be warned, though, that changing the poor technique habits of a lifetime will not be a piece of cake; it will require real persistence and determination. However, what stronger motivation can there be when faced with the alternative of excruciating pain or, worse still, not playing at all?

If your doctor or physical therapist has given you the all clear to play, it is essential that you do everything possible to alleviate any discomfort. Make sure you incorporate a good stretch into your warm-up routine. Flexing your wrist (towards the palm) while keeping your elbow straight is a good one. As muscles stretch more when they are warm, and are therefore less prone to injury, it is a good idea to wear an elbow brace or sleeve. There are any number of high quality products on the market, but none better than the elbow wrap found at Cold One Inc. , whose USTA approved and recommended wraps are "the Gold Standard for controlling elbow pain and swelling from over-exertion, stressed elbows, elbow sprains, and injuries to the elbow."

Is Your Tennis Equipment the Problem?

The more "yes's" you give to the questions in the following checklist, the greater the chances that your equipment is to blame: Do you?

- use a racquet that's light, but head-heavy?
- use a racquet with a very small - or very large - grip?
- use a racquet that's exceptionally stiff?
- have your racquets strung exceptionally tightly?
- use strings that are hard and unforgiving?

-Cold One- Ice Wraps:



Ankle/Foot Wrap



Elbow Wrap



Forearm Wrap



Hand/Wrist Wrap

Thanks for reading, Hans