

Paddle Tennis Corner

This month: How to talk to Your Doubles Partner

Everyone should forget the phrase, "Talk is cheap." Especially in doubles play. In fact, it's an extremely valuable way to improve your winning percentage.

Clear and frequent communication is essential. Simply put: If you want to win, TALK! It's especially important during the bad times--when you're getting beaten badly, for instance, or when one of you is choking on big points. Great teams face adversity together, not individually.

Move together between points. The best teams walk closely together between points--often their shoulders touch. This promotes the chemistry needed for winning doubles.

Talk emotions, then tactics. This is simple if you've just won the point. Saying "Way to go!" or giving your partner a high-five will keep your positive momentum flowing into the next point.

Humor often works well or perhaps a few positive words of encouragement. Discuss with your partner before matches how you can best help each other during adversity. [See 5 questions following].

Never show your

disappointment or frustration. Of course, if your partner is angry or down, the task will be more difficult. If your partner is playing poorly, things are tough enough without you giving him/her your negative feedback. Your job is to get your partner to believe in him/herself by convincing them that **you** believe in him/her. If you don't, fake it!

Don't talk mechanics. In an important match, it's too late to give your partner lessons. Good players know how to make corrections themselves.

Use humor.

Laughter is a great way to diffuse anxiety or anger. Good teams know that they can't play their best if they are tense.

How Can I Help?

5 Questions to ask your partner.

1. How can I help when you're nervous?
2. How should I react after you've made a "dumb" mistake?
3. How should I respond if you lose your temper?
4. How can I help when you're playing poorly?
5. How can I help when you're getting "down" on yourself?

REMEMBER: This is a relationship--treat it like one. If you find yourself getting too mad at your partner and you want to stay friends, get another partner!

LEMON & LET WIN TITLE! POWER PADDLE CHAMPIONSHIPS

Congratulations to Daryl Lemon & Rich Ley for winning the Venice Beach Power Paddle Men's Open Division on March 26!

PT ON THE INTERNET

You can access paddle tennis info on the World Web page by going to the **Paddle Tennis Home Page**. <http://www.gse.ucla.edu/ender/pt.html>

SOUTH END EVENT-TORRANCE

- MEN'S OPEN**
1. Sol Hauptman
 2. Daryl Lemon & Rich Ley
 3. Chuck Fomrow
- WOMEN'S OPEN/A**
1. Deanne Toomajian & Sally Ann Law
 2. Sharon Gallant & Diana Romero
- WOMEN'S B DIVISION**
1. Judy Villanueva & Allison Tom
 2. Debbie Quenzanada
 1. Ed Leeds
- MEN'S B DIVISION**
3. Brian Gibson & Scott Waldon

TRY POWERBARS...



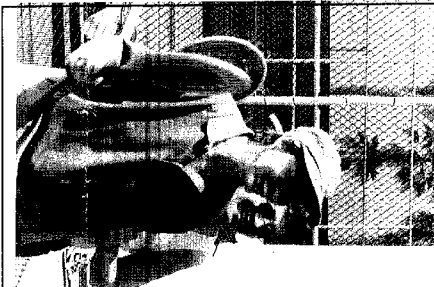
Robert Hays (left) & Jose Berard Boys & Girls Club of Venice

PADDLE TENNIS CLINICS

Clinics for adults started January 28th at the Venice Beach courts, co-sponsored by the Women's Paddle Tennis Association of Southern California and the LA Dept of Parks and Rec. Junior clinics for the Boys & Girls Club of Venice started in November on Tuesdays & Thursdays after school. On average between 10 and 20 girls and boys participate in these clinics.

They themselves "regulars" are Carol Wood, Jan Stone, Tina Fyrd, Carol Rabaut, Margaret Smith, Judy Villanueva, Heinz Dullman and Tom Brandt.

It's a great way to brush up on your



Carol Wood & Jan Stone "Regulars"

game and meet new people to play! For more information and/or to enroll, call Erin Hanenway, [310] 826-3240. The clinics are limited to a maximum of four people and are for all levels of play. They run hourly 9 AM to noon on Saturdays.



The adults started January with James Adkins, Deanne Toomajian & Jamie Murphy instructing. Some of the students who have been with us since the beginning and consider

Jeremy Brown, one of the boys James is coaching

VENICE SINGLES CHAMPIONSHIPS- MAY 8-9 USPTA/WPTA MEMBER WINNERS

- MEN'S MASTERS**
1. Sol Hauptman
- MEN'S B DIVISION**
1. Tom Brandt
 2. Scott Waldon
- WOMEN'S C DIVISION**
1. Chella Diaz
 2. Karen Melja
 3. Jo Ann Sawyer

Other tournament results: Go to the **Paddle Tennis Home page**. [p/e/ 13May95](http://www.gse.ucla.edu/ender/pt.html)

We want to hear from you! Please send letters to the editor for our **LETTERS** column to USPTA/WPTA, 1505 Warrington, Santa Rosa, CA 95404. Also, send pictures, tournament results and interest stories from your regions.

Paddle Tennis! A sport for life! Get involved today!



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