**RULES & REGULATIONS**

**Friend at Court: The USTA Handbook of Tennis Rules and Regulations**

*USTA*

An indispensable handbook for tennis officials, tournament directors, and players that addresses almost every situation on a tennis court. Contains the 2003 official rules of the International Tennis Federation, cases and decisions, and USTA comments; The Code; USTA tournament and officiating regulations; a glossary of tennis terms; and more.

Paperback (spiral-bound), 280 pp., 2003
Item #: REF2
Non-member: $5.00
USTA Member: $4.50

**Rules of Tennis: Includes The Code**

*USTA*

This 2003 edition of the official rules of the International Tennis Federation fits neatly into a tennis bag or racquet cover. It includes *The Code: The Players’ Guide for Unofficiated Matches* and contains USTA comments and cases and decisions that help interpret and amplify selected rules.

Booklet, 52 pp., 2003
Item #: REF4
Non-member: 1–25, $1.50 ea. • Over 25, $1.35 ea.
USTA member: 1–25, $1.35 ea. • Over 25, $1.22 ea.

**Illustrated Introduction to the Rules of Tennis**

*USTA*

This revised edition explains in easy-to-understand language everything the beginner needs to know about playing tennis, including serving, scoring, how to call balls in or out, and court etiquette. It’s highly recommended for kids and beginning players and spectators of all ages.

Booklet (2nd edition), 18 pp., 2001
Item #: REF3
Non-member: 1–25, $2.50 ea. • Over 25, $2.25 ea.
USTA member: 1–25, $2.25 ea. • Over 25, $2.03 ea.

**REFERENCE**

**USTA Yearbook**

*USTA*

The USTA’s official year-in-review and historical record book, containing the 2002 national and sectional rankings for juniors, adults, and seniors; 2002 professional and amateur championship tournament results; historical records and results for the US Open and other U.S. championships; tennis directories; and essential organizational information about the sport’s national governing body.

Paperback, 580 pp., 2003
Item #: REF152003
Non-member: $15.95
**Tennis Courts: A Construction and Maintenance Manual**  
U.S. Tennis Court & Track Builders Association and the USTA

Everything you ever wanted to know about the development, construction, repair, and maintenance of all types of tennis courts and equipment, including lighting. Highly recommended for anyone who is planning to build a tennis court and wants the job done right.

Paperback, 242 pp., 2001  
Item #: REF11 (perfect-bound) / REF14 (spiral-bound)  
*Non-member*: $39.95  
*USTA member*: $35.96

**Guide for Prospective College Tennis Players**  
USTA

A directory of more than 1,000 colleges that have tennis programs. Includes information on how to obtain a scholarship and the application process.

Booklet, 117 pp., 1998  
Item #: REF9  
*Non-member*: $7.95  
*USTA member*: $7.16

**Ball Persons: A Training Manual**  
Barbara Hultgren and Larry Parker

Identifies and teaches effective procedures for training ball persons so they can perform capably while not distracting players, officials, or spectators from match play.

Booklet, 16 pp., 1999  
Item #: REF19  
*Non-member*: $4.50  
*USTA Member*: $4.05

**Total Tennis: The Ultimate Tennis Encyclopedia**  
Bud Collins

This complete tennis reference book features a ground-breaking player statistical register, plus a thorough history of tennis from 1874 to 2002, along with player profiles, major championship and international tournament results, world rankings, and more.

Hardcover, 864 pp., 2003  
Item #: REF22  
*Non-member*: $34.95  
*USTA member*: $31.46
The Ultimate Encyclopedia of Tennis
John Parsons

An authoritative, richly illustrated work on the top players, Grand Slam tournaments, great matches, the business of tennis, and more.

Hardcover, 219 pp., 1999
Item #: REF12
Non-member: $29.95
USTA member: $26.96

The Physics and Technology of Tennis
Howard Brody, Rod Cross and Crawford Lindsey

A highly readable work of popular science, this enquiry into all things scientific and technological about tennis equipment and how it affects performance is a valuable resource for anyone buying a racquet or choosing a string. Written for every level of expertise and curiosity, it is a mind-expanding exploration of the wonders of the tennis universe as they are revealed in the flights of balls and their collisions with racquets and courts.

