



Winning Tennis for Girls (Winning Sports for Girls)

David Porter

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According to the Tennis Industry Association, more than 1 million girls aged 12 to 17 play tennis. At the highest levels of women's tennis, stars such as Venus and Serena Williams, Monica Seles, and Martina Hingis serve as role models for young players. The sport of tennis can provide lifelong satisfaction for players at all levels, and learning the fundamentals is as important for enjoying the game as it is for winning. The only book of its kind written specifically for junior and senior high school age girls, *Winning Tennis for Girls* is a one-stop resource that provides all the information players need to learn and hone their skills, develop strategy, avoid injuries, and handle the mental aspects of tennis. Chapter-by-chapter coverage of all aspects of the game and featured tips from members of the U.S. national team and scholastic and collegiate coaches provide guidance on how to play the best game possible. Approximately 135 photographs and 10 diagrams allow coaches and athletes to see the structure of important plays, positions, and drills.

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Spent a free time to be fun activity to complete! A lot of people spent their spare time with their family, or all their friends. Usually they performing activity like watching television, likely to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could possibly be reading a book might be option to fill your cost-free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to test look for book, may be the e-book untitled Winning Tennis for Girls (Winning Sports for Girls) can be excellent book to read. May be it might be best activity to you.

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