

# 2020 TENNIS SECRETS PLAYBOOK

35+ WORLD-CLASS EXPERTS REVEAL  
THEIR **#1 SECRET** TO HELP YOU LEVEL  
UP YOUR TENNIS GAME





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SECTION 1  
**INTRODUCTION**

# 02 INTRODUCTION

If you want to become the best tennis player you can be, you have to seek out the best coaches and resources, learn from them, and take action on that information.

This is exactly what I have been doing, on a very intense level, since 2015. That's when I started Tennis Files, a resource dedicated to learning the latest and most effective secrets from the best tennis coaches, players, and experts that I could find.

Whether I'm interviewing tennis legends like Paul Annacone and James Blake on The Tennis Files Podcast, or hosting my annual Tennis Summits, there is always only one goal in mind: to get the expert to divulge their best advice to help you improve your tennis game.

Over the years, I've accumulated so much knowledge and content from these amazing tennis pros, coaches, fitness trainers, and other tennis experts, that I decided to compile this eBook for you with their best-kept secrets.

You may be familiar with some of them, but I'm sure there are going to be at least a few tips in this eBook that can permanently change your game for the better.

But just reading and admiring the advice in this eBook won't get you anywhere. You have to prioritize the advice, choose which will improve your game the most, and get to work!

This Playbook is going to be your secret weapon for gaining the upper hand against the competition.

## **YOUR NEXT STEPS**

Check out the top secrets in the next section, pick one that you want to work on, schedule time in your calendar to practice that skill each week, and then starting putting in the hard work!

As a Tennis Summit 2020 ticket-holder, you will receive daily reminders to check out all the amazing video lessons and interviews from Tennis Summit 2020.

But remember, the sessions are only available 48 hours from when the sessions for a specific day go live.

After that time, they are placed in the Tennis Summit vault, accessible only to our All-Access Pass holders.

Want lifetime access to all this valuable content on your own schedule?

If you want lifetime access to all Tennis Summit masterclass sessions and exclusive bonuses and special deals, claim your early bird discount for Tennis Summit 2020 and save a ton of cash today!

**UPGRADE TO TENNIS SUMMIT ALL-ACCESS PASS**

See you at the summit!

**Mehrban Iranshad**

*Host of Tennis Summit 2020 and The Tennis Files Podcast, and founder of [tennisfiles.com](http://tennisfiles.com)*

SECTION 2

**35+ EXPERT SECRETS  
TO LEVEL UP  
YOUR GAME**

# 05

## **35+ WORLD-CLASS EXPERTS REVEAL THEIR #1 SECRET TO LEVEL UP YOUR GAME**

There are several different areas of your tennis game that you need to keep improving if you want to be successful in the sport: technique, fitness, strategy, and the mental game.

For example, if you have great technique, sound strategy, and are fit, but you crumble in tight situations, your success will suffer. Similarly, if you are strong in the other areas, but have poor endurance and flexibility, you won't win many matches and are at risk of injury.

That's why this year's Tennis Summit pulls together experts to help you in all the different areas of your game. The Summit is split into themed days about technique, strategy, fitness, and the mental game.

When I hosted my very first online conference, The Tennis Technique Summit in 2017, the sessions were all about improving your technique on all your strokes and it was an amazing event.

But I realized that many of you struggle with other parts of your game, and want to learn about the best singles and doubles strategies, workouts to improve your strength, speed, and power, and tips to play your best during big points along with technical advice.

And I also learned, thanks to you, many ways I could improve the event, make it more professional, and give you more video lessons in the formats that you want to see.

I've interviewed and hosted sessions with hundreds of world-class tennis coaches, ATP and WTA pros, and other experts on the Summit and my podcast.

Below are some of the best pieces of advice I've ever been given from 35+ of these incredibly accomplished and knowledgeable experts.



# 01 DEVELOP A GAME PLAN - JAMES BLAKE

I would always sit down and go over the game plan with my coach about 30 minutes prior to walking on the court.

Think about what I need to do to be successful.

