



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

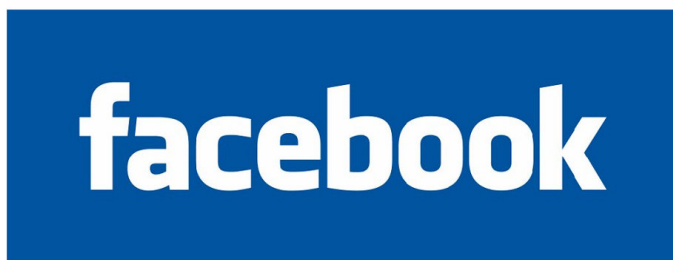
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News:



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I thanks for reading, Hans

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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
• Prevent Injuries

Prevent Injuries

Tennis is one of the most popular sports in the world. More than a million Australians play each year. Playing tennis is a great way to stay physically fit, and it's also a great way to make new friends.

Tennis requires a variety of physical attributes including speed, power, endurance, strength, balance and specific playing skills. Both competitive and social players should carry out a conditioning and training program to cope with the demands of play and reduce the risk of injury.

While the risk of injury from playing tennis is relatively low compared to other sports, common tennis injuries include injuries to the ankle, knee and wrist.

Risk factors;

- Incorrect technique – using the correct serving and swinging action is important to prevent injury, particularly to the elbow and wrist. An incorrect swinging action is caused by the player relying only on the arm to hit the ball, rather than the body's full strength.
- Failure to warm up and cool down – warming up and cooling down is extremely important to reduce the risk of muscle and joint injuries. Warming up will not only help avoid injury but will also improve performance.
- Time spent playing – overexertion is one of the most common causes of injury in tennis. Your body needs rest and recovery between training and

matches. If you don't allow your body sufficient time to rest and recover, you may not receive the total benefits of your game. You'll also have an increased risk of overuse injury.

Previous injury – a previous injury can lead to similar injuries in future, particularly if you haven't taken enough time to properly recover.

General health and safety suggestions:

- See your doctor for a check-up if you have a medical condition, are overweight, are over 40 years of age or haven't participated in regular physical activity for a long period of time.
- Take lessons from a qualified coach to develop adequate skills and technique.
- Warm up and stretch before you play to improve joint range of motion, promote elasticity of tendons and ligaments, and prevent muscular strain. Good preparation is important.
- Cool down after play to prevent stiffness and cardiovascular complications.
- Be sunsmart. Always wear a t-shirt and hat and use 30+ sunscreen on exposed skin.
- Avoid playing under extreme weather conditions.
- Drink water before, during and after activity to keep hydrated.

Tennis can be a lifelong sport when it is played right. Be smart and take a lesson from a professional to avoid injuries later on.