



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

Issue 06 June 2009



Kopp Intl. Tennis Mgmt., LLC

www.Kopp-Tennis.com

Orlando, FL 32821
Phone: 321-947-0962

ISSUE

06

June
2009

MONTHLY
JOURNAL KOPP
INTL. TENNIS
MGMT., LLC

SERVE Time



www.Kopp-Tennis.com

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 while feeling sick?

CAN I PLAY TENNIS WHEN I'M FEELING SICK?

Summer is here. You can't wait to get out on the courts. But you feel sick. So is it ok to play tennis while feeling ill? The answer is not always no, but rather depends on the symptoms: your energy level, fever, runny nose or cough. According to recent reports moderate training actually improves the strength of your immune system. Compared to sedentary folks, people who get regular exercise have 20 to 50 percent fewer colds. That's the good news. The bad news is that when we bump up the intensity level, we suppress our immune system, which may leave us more vulnerable to infection. So here are a couple of rules to see if it's ok to play tennis while feeling under the weather:

1. If your symptoms are "above the neck" — such as runny or stuffy nose, sneezing, or sore throat — you should be ok to play tennis. Of course you should always listen to your body and take the intensity of your workout down a bit if your regular pace feels too strenuous.
2. However, if your symptoms are "below the neck" — such as chest congestion or tightness, hacking cough, or upset stomach — you should postpone your tennis match. Also, you shouldn't play if you have a fever, fatigue or widespread muscle aches.
3. You can continue with mild or moderate activity if you have a cold with no fever. Exercise may even help you feel better — by temporarily relieving nasal congestion. A brisk walk can unclog your sinuses better than an afternoon on the couch.

And gentle exercise will rev up your circulation, to counteract that sluggish, rundown feeling.

4. Use common sense. If you're not feeling well but still want to play tennis, reduce the intensity of your workout and listen to your body. If your symptoms worsen with exercise, stop and rest.

Bottom Line:

Whether or not you should play tennis when you are sick is really an individual decision based on your specific symptoms and how you are feeling. If you do not exercise regularly, it is probably best to wait until you are feeling well before starting a fitness routine. If you aren't sure, check with your healthcare provider. Remember that maintaining healthy habits may keep you from getting sick in the first place. So wash your hands frequently, eat a balanced diet, drink plenty of water and get adequate sleep. If you can find some room on your calendar, be sure to schedule a little "me time" to relax.

On that note, here's my favorite "Stay Healthy" Smoothie:

Banana – Berry Smoothie

1 1/4 cups orange juice

1 ripe medium banana, peeled and sliced

1 cup frozen blueberries, blackberries or raspberries

1/2 cup non-fat yoghurt (for non-dairy version, replace yoghurt with silken tofu)

2 ice cubes, crushed

1 tablespoon honey (optional)

Combine orange juice, banana, berries, yoghurt and crushed ice in a blender; cover and blend until smooth and frothy. Sweeten with honey, if desired. Serve immediately.

-Cold One- Ice Wraps:



Acerola

80mg of Vitamin C per fruit



Avocado

16mg of Vitamin C per fruit



Banana

11mg of Vitamin C per fruit



Grapefruit

44mg of Vitamin C per fruit

Thanks for reading, Hans