Think about what the opponent is most likely going to do and how they can adjust if I am being successful.

How I may need to adjust it if I'm not being successful.

And then just sit with that with whether it's with headphones in or whatever, but just sit on my own and think about the game plan and go over it in my head for a good five, maybe ten minutes.

I'm picturing what can happen, what that can look like and all the scenarios that can happen once I step on the court.

And that gave me a little bit of a calm.

People asked me if I ever got nervous.

I never got nervous because I felt like I was just prepared for any situation that was going to come.

**James Blake**  
*Former ATP World #4*



## 02 STRIVE TO REACH YOUR POTENTIAL - PAUL ANNAZONE

Everyone's goal in life should be to get the most out of themselves.

Whatever your potential is, to get as close as you can to that potential as possible.

If you dictate your processes clearly, and you stick with them, and you let the results take care of themselves, that's going to be a good recipe.

**Paul Annacone**  
*Former ATP world #12*



## 03 FOOTWORK IS #1 - MICHAEL RUSSELL

The most important part of tennis, that I'm sure you have all heard from your coaches, is footwork.

So make sure you follow the three parameters: the most important part which is see the ball first, then the shoulder turn, then the feet.

A lot of times people move to the ball and then they try to turn and hit.

The most important part is seeing the ball, then the hands and the shoulder move, and then the feet move.

But if you work on your footwork and your spacing is good, it's much easier to hit the ball. It's not always about just technique.

**Michael Russell**  
*Former ATP world #60*



## 04 PRIORITIZE TECHNIQUE OVER WINNING IN THE SHORT-TERM - NICK BOLLETTIERI

The game today is made up of techniques, movement, and mentality.

So early on the career of a youngster, make sure they work on their techniques, not playing tournaments at 10 and 11.

Techniques, movement, physical fitness, and all aspects of the game.

If you play competitively too soon, you will probably eliminate some things that will make him or her a better player later on in their life.

### **Nick Bollettieri**

*World-renowned tennis coach and author;  
Bollettieri Tennis Academy*



# 05 DEVELOP PROPER MECHANICS FROM THE BEGINNING OF THE MOTION - DR. MARK KOVACS

The most important thing is to take care of the beginning parts of the motion.

Too many times we focus on contact. We want to make sure we take care of the mechanics early in the motion.

Especially the release of the ball, and the loading mechanics, make sure that is done correctly.

And then over time, we can spend more time at contact once the base and the foundation of the serve is done right.

Too many times we work backwards from contact rather than starting where it really matters.

But you got to find the cause, got to fix the cause and then we can work our way to contact.

Too many players are too concerned about contact early on when they don't have the good mechanics to start with

## **Dr. Mark Kovacs**

*Sports performance expert,  
co-founder of the iTPA and Kovacs Institute*



## 06 WORK ON LONG-TERM DEVELOPMENT AND BE WILLING TO MAKE MISTAKES - TAYLOR DENT

Care about being a better player nine months from now, because if you care about winning today, you're setting the bar too low.

You're not allowing yourself to make mistakes to improve.

You have to be relentless.

Stop caring about so much winning today, especially in practice.

**Taylor Dent**  
*Former ATP world #21*



# 07 BE WILLING TO STEP OUT OF YOUR COMFORT ZONE - EMILIO SANCHEZ

Tennis is so difficult. But tennis is a habit.

So whatever you want to improve, you have to come out of your comfort zone, and practice it and practice and practice it because it's going to come.

Have the patience to step out of your comfort zone continuously to be able to reach your goals. And tennis is going to pay you back.

When you do that, and you do it well, then you have to re-study the game and find something else.

If you have that mentality, you will become a great tennis player.

When you already have something in your pocket and you do it well, go out and find something else to learn.

## **Emilio Sanchez**

*Former ATP Top 10 singles and doubles player,  
Grand Slam Champion*



## 08 VARY YOUR GAME TO KEEP THEM GUESSING - GIGI FERNANDEZ

You don't want to be predictable.

