



## WINNERS

Winners take chances;

Like everyone else they fear failing, but refuse to let fear rule them.  
Winners don't give up;

When life gets rough, they hang in until the going gets better.  
Winners are flexible;

They realize there is more than one way and are willing to try others.  
Winners know they are not perfect;

They respect their weaknesses while making the most of their  
strengths.

Winners fall but they don't stay down;

They stubbornly refuse to let a fall keep them from climbing.

Winners don't blame fate for their failures, nor luck for their success.

Winners accept responsibility for their lives.

Winners are positive thinkers who see good in all things from the  
ordinary to the extraordinary.

Winners believe in the path they have chosen even when it is hard,  
even when others can't see where they are going.

Winners are patient, and they know that a goal is only as worthy as  
the effort required to achieve it.

Winners are people like you; they make the world a better place to  
be.

(K. Christie - Coach of the Springboks)

## USING THE NON DOMINANT HAND

It's really important for tennis players. Sets the racket angle, changes the grip, rotates the torso, sets the spacing of the elbows to the torso and creates an opposite force for 1 handed backhands.

Sets the racket angle



Especially  
important on  
the Forehand  
setup



Left hand  
helps with  
upper body  
rotation



Please watch these interesting videos below showing the use of the non dominant arm.



## SERIOUS TENNIS TRAINING

We are pleased to announce that we will add to our training systems, following an incredible year of producing a:

#1 Junior in the world, Roland Garros Jr Champion, Wimbledon quarterfinalist, Pro titles, pro players achieving the highest personal rankings and collegiate players being sent to: Georgia, Princeton, UCLA, and Belmont Abbey this Fall.

Full-Time schedule:

7.30 am–11.00 am  
3.30 pm–6.00 pm

**NEW** Half-day schedule:

3.30 pm–6.00 pm

**Location:** State College of Florida

The goal is always to develop players to get a college scholarship as a minimum, become great people and, if possible, turn pro.

**P.S.** Would you like to join us?

Reply with the words **SERIOUS TRAINING** and we will send you all the details.

Sign up link:

[WWW.Hobsontennis.com](http://WWW.Hobsontennis.com)

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