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Your guide to strategy, technique, equipment,
and the tennis lifestyle



Kathy Woods • Ron Woods

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Playing Tennis After 50

Kathy Woods • Ron Woods

"This book is a must-read for those 50 and over! The same instruction that helped us win Grand Slams, reach and maintain worldwide No. 1 rankings, and win the Davis Cup championship is yours in *Playing Tennis After 50*. For those players who come together for camaraderie or competitiveness, this is sure to be a smash hit."

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on the latest equipment, tips on finding the right club and playing partner, and ways to make tennis a lifelong activity!

Tactics and techniques ranging from basic to advanced.

Contents

Part I. Take It to the Court

- Chapter 1. The Game Past 50
- Chapter 2. Tennis Is a Physical Game
- Chapter 3. Learning to Love Competition

Part II. Tuning In to Doubles

- Chapter 4. Fundamental Doubles Strategy and Tactics
- Chapter 5. Advanced Doubles Strategy and Tactics
- Chapter 6. Technique Skills for Doubles
- Chapter 7. Mixed Doubles (Avoiding Troubles)

Part III. Staying Single

- Chapter 8. Singles Strategy and Tactics
- Chapter 9. Technique Skills for Singles

Part IV. Beyond the Court

- Chapter 10. No More Wooden Rackets
- Chapter 11. Body Talk
- Chapter 12. The Tennis Lifestyle

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About the Authors

Kathy Woods is the director of tennis at the highly regarded Racquet Club of St. Petersburg. A certified teaching professional for almost 30 years, she has directed tennis programs in Princeton, New Jersey; Key Biscayne, Florida; and Westport, Connecticut.

Kathy served as president of the United States Professional Tennis Association (USPTA) from 1994 to 1996, the first and only female to serve the association in that capacity. She has been a featured speaker for the International Tennis Federation at the Worldwide Coaches Workshop, the Japanese Professional Tennis Association, the USTA National Tennis Teachers Conference, and many regional workshops and conferences.

In 1996, Kathy was honored with the prestigious Educational Merit Award by the International Tennis Hall of Fame for outstanding service in tennis at the national level. As a competitive player, she earned a coveted Gold Ball by winning the USTA National 30s Doubles championships and has been ranked first in the nation by the USPTA in both singles and doubles.

Ron Woods, PhD is a performance coach for the Human Performance Institute in Orlando, Florida, and an adjunct professor of sport science at the University of South Florida and the University of Tampa.

He served the USTA for nearly 20 years as the first director of player development and then director of community tennis programs. Prior to that, he was a professor of sport science, dean of the School of Health, Physical Education, Recreation, and Athletics, and men's tennis coach at West Chester University.

Ron received the Educational Merit award by the International Tennis Hall of Fame in 1997, was honored by the USPTA as national Coach of the year in 1982 and designated as a master professional in 1984. His accomplishments include eight years on the coaching committee of the United States Olympic Committee and the Coaches' Commission of the International Tennis Association.

A mixed doubles team for over 30 years, Kathy and Ron Woods live in St. Petersburg, Florida.

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