If you over serve volley, then you're pointing out you're gonna serve volley, and then they just throw up throw up.

But if you're serving and staying back once in a while, like once a game or once to each side, then you keep them guessing.

So there's a lot of things you can vary with your serve.

**Gigi Fernandez**

*17-time grand slam champion, tennis coach*



## 09 DEVELOP A POWERFUL LOWER BODY - PAT ETCHEBERRY

Tennis is a lower body sport.

Most people think that it's an upper body sport.

If you look at the top players in the world, they're much more developed from the lower body.

It takes energy and power to get to the ball, stop, and hit the ball onto the other side.

I think the top players in the world, the Federers, the Nadals, and the Serenas, they spend as much time off the court as they do on court. It's the cost of staying healthy.

And at the end of the day, if you don't know how to move on the court, either with the racket or in basketball, I don't care how good your technique is on the court.

If you lose power and conditioning in the middle of the match, you'll start losing more points.

### **Pat Etcheberry**

*World-renowned tennis fitness coach,  
Etcheberry Sports founder*



# 10 HAVE A PLAN B AND C FOR YOUR MATCHES - TODD WIDOM

Many times I had a lot of different game plans based on the opponent that I was going to play, whether I was in junior tennis, in college tennis or in professional tennis.

And I could just flip the game plan and try to do something else if Game Plan A or B wasn't working.

Some of the best wins that I had on tour, I had to play game plans that were totally against what I was naturally good at.

But I had worked many hours in practice throughout my whole life on developing so many different skills that I had to bring out during my matches.

**Todd Widom**

*Former Top 200 ATP Pro, founder of TW Tennis*



# 11 DEVELOP CLEAR GOALS FOR YOUR TENNIS CAREER - MEHRBAN IRANSHAD

If you don't have a clear vision of what you ultimately want to achieve in your tennis career, you won't know what you need to work on next to reach your potential.

Things will be more tangible and you'll get more excited when you actually have a clear goal in mind rather than just having a very broad idea of trying to be the best player you can be.

And you do hear that from some athletes and that may work for some people.

But I think that it's really important to first define where you want to get to in your career, because that then determines what area of your game you need to work on next, whether that's a particular stroke, your fitness, strategy, or mental game.

## **Mehrban Iranshad**

*Founder of Tennis Files, Tennis Summit Host,  
The Tennis Files Podcast Host,  
Former Division I College Tennis Player*



# 12 LEG DRIVE INITIATES RACQUET SPEED ON THE SERVE - RICK MACCI

The science behind the serve is that leg drive initiates racket speed.

There's an optimal time when the racket should be going in and the legs should be going up.

This is counter intuitive. When one thing is going one way the other is going the other way.

So the science is the legs are supposed to drive the racket down into the lower part of the back area, but most people enter that area anywhere from 10% to 100% too soon.

## **Rick Macci**

*Founder of Rick Macci Tennis Academy,  
motivational speaker, clinician, and author*



# 13 SERVE DOWN THE T IN DOUBLES VS RIGHT-HANDERS - CRAIG O'SHANNESSEY

In doubles, unlike in singles, you don't want to hit a ton of wide serves.

In general, the server wants to keep the ball in the middle of the court.

The ball in the middle will come back down the middle and you've got the server's partner there.

Assuming everyone is right-handed, in the deuce court you've got the server serving down the middle, to the right hander's backhand.

That's a big advantage for the serving team.

The ball comes back through the middle of the court to the right handed net player's forehand volley. That's a winning combination.

**Craig O'Shannessy**  
*Founder of Brain Game Tennis,  
commentator and strategist*



# 14 HIT A SERVE THAT PRODUCES A RETURN TO THE MIDDLE OF THE COURT - WILL HAMILTON

What serve can you hit that produces a return that comes back to the middle? That's how I tend to think about it.

I have this theory that at most levels of the game, aces lose you matches because you hit a couple aces, but then how many serves per serve did you miss and then your opponent gets to tee off on a second serve?