Paperback, 452 pp., 2002
Item #: REF21
Non-member: $59.95
USTA member: $53.96

GENERAL INTEREST

US Open Unmatched: A Celebration of America’s Premier Tennis Experience
Mark Preston and Rick Rennert

This stunning book celebrates the unparalleled energy, emotion, and excitement that have made the US Open the highest-attended annual sporting event in the world. From first serve to match point, the grand spectacle of this magical happening is captured in more than 200 color photographs taken by the sport’s top photographers. With essays by Bud Collins, Peter Bodo, Mary Carillo, Joel Drucker, John Feinstein, and Steve Flink.

Hardcover, 128 pp., 2002
Item #: GEN20
Non-member: $39.95
USTA member: $35.96

The Greatest Tennis Matches of the Twentieth Century
Steve Flink

Examines 30 supremely interesting and consequential matches played over the course of the 20th century, as tennis developed into a popular amateur sport and then entered the realm of big-time professional sports. The book provides an in-depth description of each match, including what happened to the adversaries before and after the event. With a foreword by Chris Evert.

Hardcover, 277 pp., 1999
Item #: GEN16
Non-member: $24.95
The Davis Cup: Celebrating 100 Years of International Tennis
Richard Evans

A handsomely illustrated history that chronicles the matches that caught the imagination of millions and the extraordinary array of personalities who gave the Davis Cup its luster and whose names are now engraved on its silver panels. With a foreword by John McEnroe.

Hardcover, 256 pp., 1999
Item #: GEN1
Non-member: $30.00
USTA member: $27.00

Open
Eugene L. Scott

A black-and-white photo and essay commemoration of the US Open. Includes draw sheets of the men’s and women’s singles championships.

Hardcover, 168 pp., 2003
Item #: GEN6
Non-member: $30.00
USTA member: $27.00

Tennis Confidential: Today’s Greatest Players, Matches and Controversies
Paul Fein

A collection of features, essays, and interviews that takes the reader into the world of the pro tennis tour, with inside scoops about the game’s greatest stars, past and present. It also tackles the sport's burning issues, such as charismatic but controversial teen queens, bad dads, equal prize money, race questions, rule change proposals, and the power crisis. Well-researched and filled with fascinating anecdotes and juicy quotes.

Hardcover, 320 pp., 2002
Item #: GEN22
Non-member: $26.95
USTA member: $24.26

Tennis’s Most Wanted: The Top 10 Book of Baseline Blunders, Clay Court Wonders, and Lucky LOBs
Floyd Conner

Delving into amusing moments in tennis history, this book chronicles 700 of the most outrageous players, coaches, and officials in tennis history. Its 70 lists describe in detail tennis’s colorful characters, surprising matches, inept players, bizarre nicknames, outrageous outfits, embarrassing losses, errant shots, terrible tantrums, and more.
Paperback, 304 pp., 2002  
Item #: GEN23  
Non-member: $12.95  
USTA member: $11.66

**Game, Set, Match:** A Tennis Book for the Mind  
Charlie Jones and Kim Doren

Tennis champions Monica Seles and Michael Chang, legends Jack Kramer and Rod Laver, coaches Nick Bollettieri and Vic Braden, and game analysts Bud Collins and Pam Shriver are among the more than 50 contributors who offer unique pointers and philosophies about using the power of the mind to become a better tennis player.

Hardcover, 208 pp., 2002  
Item #: PSY19  
Non-member: $14.95  
USTA member: $13.46

**Tennis’s Strangest Matches:** Extraordinary but True Stories from over a Century of Tennis  
Peter Seddon

An entertaining collection of strange but true stories and extraordinary events that have occurred in the history of the sport.

Paperback, 276 pp., 2002  
Item #: GEN24  
Non-member: $12.00  
USTA member: $10.80

**Ladies of the Court:** Grace and Disgrace on the Women's Tennis Tour  
Michael Mewshaw

A chronicle of the 1992 season on the women’s tennis tour. With a new chapter by the author and a new introduction by Frank Deford.

