

Tennis Seniors Auckland Labour Weekend Tournament

Tennis Seniors Auckland held a very successful tournament over Labour Weekend. Players enjoyed some beautiful sunny weather along with some very competitive tennis. Listed below are some of the winners—for more results go to the TNZS website for a link to Clubs Results. www.tennisseniors.kiwi

Winners

Men's A Grade	Shannon Paki/Steve Buckmaster
Women's A Grade	Cragie McCulloch/Paula Stubbing
Men's B Grade	Gene Armstrong/Rob Robertson
Women's B Grade	Yoshie Mair/Momoko Caughy
Women's 60+	Penny Smith/Sandy Tritt
Mixed A Grade	Janine Thirlwall/Feleti Sofele
Mixed B Grade	Suzie Strachan/Rob Robertson

Runner Up

Tim Shepherd/Feleti Sofele
M Morrison/K Potter & J Geldard/K Magill
Lance Hicks/Karl Hicks
Suzie Strachan/Jody Boulgaris
Bev Evans/Gloria Wilmot
Sandy Tritt/Mike Barry
Sita Brosig/Grant Waller

Some action below from the tournament



Beating a Nemesis

Facing a player with a winning record against you comes with its challenges, but there are methods to overcome this:

BE POSITIVE

Believe you can win. This is the simplest, yet most effective approach. Beating a nemesis often means increased pressure, so it is important not to become too self-critical or let a negative mindset impact your game.

LEARN FROM YOUR LOSSES

Turn a losing experience from a negative to a positive. It is important to reflect before and after matches, so ask yourself: what did you learn from previous matches? Was there a strategy that was effective and you should use again? Do they have a particular weapon that you should avoid?

REMEMBER IT IS NOT ALWAYS ABOUT WINNING

Sure, that is the end goal, but it is important not to be consumed with the pressure of a result. Winning is a process, so focus on what you can control. Get your serves in and be consistent.

DON'T BE OVERWHELMED

When facing a nemesis many players mistakenly focus too much on their opponent. Concentrate on controlling your own attitude. If your opponent is playing well, don't panic. This is your chance to rise to their level.