



# A Player's Guide to USTA League Tennis

*Tony Serksnis*

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## **A Player's Guide to USTA League Tennis** Tony Serksnis

Drawn from more than two decades of experience, this engaging tutorial explains the ins and outs of being on a league tennis team. A blueprint for managing and competing in the program, the study provides strategies, concepts, and tips on everything from pre-match preparations and maintaining team chemistry to strategies for overall improvement. Offering a complete plan of attack for achieving established goals, this is a must-have for league tennis players competing at any level.

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