Paperback, Rev. ed., 344 pp., 2001  
Item #: GEN25  
Non-member: $16.95  
USTA member: $15.26

**Tennis and the Meaning of Life:** A Literary Anthology of the Game  
Jay Jennings


Paperback, 335 pp., 1995  
Item #: GEN12
The Right Set: A Tennis Anthology
Caryl Phillips, Editor

A collection of 65 pieces that covers tennis from its stately lawns to the hard courts. It includes works by writers (James Thurber, Martin Amis, and John McPhee) as well as players (Rod Laver, Martina Navratilova, and Pancho Gonzalez).

Paperback, 327 pp., 1999
Item #: GEN8
Non-member: $14.00
USTA member: $12.60

Tennis Shorts: 1,001 of the Game's Funniest One-Liners
Glenn Liebman

Hilarious quips, lobs, and volleys, from courtside to the locker room, served up by John McEnroe, Andre Agassi, Billie Jean King, and other sports stars commenting on the game in which love means nothing.

Hardcover, 256 pp., 1997
Item #: GEN13
Non-member: $14.95
USTA member: $13.46

The Quotable Tennis Player
Scott Perlstein

A rich compendium of quotations on the history, tradition, agony, and ecstasy of the sport of tennis, filled with the observations and insights of tennis champions, coaches, commentators, pioneers of the sport, poets, psychologists, comedians, and others.

Hardcover, 320 pp., 2002
Item #: GEN26
Non-member: $14.95
USTA member: $13.46

Tennis: A Cultural History
Heiner Gillmeister

A scholarly, comprehensive history of the sport, from its origins in the early Middle Ages to the appearance of the modern game in the nineteenth century. With rare photographs and never-before-published medieval and renaissance drawings.

Paperback, 320 pp., 1998
Item #: GEN10
Non-member: $24.95
USTA member: $22.46
The Wacky World of Tennis: A Collection of Original Cartoons
Glenn Sheiner

A humorous collection of original cartoons that highlights the joys and frustrations of tennis as experienced by the everyday player. Illustrated by Christo Komarnitski.

Paperback, 96 pp., 2002
Item #: GEN21
Non-member: $9.95
USTA member: $8.96

BIOGRAPHY

You Cannot Be Serious
John McEnroe with James Kaplan

John McEnroe is at his most personal in this no-holds-barred examination of contemporary tennis, his championship seasons, his cantankerous on-court behavior, his marriage to Tatum O'Neal, his current roles as a devoted father, husband to pop star Patty Smyth, senior tennis tour player, and controversial television commentator.

Paperback, 352 pp., 2003
Item #: GEN27
Non-member: $14.00
USTA member: $12.60

Holding Serve: Persevering On and Off the Court
Michael Chang with Mike Yorkey

Michael Chang shares the story of how he became a Christian and the central role his faith has played in his achievements. He also gives readers a unique glimpse at Team Chang, his powerful family unit that he credits with much of his success.

Hardcover, 272 pp., 2002
Item #: GEN28
Non-member: $22.99
USTA member: $20.69

Venus Envy: Power Games, Teenage Vixens, and Million-Dollar Egos on the Women’s Tennis Tour
L. Jon Wertheim

The author, a Sports Illustrated investigative reporter and tennis columnist, covers the biggest story in sports in 2000: Venus Williams. Sidelined for several months by injuries to both her wrists and her psyche, she stormed back to win Wimbledon, the U.S. Open, and two Olympic gold medals. By the time she signed the biggest endorsement deal ever for a female athlete, her opponents' sentiments could be described in just two words: Venus Envy.

Hardcover, 223 pp., 2001
Item #: GEN29
Non-member: $25.00
USTA member: $22.50
Zina: My Life in Women’s Tennis
Zina Garrison with Doug Smith

In this intimate account of her life, the Olympic gold medalist and three-time Grand Slam mixed doubles champion shares the ups and downs of her experiences as a professional athlete, including the glory of Wimbledon, the trials of a rocky marriage, her battle with bulimia, and the difficulty of losing her mother. Throughout her struggles, she maintains the determination and inner strength that made her a champion.

