

# Tennis in Nova Scotia



## Wheelchair Tennis

The wheelchair program which exceeded expectations this summer with 7 players at the Waegwoltic Club in Halifax will continue in the indoor season. The program will resume on Friday, January 17th at the Canada Games Centre. TNS has been working with Sport NS to secure funding for the Headstart Tennis Centre to become an accessible facility which will give our players more opportunities to play year round. In addition, the Atlantic Tennis Centre will also be accessible once the fixed structure is completed in the summer of 2020.

## Upcoming Courses

Officiating Course - March 7 & 8

Club Pro 1 Course - April 17-19, May 8-10, May 29-31

Contact Roger Keating to register [tennisns@sportnovascotia.ca](mailto:tennisns@sportnovascotia.ca)



### Tennis in Schools

In 2019 TNS reached more than 50 schools across the province

### Rookie Tours

Rookie Tour events in 2019 had more than 400 unique competitors



## “Tennis Nova Scotia Junior Provincial Program



TNS in collaboration with Headstart Tennis, ATC and Cougardome have implemented Junior Development Training for our top ranked junior in the Province. Sessions will be running at both Headstart and ATC with our top coaches from both clubs on court with our athletes. This program is just a glimpse into the future where all clubs and coaches are working together to grow the game across the province.

### PRO TIPS – ROGER KEATING

Have you ever been in a close match but let your nerves get the best of you ? Ever wonder how the pros keep their nerve so well ? One of the most important tools they use can easily be put into your game. If you don't use routines, you really should start ! Have you ever watched Nadal before he serves ? I'm sure his underwear is not out of place on every point :{ These mannerisms are part of his routine which allow him to reset before every point. The same can be said for players who go to their towel after every point. Are they really that sweaty after a point that lasts 2 seconds ? Probably not. Again this is part of their ritual or routine which slows their heart rate down and allows them to refocus in a familiar way. You may already have routines but are not aware of them. Sticking to these routines when the going gets tough will certainly help you fight those nerves and win the big points.

