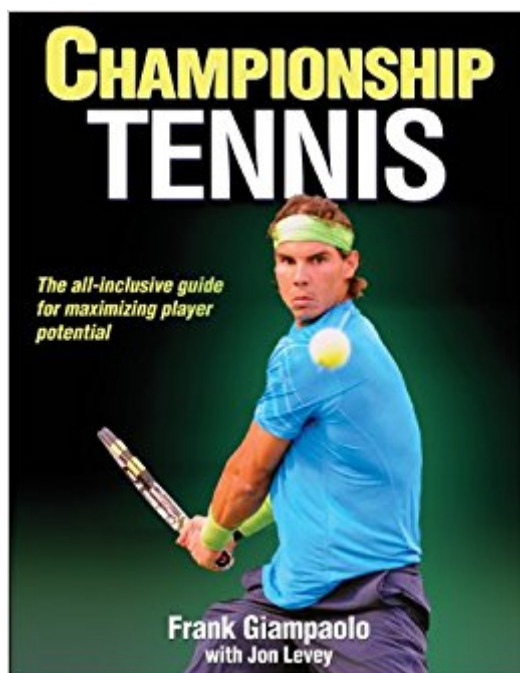


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# Championship Tennis



## Synopsis

Step onto the court confident, focused, and prepared to dictate the match and dominate your opponent. In *Championship Tennis*, world-class coach and regular Grand Slam clinician Frank Giampaolo and long-time Tennis magazine editor Jon Levey bring you expert instruction and professional insights to eliminate unforced errors, increase winning percentage, and improve your overall game. Inside, you'll learn how to assess individual skills, evaluate practice sessions, and analyze performance; identify strengths, weaknesses, and areas for improvement; customize your training and conditioning to your skill set, experience, and style of play; increase the consistency and accuracy of your shots; and control your emotions and mentally prepare for every match. You'll also find the most effective, unparalleled drills for mastering groundstrokes, serves, volleys, and specialty shots as well as invaluable advice for improving anticipatory skills and recognizing, neutralizing, and countering your competition's strengths and playing styles. Add a copy of *Championship Tennis* to your bookshelf and turn errors into winners and three-set losses into straight-set wins. This is a must-have resource for players and instructors seeking to maximize potential as quickly as possible.

## Book Information

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## Customer Reviews

"Championship Tennis is a terrific read and learning tool for any and every tennis player." Paul Annacone-- Traveling Coach to ATP No. 1 Roger Federer "Championship Tennis is an in-depth resource for improving tennis technique and match preparation. Frank Giampaolo

shows players how to develop their individual games and reach their potential. • Sam Sumyk-- Traveling Coach to WTA No. 1 Victoria Azarenka "I've worked with Jon for many years, and he knows his tennis. If you're looking to master every stroke, dominate opponents, and up your overall game, Championship Tennis is a must-have. • Chris Evert-- Tennis Legend and Winner of 18 Grand Slam Titles "For decades, Frank Giampaolo and I have been focused on finding ways to maximize tennis. Championship Tennis shares the best and latest discoveries." Vic Braden-- Legendary Tennis Coach, USTA Midwest Hall of Fame, USPTA Coach of the Year "Frank is at the forefront of providing aspiring athletes and instructors with the right information for success in tennis. In Championship Tennis, you will benefit greatly from his innovative and practical approach to tennis. • Craig Tiley-- Director of Tennis, Tennis Australia, Former Head Coach of NCAA Men's Tennis Championship Team