Paperback, 150 pp., 2000
Item #: GEN30
Non-member: $15.95
USTA member: $14.36

Days of Grace: A Memoir
Arthur Ashe and Arnold Rampersad

This memoir by the noted tennis champion takes us from his childhood in Richmond, Virginia, to the tennis world of his championship years and his captaincy of the U.S. Davis Cup team, to his determined social activism and his ordeal in the face of death, a casualty of AIDS.

Paperback, 317 pp., 1993
Item #: GEN2
Non-member: $6.99
USTA member: $6.29

The Last Sure Thing: The Life & Times of Bobby Riggs
Tom LeCompte

A revealing portrait of a showman, hustler, huckster, and champion. In detailing the rollicking life of Booby Riggs, the author shows him to be one of the great characters in all of sports,

Hardcover, 476 pp., 2003
Item #: GEN33
Non-member: $29.95
USTA member: $26.96

Dwight Davis: The Man and the Cup
Nancy Kriplen

This first-ever full-length biography of the man who originated the Davis Cup takes the reader from the Davis home in America’s midlands, through his years as a national tennis champion, to his eventual destination as a player on the stage of regional, national, and international public service.

Hardcover, 230 pp., 1999
Item #: GEN3
Non-member: $29.95
USTA member: $26.96
**Little Mo’s Legacy: A Mother’s Lesson, a Daughter’s Story**

*Cindy Brinker Simmons with Robert Darden*

This is an inspirational story of how a daughter recovered from grief and, through the lessons she learned from her mother—Maureen Connolly, one of the greatest women's tennis players ever—is able to fully celebrate life.

Hardcover, 148 pp., 2001

Item #: GEN31

Non-member: $19.95  
USTA member: $17.96

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**First Lady of Tennis: Hazel Hotchkiss Wightman**

*Tom Carter*

A biography of tennis champion Hazel Hotchkiss Wightman, winner of two gold medals at the 1924 Olympics and the donor of the Wightman Cup for international tennis play. The book also details her lifelong dedication to teaching the game.

Paperback, 234 pp., 2001

Item #: GEN32

Non-member: $15.95  
USTA member: $14.36

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**A Handful of Summers**

*Gordon Forbes*

A cult classic that offers a delightful account of the tennis circuit during the glory days of Fred Stolle, Roy Emerson, and Virginia Wade. With a foreword by Peter Ustinov.

Paperback, 352 pp., 1997

Item #: GEN4

Non-member: $14.95  
USTA member: $13.46

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**Too Soon to Panic**

*Gordon Forbes*

This sequel to *A Handful of Summers* chronicles the goings-on of the international tennis circuit from the late 1960s to the 1990s. With a foreword by Bud Collins.

Hardcover, 336 pp., 1996

Item #: GEN14

Non-member: $24.95  
USTA member: $22.46

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**COACHING & TEACHING**

**Learn to Rally and Play: A Coach’s Guide**
**USTA**

A guide that gives coaches the necessary tools to get 6- to 14-year-olds playing the game at their very first practice. Kids start by playing the game and then learn strategy before concentrating on tennis skills. Eight team-practice sessions include games, drills, and skill reinforcement.

Paperback (spiral-bound), 76 pp., 2003
Item #: INS23
Non-member: $4.00
USTA member: $3.60

**USA Tennis Parents’ Guide: Making Competitive Tennis Rewarding for You and Your Child**

Written by a dozen of the nation’s top experts on youth tennis, this comprehensive guide tells you how to find the right coach, how to set appropriate goals, knowing how far to push and when to stop, what your child should know about playing competitive tennis, and how to prepare for playing tennis in college.

Booklet, 80 pp., 2001
Item #: YA22
Non-member: $4.95
USTA member: $4.46

**Fun Tennis Formats**

A compilation of on-court activities and playing formats that will give your participants at tournaments and tennis events plenty of opportunities to play in a fun, light-hearted atmosphere.

