

# VKTA news letter

FEBRUARY 2009

## First Newsletter



## VKTA trained players excelling in Tournaments

A large number of students competed with distinction in the recent summer holidays....  
SEE PAGE 2 FOR DETAILS

## Upcoming Tournaments

Canterbury Junior Champs - April 2009

**JUNIOR PLAYERS** that are ready to compete above Interclub – please look at <http://tennisnz.infonetwork.com/> for more information on the Canterbury Junior Championships that are in April. Entries close soon. If you are unsure whether you should enter your child in this Regional event please ring the VKTA on 385 9986 and Vaughan will be in contact to discuss.

## Monthly Update

Welcome the first edition of the VKTA newsletter

There has been so much going on in developing the business and coaching programmes that it will be great to inform members of the academy, Edgeware Tennis Club, and other people of the tennis community of what has been going on.

The Academy officially formed in September 2008 and has 7 staff under its umbrella – all except myself work part time. The idea of the VKTA is to offer programme's of all ability levels and all age levels. A lot of coaches get bogged down with endless hours of interclub team training and therefore struggle to provide other services.

With the VKTA the whole coaching team is used to get through this work as quickly

as possible yet keeping the standard of work high under my watchful eye. There will be plenty of detail on all sorts of coaching available at the academy in this newsletter just to give everyone an idea of what is available.

This newsletter will be published monthly so keep an eye out for it at the club or email [coachvaughan@vкта.co.nz](mailto:coachvaughan@vкта.co.nz) to be added to the database for any information like this and other happenings.

I look forward to hearing from you all soon for whatever needs you have.

Happy Training



Vaughan Kingi  
VKTA Managing Director



**EDGEY TENNIS WARES**

**THAT'S RIGHT** – there is a new Tennis Pro Shop in town. The shop is quickly developing and most stock can be sourced and the shelves are stocking up.

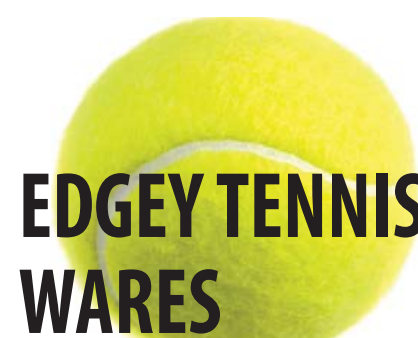
**RESTRINGING** is available and can usually be done within 24hrs. A large range of strings are available.

**COME IN** and have a look at its progress. Over the next couple of months there are plans for the shop to be staffed (training is already under way) and for discounts for members to become available.

**THE INTENTION** is for club members to receive a 15% discount off RRP products and this is already current for restringing. For all other purchases it is hoped to be in place by the start of next season. The Pro Shop is already very competitive with other locations and is right on your door step for your convenience.



Vaughan Kingi  
VKTA Managing Director



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### VAUGHAN KINGI TENNIS ACADEMY

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# VKTA Trained Players Excelling in Tournaments

*A large number of students competed with distinction in the recent summer holidays. Here is a quick run through of who did what:*

## Corbin Ashby 14 years old

- West Coast Junior Champs – Winner 16's boys singles
- West Coast Junior Champs – Winner 16's boys doubles
- West Coast Junior Champs – Winner 18's boys singles
- West Coast Senior Champs – Runner up Open Doubles
- National Teams Event – Silver Medal

## Lauryne Ashby 10 years old

- Canterbury Xmas Tournament – Runner up 11's girls doubles
- West Coast Junior Champs – Winner 10's girls singles
- West Coast Junior Champs – Runner up 12's girls doubles

## Finbar Argus

- \* National Teams Event – Silver Medal

## Thomas Clyma 13 years old

- Canterbury Xmas Tournament – Runner up 14's boys singles

## Connor Heap 11 years old

- Semi finals of South Island Primary Champs with still 2 more years to compete
- Auckland Christmas Tournament – Runner Up singles/Winner Doubles 12's age group
- 12's Nationals – Runner up Doubles
- National Teams Event – Bronze Medal

## Vaughan Kingi – just old

- Wanaka Open – Runner up doubles
- Otago Open – Winner open singles
- Otago Open – Winner open doubles

## Olivia Smith 11 years old

- Canterbury Xmas Tournament – Winner 12's girls singles
- Canterbury Xmas Tournament – Winner 12's girls doubles
- National Teams event - Silver medal

## Edward Stoica

- West Coast Junior Champs – Winner 12's boys singles
- West Coast Junior Champs – Winner 12's boys doubles
- West Coast Junior Champs – Runner up 14's boys singles
- West Coast Junior Champs – Winner 14's boys doubles

## Liam Stoica 8 years old

- Canterbury Xmas Tournament – Winner 9 boys singles
- West Coast Junior Champs – Runner up 10's boys singles

## Beth Williamson

- 14's Nationals – Winner of doubles
- National Teams Event – Silver Medal

## Matt Woolman

- Marlborough Junior Open – Runner up 14's singles

# MEET THE ACADEMY STAFF

## Vaughan Kingi - Managing Director & Head Coach

Vaughan came to Edgeware Tennis Club at the start of the 2008 tennis season with a vision for the VKTA to happen and for the Club to grow. He brings 9 years coaching experience and has worked his way up to Canterbury Regional Coach which he worked at until starting his own Academy late in 2008. Also Vaughan is a qualified Personal Trainer and held the role of Fitness Coach in Canterbury Tennis. He still plays tennis competitively and has won two senior competitions around the South Island this year. He played for Canterbury at inter districts 2 years ago and has since had injury issues but hopes to compete at that level once again. Vaughan is very proud to coach a number of National title holders in the junior age groups and is always on the lookout for other talents that love the sport as much as he does.

