

# Courthouse Players say “Hard Training Pays Off”

## Three medals earned in open junior tennis tournament.



Pontus Andersson and Rami Jamileh's last open tennis tournament, held at Reunion's tennis facilities, shows that hard work pays off. During the last year Pontus and Rami have dedicated their spare time to tennis practice which included court time and physical training. Pontus' daily sit-ups and pushups and Rami's morning and afternoon exercises really paid off during this past weekend's tournament. Together they grabbed two first places and one second place, beating players ranked in Mississippi's top 10. Rami reflects that his morning routine which includes running and strength training has made him more alert during school. "Before I was always tired at school. Now I can't wait to get up to do my thing," says Rami.

Neil Witherow, certified USPTA teaching pro exclaims, "Their training has moved from the tradi-

tional tennis practice to more tactical instruction, and their game has excelled immensely." Jay Pacelli and Daniel Shidler, their co-trainers, have done a fantastic job with them as they included more physical training such as footwork drills during their practice. Pontus reflects that, "this training has shaved more than 2 1/2 minutes off my one mile running time." "What we need now is tournaments upon tournaments to instill what we practice in real competition," they said in unison! During the last year Pontus has moved to the top spot in Mississippi's boy's 12's novice division (Sep) and to the 22<sup>th</sup> place in the open division (Oct). Rami has moved to the 5<sup>th</sup> ranked position in boy's 14's novice division (Sep) and 13<sup>th</sup> in the open field (Oct). Together they rank 1<sup>st</sup> in boys 14's double novice (Sep), and 8<sup>th</sup> the open division (Oct).



Pontus and Rami, sharing their trophies with their three trainers, Daniel, Neil, and Jay at their training facility, Courthouse, Northeast.

### Upcoming events:

- *Leaf raking. In December the tennis team will rake leaves for elderly disabled people in the Jackson area. If you are interested to help, please contact Neil at 601-956-9729.*

For more information regarding our tennis program, please contact Neil Witherow at the Courthouse Northeast facility.  
P: 601-956.9729.



Pontus Andersson's practices his topspin backhand serve returns.



Rami Jamileh favors a continental grip for his topspin forehand.