Booklet, 18 pp., 1989
Item #: INS15
Non-member: $3.00
USTA member: $2.70

**Coaching Tennis Successfully**

Offers cutting-edge advice on developing a coaching philosophy, communicating with your players, planning practices, and evaluating each season in preparation for the next year. The book contains 42 practical drills for coaching stroke fundamentals; key coaching concepts for all of the strokes; tips and drills to help your players make the transition from the baseline to the net and master a variety of opponents’ playing styles; and singles and doubles strategies.

Paperback, 189 pp., 1995
Item #: INS4
Non-member: $18.95
USTA member: $17.06

**Coaching Youth Tennis**

USTA and American Sports Education Program

Provides all the information you need to coach effectively and help 6- to 18-year-old athletes learn and enjoy the game. This third edition features the games approach to coaching tennis, which makes practice more fun for the kids and
teaching more effective for you, the coach. Also included are chapters on communicating with athletes and parents, planning and conducting practices, and coaching during games.

Paperback, 3rd ed., 208 pp., 2002
Item #: YA1
Non-member: $14.95
USTA member: $13.46

Munchkin Tennis: A Parent’s Guide to Teaching Tennis Fundamentals
Jack Hutslar, Ph.D.

Teach your children the fundamentals of tennis by organizing fun and challenging games and practicing together. Included are more than 100 interactive games and drills to help parents develop their children’s coordination, skills, and confidence. Written with the Professional Tennis Registry.

Paperback, 312 pp., 1998
Item #: YA4
Non-member: $14.95
USTA member: $13.46

Raising Big Smiling Tennis Kids
Keith Kattan

Whether you are a coach, a tennis-playing parent, or a parent curious about tennis, this book shows how you can raise your tennis kid successfully, while avoiding the pitfalls.

Hardcover, 236 pp., 2003
Item #: INS29
Non-member: $26.95
USTA member: $24.26

Junior Tennis: A Complete Coaching Manual for the Young Tennis Player
Mark Vale

A complete guide for beginners, and for coaches and parents who want to teach the game’s fundamentals to kids ages 6 through 16. Students will learn basic rules and etiquette; how to hit effective, consistent ground strokes; the essential skills of serve and volley and chip and charge; cross-court volleying; how to select the best equipment; and much more. Approximately 200 full-color photos and diagrams.

Paperback, 128 pp., 2002
Item #: YA24
Non-member: $14.95
USTA member: $13.46

Introducing Children to the Game of Tennis: A Guide for Parents of Beginners
Pierce Kelley and Von N. Beebe
A lively guide that shows you how to successfully introduce your child to the game of tennis. It includes technique-building drills and exercises, step-by-step instructions on how to practice with your child, illustrations that show you correct stances and strokes, and when and how to choose a tennis pro.

Paperback, 140 pp., 2002
Item #: YA25
Non-member: $12.95
USTA member: $11.66

The Formula: Raising Your Child to Be a Champion in Athletics, Arts and Academics
Wayne Bryan

Written by a teaching professional and father of the tennis-playing Bryan twins, Mike and Bob, this book is a valuable tool for parents who want to know how to effectively shape their children into young persons who are self-motivated to be winners in the sports arena and outside of it.

Paperback, 120 pp., 2003
Item #: YA28
Non-member: $29.95
USTA member: $26.96

Venus and Serena: My Seven Years as Hitting Coach for the Williams Sisters
Dave Rineberg

The inside story of Dave Rineberg, who served as hitting coach for tennis champions Venus Williams and Serena Williams from 1992 to 1999.

Hardcover, 179 pp., 2002
Item #: YA26
Non-member: $22.95
USTA member: $20.66

Code of Conduct Card
USTA

A two-sided, laminated 4” x 8¼” card that lists expected types of good sportsmanship and conduct on and around the court. It encourages positive conduct and attitudes, and can easily be carried in racquet covers.

Item #: REF715
Non-member: 15 cards/$4.50
USTA member: 15 cards/$4.05

INSTRUCTION

Tennis Tactics: Winning Patterns of Play
USTA

Features 58 strategic shot sequences to maximize your strengths and exploit your opponents’ weaknesses, and 63 drills that show you how to practice the shot patterns and make them part of your tactical approach during a match and fit into
your style of play. Improve your shot-making and decision-making, and learn how to execute backcourt, midcourt, net play, and defensive patterns that will win key points in competition.