### Brenda Kingi-Booth - Office Manager

Brenda comes to the academy with a wealth of knowledge in her role of Office Manager. She is working part time for the VKTA and her main roles is marketing, website development, newsletter publication and managing accounts. Brenda has an extensive background in the corporate world and her skills have already had a great impact on the progress of the Academy.

### Oliver Petri - Assistant Coach

Oliver adds an international flair to the VKTA. He is from Germany but has spent time in many parts of the world. He has coached in several different continents and brings those skills to the VKTA.

### Jacinta Morgan - Assistant Coach

Jacinta has been with Edgeware for many years and has been a loyal hard working member of the club. She has been coaching the last couple of years and was warmly welcomed as a coach of the VKTA. She has developed her skills and has a good knowledge of people within the club. Jacinta has good initiative and a desire to see people achieve their goals.

### Anna Brinsdon - Assistant Coach

Anna is the youngest of our team but shows great maturity and commitment to her work and her ability to help others. Anna is developing all the time and she has a natural flair with the juniors.

### Curtis Smith - Assistant Coach

Curtis is another developing coach within the academy. His skills are improving quickly and he shows a desire to work hard and help where help is needed.

### Jane Beesley - Fitness Trainer

Jane is the VKTA fitness trainer and brings an encouraging yet demanding approach to her Fitness Training. Jane is currently working for a fitness centre, doing some coaching for the VKTA, and in her spare time trains for Ironman's and marathons. She has just finished her second Ironman and won her age division. There is a tennis specific class being designed by Jane and Vaughan for the VKTA and hopefully this will kick off soon. She is also available for 1 on 1 tuition for those that want fast tracked results and an even more intense work out.

## Meet the Students

Each month the VKTA newsletter will profile someone who is involved at some level within the academy.

*This month outlines our latest New Zealand National title holder*

### Beth Williamson

Beth has been individually coached intensively by Vaughan for the last couple of years but has been involved with Vaughan in group coaching and some 1 on 1 since a young age. Beth, now 13 years of age, has represented Canterbury in her age group in many fixtures.

In January she added to her collection of National titles by winning the Doubles title (partnered with Brogan Maoate who used to also be coached by Vaughan) in the 14's age group in Auckland. The surprising part of this achievement is they were only seeded 7th but managed their way to the final and then beat the top seeds in straight sets.

Beth has another year of 14's to look forward to at national level and will be hoping to add to the trophy cabinet.



Other significant achievements in Beth's tennis history:

### Event Placing

Otago Senior Open 2009  
14's NZ National Champs 2009  
14's NZ National Indoors 2008  
12's NZ National Champs 2008  
12's NZ National Champs 2008  
12's NZ Teams Event 2008

Singles Runner Up  
Doubles Winner  
Doubles Winner  
Doubles Winner  
Singles Semi Finalist  
Teams Winner

## When should I restring my racquet?

This can always be a difficult question as it really depends on how often people play. Top juniors and seniors in Canterbury will break their strings 1-2 times a week and usually have several racquets that are of the same brand. I recommend for top VKTA students that play for Canterbury to restring every 2-3 weeks even if they aren't breaking strings as strings drop tension during their life and their performance also weakens.

For people who play 3-4 times a week I'd recommend every couple of months if you aren't breaking them.

For people who play 1-2 times a week I'd recommend every 4-6 months.

If you are unsure on the quality or life left in your strings, ask Vaughan for advice. Restrings are around \$25 - \$60 with the average string being around \$30-\$40 mark. Like anything, you need your tools to be in good working order for good performance. For more info or to organise a restring, either get Vaughan for a moment at the club or ring the VKTA on 385 9986.

## Monthly Tennis Tips

### Can your opponent beat you?

I don't mean this in the direct sense of the words. What I mean is can your opponent attack you off the court to beat you or do you normally give the match to your opponent through too many errors? Even at the highest levels in Canterbury Tennis most matches are decided not on the awesome winners hit, but on who hits the smaller amount of errors. Have a look at your own game and be brutally honest with yourself - are you making too many errors?

What some people in tennis circles call 'pushing' or 'moon-balling' may in some situations actually be the best tactic to use to win a match. Imagine you are playing a really aggressive player that you struggle to match for power. The worst thing you could do is hit hard back to this style. Why not play some ugly tennis to get the win? You could try high loby shots into the corners, low slice into the backhand and serving wide to pull that aggressive player off the court. Once you get an aggressive player moving away from the middle of the court their error rate is highly likely to increase.

I've had many people in the past say that 'pushing' isn't good tennis and they'd never reduce themselves to play like that. For the recreational player who wants to have a good bash for exercise and enjoyment this is perfectly fine. For people who want to improve through the ranks of tennis then their ability to adapt their skills to playing different for different situations is very important. If you ever have your tennis results published in the paper it will never say - "V Kingi beat R Nadal 6-2, 6-3 but 'pushed' the whole time and it was terrible tennis". It will just give the result.

I challenge you the next time you go play a match to work really hard at match no unforced errors during the first 4 games of the match while you are getting into your rhythm. Not only will you be playing much better but it will allow you to develop a better strategy and give you the opportunity to see if the opponent can attack you off the court. If they can more often than not, then sure you may have to change your game to be more aggressive also. If not, and you are winning, why change the initial playing style.

For more information on this - I would recommend "Winning Ugly" by Brad Gilbert. Besides it being a good read, you'll learn to train the brain to become a better player.

Have fun playing,

Vaughan

**STARTING NOW**

**PEE WEE TRAINING AND DROP IN DAYS**

REGISTER ONLINE AT **WWW.VKTA.CO.NZ**  
OR

**CONTACT VAUGHAN AT**

**VAUGHAN KINGI  
TENNIS ACADEMY**



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