I think the most important thing that I've seen is just making the return extremely predictable and through the middle so that most of the time your next shot is a forehand.

Or in doubles, if the returns are predictable, then you set your net partner up, because your partner will know where the returns are going to go.

**Will Hamilton**

*Coach and Founder of Fuzzy Yellow Balls*



# 15 WORK ON PERFECTING YOUR TOSS - JOHAN KRIEK

The toss is probably the most important aspect of the serve, because if you have a perfect grip, perfect stance, and perfect wind up, but if your tosses are in 15 different places and heights, then you're going to have 15 different serves.

So you need to learn how to toss.

And it's scientifically proven that we have more nerve endings in our fingertips.

So you should hold the ball and toss it with the last two digits of your fingers, rather than in the palm of your hand.

That way, you will have a more accurate toss and will have a much smoother serve. Don't flick the toss.

## **Johan Kriek**

*Former ATP #7, Grand Slam Champion,  
Founder of Johan Kriek Tennis Academy*



# 16 KEEP YOUR EMOTIONS IN CHECK - NOAH RUBIN

Once you get upset, you're missing the focus and idea of what takes place during the next point or what happened during that point or what's going to happen during the next point.

And you're really losing track. Tennis is such a mental sport. You have to be so observant, that you can't miss those little things.

And when anger comes into play, that's when you do and I think you really have to channel it and you have to channel the positivity and you have to figure out ways to move past it and then think positive. It's not easy. It really isn't, but that's what makes the best of us.

## **Noah Rubin**

*ATP Pro, career high #125 world ranking*



# 17 BECOME A STUDENT OF THE GAME - BRAD STINE

The most important thing that I think anyone ever said to me was my junior college coach Rich Anderson.

He always said to us that if you want to be a great player, become a student of the game.

And what that meant was to understand every possible aspect of the game that you can imagine from the equipment, the history of the game, the technical aspects of of the game.

How to hit a forehand, how to hit a backhand, volleys, transition, everything. To not leave anything unturned from that standpoint is to really become a student of the game.

## **Brad Stine**

*ATP Tour Coach, worked with Kevin Anderson (top 5 ATP)*



# 18 USE POSITIVE SELF-TALK - JEFF SALZENSTEIN

I would just start saying the word "Yes" a lot more and start framing everything you say in a constructive, positive way.

Be aware of the don'ts.

Don't do this, can't do this, should do this, need to do this.

All of that creates expectation, present pressure and negativity.

Start to change your language and change your mindset.

Change your language around the positive words and say the word "Yes". And get really excited about your life. Wake up excited about making changes.

## **Jeff Salzenstein**

*Former top 100 ATP Pro,  
founder of Tennis Evolution*



# 19 GET 1% BETTER EVERY SINGLE DAY - PETER FREEMAN

Every day is an opportunity to get 1% better.

That should be your goal. I watched a video series called Tom Brady versus Time on Facebook.

And he really lives that. His throwing coach who he worked with for hours on one basic throwing pattern is saying hey look, when he's improving, it's like splitting hairs on a frog.

It's not noticeable. But to him, it's a big deal. So a guy who has pretty much perfected the position of being a quarterback is still looking to improve.

The people who are going to enjoy tennis the most and get the best out of it are the people who view tennis as lifetime learning.

The idea that you can always get better and keep improving is the best tip I can give you.

**Peter Freeman**  
*Founder of Crunch Time Coaching*



## 20 MAKE FITNESS A PRIORITY - DENIS KUDLA

Fitness has always been a big part of my game ever since I was around 13-14.

I really put extra focus on it. It has always been my strength.

If I didn't pay attention to it at such a young age, I don't know if I would be where I am today.

Just because I'm not one of the biggest guys.

My forehand and serve when I was younger weren't much of a threat.

So just relying on a backhand and no speed or strength would have been too tough to win matches at a professional level.

**Denis Kudla**

*ATP Pro, career high #53 world ranking*



# 21 RECORD YOURSELF PLAYING AND ANALYZE THE VIDEO - IAN WESTERMANN

Go video yourself right now.