Paperback, 248 pp., 1996
Item #: INS12
Non-member: $16.95
USTA member: $15.26

Bollettieri’s Tennis Handbook
Nick Bollettieri

This comprehensive guide by one of the most successful coaches in the game enables you to work with Nick Bollettieri without traveling to his tennis academy. It contains detailed lessons on everything from stroke techniques, strategies, skill development, conditioning, and mental training to his ideas on coaching and practice.

Paperback, 600 pp., 2001
Item #: INS24
Non-member: $24.95
USTA member: $22.46

World-Class Tennis Techniques
E. Paul Roetert and Jack Groppel, Editors

Written by world-class players, national coaches, and top experts in biomechanics, tennis technique, and coaching, this book provides in-depth analysis of the proper fundamentals of each stroke, accompanied by full-color sequence photos of the game’s best players. The book also covers footwork and positioning, choosing the right racquet and equipment for your style of play, adjusting to different court surfaces, and maintaining proper technique under pressure.

Paperback, 288 pp., 2001
Item #: INS25
Non-member: $25.95
USTA member: $23.36

Tennis for Dummies
Patrick McEnroe with Peter Bodo

This comprehensive, insider’s guide to tennis covers everything from selecting a racquet and improving your basic strokes to strategy tips and advice on how to find the best tennis instructor for you. The book is filled with photos, illustrations, and court diagrams, and has a foreword by John McEnroe.

Paperback, 384 pp., 1998
Item #: INS10
Non-member: $19.99
USTA member: $17.99

Tennis Past 50
Tony Trabert and Ron Witchey

To play your best tennis as your body ages, you need to change your game, adjust your stroke technique, and take advantage of racquet technology to maximize the depth and power of your shots. This book explains all that and more—including how to improve your doubles and mixed doubles game, and how to improve your conditioning and eat right for better performance.

Paperback, 176 pp., 2002
I Know Absolutely Nothing About Tennis: A Guide to the Sport's History, Equipment, Apparel, Etiquette, Rules, and Language
Tracy Austin and Steve Eubanks

A light-hearted introduction to tennis, with information on its history, fashions, rules, equipment, etiquette, and other topics.

Hardcover, 144 pp., 1997
Item #: INS7
Non-member: $12.95
USTA member: $11.66

Competitive Tennis: Climbing the NTRP Ladder
Brett C. Schwartz and Chris A. Dazet

A comprehensive guide to developing the skills that are critical to advancing through the National Tennis Rating Program (NTRP). Chapters include practice drills and strategies for singles and doubles play for specific skill levels.

Paperback, 240 pp., 1998
Item #: REF8
Non-member: $17.95
USTA member: $16.16

International Book of Tennis Drills: Over 100 Skill-Specific Drills Adopted by Tennis Professionals Worldwide
Professional Tennis Registry

The drills in this book will help make your valuable practice time pay off. It features nearly 130 drills and full-page illustrations designed for group or independent practice.

Paperback, 264 pp., 1998
Item #: INS8
Non-member: $14.95
USTA member: $13.46

Tennis Practice Games
Joe Dinoffer

A game-based approach to shot-making, training and match strategy

Paperback, 205 pp., 2003
Item #: INS30
Non-member: $19.95
Tennis Skills: The Player’s Guide
Tom Sadzeck

An in-depth look at stroke production skills followed by a series of drills used by the pros—target areas, strategy, coordination, pressure, and footwork. Easy-to-follow, step-by-step photographs and diagrams focus on the grip, body position, stroke, and follow-through of each shot.

Paperback, 128 pp., 2001
Item #: INS27
Non-member: $14.95
USTA member: $13.46

101 Essential Tennis Tips
Paul Douglas

Breaks down match-winning tennis techniques into 101 easy-to-grasp tips to help you improve your forehand, backhand, serve, net play, lobs, and more.

