



SCHEDULE FOR SUCCESS

**“By failing to prepare you are preparing to fail.”
-Benjamin Franklin**

Prepare To Win!

Winning takes hard work, dedication, passion, and a professional approach to aspects of your game - on and off the court. Champions pay attention to all aspects of the game. They attend to many aspects that will impact their performance such as:



Health & Fitness	Fitness Training	Nutrition & Hydration	Injury Prevention & Treatment	Healthy Schedule	Recovery
Lifestyle	Setting Goals	Healthy Relationship	Assertive communication about your needs	Balance in personal/social life	Attention to values (spiritual life, friends, hobbies)

Smart Scheduling

A very important component in your success is your annual schedule. Being a professional tennis player takes you around the globe to many different countries, challenges you with different playing surfaces, and exposes you to different environmental conditions and time zones. These are all factors that need to be considered when making your seasonal tournament plans. One of the great things about tennis is that you can make your own schedule, allowing you to peak at events that are important to you and then to rest when your body and mind need to recover.

With so many tournaments to choose from, many players make the mistake of competing in many consecutive events. This can take a toll on you emotionally, mentally, and physically, and can result in:

- Increased risk of injury and illness
- Loss of motivation and passion for tennis
- Feeling tired, exhausted, or not rested (even when you get enough sleep)
- Poor performance or a performance ‘slump’, with a series of early losses
- Sleep disturbances, mood changes, feeling overwhelmed
- Withdrawal from competition

Past WTA research has shown that a peak in performance can be maintained for no more than 3 consecutive tournaments before performance is negatively affected.

Change Of Commitment?

When you cannot keep your commitment to play in a scheduled event, it affects you directly. It causes a loss of potential income; physical, emotional, and financial costs associated with getting expert help to return to your peak; time away from tennis; loss of confidence; and the disappointment of not reaching your goals.



Carefully planning your schedule will help you to perform at your best. When you are at the top of your game, the fans and sponsors are excited and want to be more involved with tennis. Ultimately, everyone wins!

**“SUCCESS IS WHERE PREPARATION AND OPPORTUNITY MEET.”
-BOBBY UNSER**

Proper scheduling allows you to:

- Periodize your year so you can peak and recover at key times.
- Bounce back from tough matches and feel fresh, strong, and ready to play.
- Perform at your best when at tournaments and peak when it matters most.
- Increase physical conditioning, mental alertness, emotional balance, and passion for the game of tennis.
- Decrease the possibility of injury, illness, stress, performance slumps, and fatigue.
- Allow for regular breaks and time to re-charge your batteries, and to engage with family, friends, and enjoyable activities outside of tennis.
- Allow time to prepare well, physically, mentally, and emotionally and to work on tactical, technical, and other aspects of your game when NOT in competition.
- Allow time to rehabilitate and fully recover from any injuries or illnesses, so you compete when healthy.
- Schedule for optimal health, well-being, and performance.
- Take the lessons to learn more and then use the tool to help you plan and monitor your progress during your year.

The principles and components of periodization are based on validated, reliable sports medicine research.

Effective annual planning and strategic scheduling are critical to meeting your tennis goals and leading to a healthy career.