

# **Building A Tennis Champion: 30 Things Every Tennis Player, Coach and Parent Must Know**

Nathan and Giselle Martin



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Building a Tennis Champion: 30 Things Every Tennis Player, Coach and Parent Must Know If you're a young tennis player, tennis coach or tennis parent, this book is a must read. "Building a Tennis Champion" covers a diverse range of questions regarding young tennis players. If you have ever asked yourself any of the following questions, then this book should be in your hands ASAP. • How often should a young tennis player practice, train and play? • What off court training should a young tennis player do to improve their game? • What to eat, before, during and after training/matches? • How to keep a young player motivated and focused. • Secrets for developing a tennis champion from the Professionals.

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