

Marquette Girls Tennis: Mission Statement

Develop tennis players of all ability levels, improving their tennis skills, tennis knowledge and an enriched approach to life through a total tennis approach.

Total Tennis

Share TOTAL TENNIS by simplifying instruction, adjusting the degree of difficulty, and emphasizing positive feedback to try and develop lifelong players.

Improve the PHYSICAL YOU by teaching nutrition for sports, conditioning, and injury prevention.

Enhance the MECHANICAL YOU with individual help from experienced pros, coaches, and more experienced players on the different strokes to improve one's game.

Promote the THINKING YOU by teaching strategies that are adjusted to various levels of tennis play.

Emphasize the RELATING YOU by encouraging a deeper look at one's sportsmanship and relationships with others, both on and off the court, and providing concrete tools to make changes.

Develop the INNER YOU by teaching values and methods that improve concentration, relaxation, confidence, centeredness, and fulfillment in life.