I don't care how long you've been playing tennis.

I don't care what level you are. I don't care how many YouTube videos you watch.

I don't care how many books you read. I don't care how many podcast episodes you listen to.

If you've never watched yourself hit a forehand or a serve or a backhand, you have no idea what you're actually doing on the court. No idea.

And so no other tip I could give is possibly as important as that if you've never videoed yourself, take the phone out of your pocket, aim it towards the baseline and hit record.

**Ian Westermann**

*Coach and founder of Essential Tennis*



## 22 PREPARE YOUR BODY FOR THE PHYSICAL RIGORS OF TENNIS - DEAN HOLLINGWORTH

Tennis players tend to play tennis to get into shape, but they need to get into shape to play tennis.

And that means getting into the gym and doing the work because let's face it, tennis is a tough sport on your body.

So if you can get your body ready for the rigors of tennis, you're going to be able to enjoy it longer and play it for longer periods of time.

### **Dean Hollingworth**

*Sports performance coach,  
Director of Fitness and Sports Performance*



## 23 HAVE A ROUTINE TO RESET MENTALLY BEFORE EACH POINT - JEFF GREENWALD

If you can focus your mind on on productive things for about 12 seconds, you're going to be in a position to play the next point.

And it's that time that our mind can wander. We get distracted, particularly with the score.

And so you should practice coming back to feeling your feet on the ground between points.

Being in your body, taking a deep breath, and centering your mind in your core.

Before the return and the serve, you can do these things to narrow your focus. Having a routine before points are key.

### **Jeff Greenwald**

*Mental game expert and author,  
former ATP world-ranked pro*



## 24 LEARNING CORRECT STROKE MECHANICS WILL PREVENT INJURIES - TODD ELLENBECKER

The number one key to prevent an injury is to learn how to hit the ball properly.

Seek out a tennis teaching professional or whoever's in your particular area that is competent in the biomechanics of tennis and learn to hit the ball properly.

Just like in golf, where if you develop a great swing you're going to enjoy the game and you're going to do well, the same is true in tennis.

It's a wonderful thing to strive to have very good mechanics and to have somebody, a coach and professional there, helping you to do that.

### **Todd Ellenbecker**

*Director of Physiotherapy Associates Scottsdale Sports Clinic, Expert on tennis injury prevention and recovery*



## 25 HIP MOBILITY IS CRUCIAL TO COILING AND UNCOILING INTO THE SERVE - GREG ROSE

One of the most important things if we're talking about the serve is to be able to coil and rotate and load into your hips so that you can get a great drive and create power from the ground.

A toe tap test, which anybody can do, is you stand with your feet about one of your foot length distance apart and have your toes point straight forward.

Take your tennis racket, put the handle of your racket right between your feet.

Now if you hold on to your hips without rotating your pelvis, you should be able to rotate your left toe in and touch the handle of the racket and come back and then rotate your right toe and come back in.

Let's say you're a right handed player, and if you can't do that with your right hip, you have limited internal hip rotation, which limits your power production from the ground.

### **Greg Rose**

*Founder of Racquet Fit,  
Co-founder of The Titleist Performance Institute,  
Board certified Doctor of Chiropractic*



## 26 STOP USING THE WORD WEAKNESS - BRIAN BOLAND

Really focus on your strengths and have an identity by using those strengths to your advantage.

And stop using the word weakness.

Because if you fixate on the word weakness and you use it, you will forever have a weakness. I really do believe that.

I think what happens is, we say this is weak, let's fix it. And oftentimes, we do fix it fundamentally.

But then when the pressure picks up, it's still weak in the mind, so it can break down.

### **Brian Boland**

*Coach at Baylor University,  
led University of Virginia to three NCAA Division I  
Championship titles*



## 27 WORK TWICE AS MUCH ON YOUR STRENGTHS - MARTIN BLACKMAN

Figure out what your strengths are and what your weaknesses are.

And spend twice as much time on your strengths but make sure you always spend a little bit of time trying to prove your weaknesses.