Frank Giampaolo is a veteran author whose acclaimed book, The Tennis Parent's Bible ([www.thetennisparents bible.com](http://www.thetennisparents bible.com)), is being used by ITF leaders, academy directors, parents, and coaches worldwide. Giampaolo's innovative approach has earned him numerous honors, including being named the 2001 USPTA Southern California Tennis Director of the Year and being voted a top teaching professional in consecutive years by Southern California Tennis & Golf magazine. Giampaolo founded the Mental & Emotional Tennis Workshop in 2002; since then, participants in the program have gone on to win more than 71 U.S. national titles. His students have won ATP and WTA Tour singles and doubles titles. Giampaolo pioneered the Tennis Parents Workshop in 1998 and has conducted seminars throughout the United States, Mexico, Australia, and Canada. Additionally, he hosts a blog site, [www.tennisparentsolutions.com](http://www.tennisparentsolutions.com). Frank is a popular international speaker. He has appeared on NBC's Today Show, Fox Sports, OCN World Team Tennis, Tennis Canada, and Tennis Australia. His instructional articles have appeared in Tennis View magazine, USPTA Coaching Publications, The Active Network, Parenting Aces, Tennis One, Tennis Australia, and Tennis New Zealand. He currently runs workshops at his high-performance training facility in Southern California. Giampaolo lives in Laguna Niguel, California. Jon Levey has been working in sport media since 1998. From 2000 to 2009 he was a senior editor at Tennis magazine; five of those years were dedicated to handling all copy for the instruction section. Jon has edited hundreds of instructional articles with top coaches and former players such as Nick Bollettieri, Paul Annacone, Brad Gilbert, Nick Saviano, Stan Smith, and Tracy Austin. Jon also served as coauthor with Chris Evert on her chapter in the ESPN book Fathers & Daughters & Sports (2010). Levey lives Greenwich, Connecticut.

Great tennis instruction book. Covers many areas of tennis that are not normally all found in one book. The tactical and emotional sides are very well done with helpful information. The author has obviously coached at a very high level. This is the kind of book you will want to read cover to cover or just open it up anywhere and you will find it to be a good read if you are a serious tennis player. Championship Tennis is a super tennis resource book to have on hand. I'm sure I will revisit it often and even take notes from it from time to time. I have read a lot of tennis books and this one is unusual in it's quality. I highly recommend it. Definitely worth its price.

Frank's wisdom and insight into the game of tennis are akin to theorems in geometry: vital and necessary to a problem's solution. The clarity and ease with which he guides the parent/player through the necessary steps to achieving high-level tennis makes implementation a breeze. He really gives a thorough picture of the commitment it takes to get to those high-level goals and the specifics along the way. You won't waste your time or money investing in this invaluable resource.

My 10 and 11 year old are starting to play tennis competitively and I bought this book as a way to supplement what they were getting outside of their regular practices. My wife who is a former collegiate player is constantly sharing information from this book with our girls regarding various aspects of their games. If you are serious about improving your game, take a look at this book.

Well written book and lots of good information for a tennis player 2.5 to 4.0 ability, not too much to learn for players above this level.

This book is great for any parent and player looking to get on the right track for Junior tennis development success. This one along with The Tennis Parents Bible have changed our approach to organizing and prioritizing our Tennis development strategy. As a coach and parent of a junior with big dreams, I highly recommend these books! Thanks Frank!

After having read countless tennis instructional books and articles throughout the years, this book has quickly become our "go to" source for tennis instruction to our up and coming juniors. A very practical, yet thorough step by step instruction to having a "Championship Tennis" game!

While reading Championship Tennis I felt as though I'd read it before; it reminded me of

Giampaolo's other book the Tennis Parents Bible. Two sections I love in this book are the parts on brain typing and playing styles. However, there's just not enough examples and specific information on these subjects, particularly brain typing. I think with the author's experience, it'd be nice to have an entire book written on brain typing and tennis. Clearly the author is knowledgeable about tennis and I'm sure his way of articulating that knowledge comes from his experience of working with athletic players. But I didn't care for the numerous pages of typical tennis knowledge that can be found in many other books. I'm puzzled as to why he would include a section on grips or any tennis technique at all. Giampaolo is on to something though and I like the book because I think his train of thought is leading tennis to these facts on learning tennis. There are no short cuts to being a top championship tennis player. Technique and tactical development begin in a player's brain. I will probably buy the brain typing book although I feel like I should get more from a tennis coach who has spent years experimenting with it already.

Championship tennis is a must have for coaches and tennis players. Great resource for improving your tennis technique, analyzing your weaknesses and match preparation.

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