



# TVS TENNIS COACH MYRON GRUNBERG EARNS RACQUETFIT CERTIFICATION

## What is RacquetFit?

RacquetFit is an educational organization dedicated to the study of how the human body functions in tennis and how to know if your body is impacting your tennis performance.

Using data taken from studying athletes, RacquetFit discovered how a properly functioning body allows an athlete to successfully play tennis in the most efficient way possible. Additionally, RacquetFit has analyzed how physical limitations in an athlete's body can adversely affect the mechanics involved in tennis strokes and potentially lead to injury.

RacquetFit is transforming how coaches and athletes approach tennis instruction through an in-depth understanding of The Body-Tennis relationship.

## RacquetFit Philosophy

*“We don’t believe there is one way to play tennis. We believe there are an infinite number of ways to play the game. But we do believe that there is one efficient way for everyone to hit their ground strokes and their serve and it is based on what they can physically do.”*

## TVS COACH MYRON GRUNBERG

- *3 Years of Davis Cup Coaching*
- *4 Years of National Coaching*
- *20 Years as ITF, ATP, WTA Coach*
- *Hundreds of college scholarships given to Tennis Academy students over the past 15 years*
- *National Jr. Coach*
- *Recipient of numerous coaching excellence awards*



## How will this impact your athlete?

In keeping with TVS's outstanding academic and athletic accomplishments, we are proud of Coach Grunberg's new certification. Coach Grunberg has adopted the philosophy that there is no cookbook of coaching techniques that applies identically to each player. We emphasize the development of life skills and educate our players to understand that the ideas and concepts learned on the tennis court apply to their lives outside tennis. We take a global approach by addressing the physiological, psychological, tactical, and technical skills each player needs to reach his/her full potential. RacquetFit adds immensely to our philosophy of not having a one-size-fits-all tennis program.