### **Martin Blackman**

*General Manager of USTA Player Development Program, #158 on the ATP Tour, played Davis Cup for Barbados*



## 28 GO FOR YOUR SHOTS - TREAT HUEY

I've always been a big fan of going for your shots. If you think you can hit a winner and go for your shots, don't hold back.

Over time, you'll get better at it instead of pushing the ball and being safe with it.

If you really practice going for a big approach shot or going for a winner during practice, it will eventually transfer over to your matches.

### **Treat Huey**

*ATP Pro, Wimbledon doubles semifinalist,  
Australian / US Open quarterfinalist*



# 29 ANYONE CAN ACHIEVE GREATNESS WITH THE RIGHT ATTITUDE - ALLISTAIR MCCAW

Greatness doesn't require talent or skill, it requires attitude.

Greatness is not reserved just for some people.

It's reserved for anyone who's willing to step forward.

Be brave, learn how to fail, make hard choices, and put in the work.

Greatness is for all of us if you have the courage and the determination and the will to step forward.

## **Allistair McCaw**

*Sports performance specialist,  
Founder of The McCaw Method*



## 30 STUDY PLAYERS BETTER THAN YOU - JASON JUNG

As much as we try not to look at rankings, it sets a benchmark of where you are.

And from there, you can evaluate how you're playing or how you compete against higher players.

In order to keep improving, you need to keep looking at the top players and see what they're doing and if you can incorporate a few things they're doing and put it in your game.

The top players are obviously doing something right.

So to improve, you always need to study players that are higher than you.

**Jason Jung**  
*ATP Pro, career high #114*



# 31 BE AGGRESSIVE AND ATTACK YOUR SHOTS - SVEN GROENEVELD

The open stance phenomena for me is almost like a plan B.

In my opinion, there should be a semi open, closed stance when it comes down to the backhand.

The open stance kind of has been evolving because of the athletic ability and the ability to get a lot more power from your rackets.

And what I see a lot of times, especially with the players that are coming up, or amateur players that are standing in an open stance, they are waiting a lot of times for the ball.

They let the ball come to them, instead of actually stepping to the ball and taking control over the bounce.

In an open stance, you can become very passive.

## **Sven Groeneveld**

*Former ATP Pro, coached Sharapova,  
Founder of Orange Coach*



## 32 THERE IS NO ONE-SIZE FITS ALL VOLLEY TECHNIQUE - FEISAL HASSAN

Understand that it's not just one size volley fits all.

Read the situation you're in.

What's the incoming ball and where is it with respect to the rectangle of recourse (high, low, middle, left, right)

Once you understand those two principles, adapt your volley based on the situation.

### **Feisal Hassan**

*PTR 5A Pro, USPTA Master Professional,  
member of the Head/Penn Racquet Sports  
National Advisory Board*



# 33 CONSISTENCY AND PATIENCE ARE THE KEY TO SUCCESS - SATOSHI OCHI

Consistency is key. You can't develop your body or tennis game overnight.

You have to be patient and consistent.

And then you may see the results you're looking for.

And even then, if you are consistent and hardworking and do everything right, you still may not get the results you're looking for.

That's the beauty of sport.

**Satoshi Ochi**

*USTA Head Strength and Conditioning Coach*



# 34 GET IN A DYNAMIC WARM-UP BEFORE YOU PLAY

## - DR. NEERU JAYANTHI

It sounds really simple and basic but you need to do it: spend 10 or so minutes before you get on the court and get in a good dynamic warm up.

This includes reproducing the activities that you would do when playing tennis.

Perform a slow, gradual warm-up and include some lunges and other tennis movement patterns.

Go through those motions, along with shadow swings, before you get out there.

### **Dr. Neeru Jayanthi**

*President of the International Society for Tennis Medicine and Science,  
certified USPTA teaching professional*



# 35 FIND THE RIGHT INFORMATION FROM THE BEST COACHES - EMMA DOYLE

Remember that confidence equals time plus experience.

