

Tennis performance

What's up when it just doesn't seem like your game is improving?

T r a i n i n g

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Sport-specific training programs have been used successfully by professional and Olympic athletes for decades. These programs are intended to complement and enhance the instruction a player receives from their coach in sports ranging from golf to tennis to basketball. By creating a series of movements and exercises that mimic as close as possible the actual sport, fitness instructors have been able to provide increased strength, endurance, and injury prevention for thousands of professional athletes in all genres of sport. Today, personal trainers such as J & D Fitness Group provide sport-specific training to amateur athletes who are looking to elevate their games.

What would motivate someone to try a sports performance training program if they weren't being paid to play their sport?

“competitiveness,”
says Doug Sheppard of J & D Fitness.



"It's not just pro athletes who **want to win...**

It's not just pro athletes **who want to be their best at their game."**

If our motivation is to get better, especially if you've reached a plateau, sport specific training may be a solution for you.

In the game of tennis there are many facets that make a player "good". The game has made a huge shift in the last two decades. The days of champions like Jimmy Connors and John McEnroe, when the player with the most skill and conditioning won, are gone. They have been replaced by power players with giant serves and the speed and agility to rush the net. Performance training plays a big part in the games of power players. A player like Andy Roddick or Serena Williams can defeat opponents by overpowering them.

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