You can't short circuit time.

You can only short circuit experience by investing in yourself, looking at people.

There is so much information out there but make sure you align with what is relevant for your personality and your game style, based on your grips, your body shape and your emotional responses.

Find the people that have been there, done that, and know what they're doing.

That way, you'll get information from the right resources and then add that to your playing toolkit.

## **Emma Doyle**

*Tennis Australia High Performance Coach, speaker, talent development coach*



# 36 COMPARE YOUR STRENGTHS AND WEAKNESSES VERSUS OUR OPPONENT - MARC SOPHOULIS

Analyze what kind of game style you're playing against and compare it with your strengths and weaknesses and who you are as a player.

So if you're an all-court player, what are your strengths?

What are your weaknesses if you're a counter puncher?

It's important to know not only how that resonates with you as the athlete, but it's also resonating with who you are playing and how you can expose them.

## **Marc Sophoulis**

*Head Coach at Melbourne International Tennis School, works with numerous ATP/WTA pros*

# WHO IS MEHRBAN IRANSHAD?



**Mehrban Iranshad** is a former Division I college tennis player and nationally-ranked junior.

Mehrban founded [tennisfiles.com](https://www.tennisfiles.com) in 2015.

He is also the host of [The Tennis Files Podcast](#), on the Tennis Channel Podcast Network, where he interviews professional tennis players and coaches to help his audience improve their tennis games.

His podcast is one of the highest-rated tennis interview shows on Apple Podcasts and has over 135 episodes and 200,000 downloads. Mehrban's goal is to help amateur tennis players learn the latest techniques, strategies, and systems that will take their tennis games to the next level.

He is also an attorney, plays in tournaments and 5.0 USTA Leagues, and is Vice President of the Montgomery County Tennis Association.

# 43 HOW I STARTED

My dad introduced me to tennis at a local park when I was 7.

Once he found out that I really enjoyed playing, he signed me up for tennis camp. Then my parents invested even more in my tennis by getting me private lessons.

When i was 11, I entered my first tournament and got to the semifinals. I was hooked.

With the support of my mom and dad, I kept playing tournaments, and my rankings continued to climb.

At the height of my junior career, I was ranked #7 in my section and #230 or so in the U.S.

After juniors, I played for a Division I school, The University of Maryland, Baltimore County, in my home state.

The highlight of my college career was when we won our conference championship and played Duke in the first round of the NCAA tournament.

After college, I went to law school and stopped playing tennis, partly so I could focus on my studies, but also because I wanted to take a break from tennis.

After law school, my passion for tennis and competing returned. I now play tennis tournaments in the area with the goal of increasing my national and sectional rankings in the men's open division.

I also play in USTA leagues at the 5.0 level.

When I'm not working as an attorney, playing tennis, or hanging out with my family or friends, I podcast, publish videos, host summits, and write about my experiences and what I learn from the world's best tennis pros and experts.

I am also on the Board of Directors for my county's tennis association.

Our goal is the long term growth and development of tennis in our county, which is in line with why I created Tennis Files: to help more people play tennis and improve their game.

I have learned so much about tennis from my experiences competing in tournaments, tennis camps, private lessons, teaching tennis, using tennis products, and interviewing the top experts and pros in the game.

Tennis has given me a wonderful life, and I am so grateful to this game for all the countless opportunities it has provided me.

Thanks to my parents, who introduced me to the game and invested countless hours and funds, I have made so many wonderful friends from tennis.

Tennis has taught me how to train, compete, be disciplined, bounce back from difficult situations, and figure out how to be a winner.

I want you to learn as much as you can about tennis from Tennis Files. And I want to give back to the game that has given so much to me.

# 45 LIKE WHAT YOU'VE SEEN SO FAR?

My goal is to not just meet, but EXCEED your expectations at every step of Tennis Summit 2020.

If you're impressed with what you've seen so far, then take the next step to learning how to level up your game from the world's best coaches and experts.

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See you at the summit!

- **Mehrban**

Host, Tennis Summit 2020