Paperback, 124 pp., 1996
Item #: INS1
Non-member: $5.00
USTA member: $4.50

102 Wheelchair Tennis Drills
Randy Snow and Dr. Bal Moore

A compilation of the best and most enjoyable wheelchair tennis drills from the world’s top wheelchair tennis coaches and players. With a foreword by Vic Braden.

Paperback, Spiral-bound, 108 pp., 2000
Item #: INS21
Non-member: $15.00
USTA member: $13.50

Tennis in a Wheelchair
Bradley A. Parks

An introductory manual on wheelchair mobility, strokes from a wheelchair, singles and doubles strategies, advanced movement shots, and how to play on different surfaces.

Booklet, 48 pp., 1997
Item #: INS11
Non-member: $4.00
USTA member: $3.60

STRATEGY & THE MENTAL GAME
The Inner Game of Tennis
W. Timothy Gallwey
The classic bestseller has been updated to include even more benefits of “the inner game”—the battle waged in the player’s mind. It will help you learn to trust yourself on the court, find the state of relaxed concentration that allows you to play at your best, and focus your mind to overcome nervousness and self-doubt. Build skills by smart practice, then put it all together in match play.
Paperback, Revised ed., 122 pp., 1997
Item #: PSY2
Non-member: $15.95
USTA member: $14.36

Think to Win: The Strategic Dimension of Tennis
Allen Fox
A book aimed at increasing your understanding of how to play, so you can make the best possible use of your abilities. Learn to improve your tennis game by expanding your understanding of strategy and remedying your stroke weaknesses so as to open up more opportunities to use this understanding.
Paperback, 208 pp., 1993
Item #: INS14
Non-member: $13.00
USTA member: $11.70

Maximum Tennis: 10 Keys to Unleashing Your On-Court Potential
Nick Saviano
This book teaches you the 10 defining characteristics that allow the top professionals to play their best.
Paperback, 208 pp., 2002
Item #: INS31
Non-member: $19.95
USTA member: $17.96

Tennis: Winning the Mental Game
Robert Weinberg
If you’ve ever walked off a tennis court in disgust because you lost a match you felt you should have won, this book is for you. Written to help you understand and build mental toughness, this book describes specific exercises, strategies, and mental-training techniques that players and coaches can incorporate into their regular practices.
Paperback, 184 pp., 2002
Item #: PSY17
Non-member: $14.90
USTA member: $13.46
Pressure Tennis
Paul Wardlaw

Improve your concentration, motivation, confidence, and conditioning with a training program that will help you develop a resilience to match-play pressure. With demanding drills and practice plans for instilling strong mental skills, this book shows you how to design and implement effective practice sessions that use pressure drills to simulate match-like conditions.

Paperback, 208 pp., 2000
Item #: PSY13
Non-member: $18.95
USTA member: $17.06

Serious Tennis
Scott P. Williams

Features insights from top tennis minds on stroke techniques, match strategies, mental training, and physical conditioning. Shows you how to improve your strokes, develop tactical awareness and increase anticipation, perform better under pressure, hit the ideal shot at the right time, and tailor your equipment to your style of play.

Paperback, 272 pp., 1999
Item #: PYS14
Non-member: $19.95
USTA member: $17.96

Winning Tennis
Scott Perlstein

From the basics of conditioning and practice to developing game strategies and honing techniques, here are formulas to help you anticipate, learn, grow, and succeed. By following the concepts and formulas in this book, you will have a clear understanding of how to handle the physical and psychological pressures that competitive tennis presents.

Paperback, 160 pp., 1999
Item #: PSY10
Non-member: $16.95
USTA member: $15.26

Vision Tennis: A Story That Teaches the Secrets of Mental Toughness
Michael Zosel

Follow the story of Tony Randzinger, an average tennis player in search of the winning combination of mental and physical skills that will help him overcome his self-doubts and play to his full potential. This is a mental toughness training book that tells how to boost your confidence and develop a powerful vision that will elevate your game.

Paperback, 150 pp., 1996
Item #: PYS8
Non-member: $16.95
USTA member: $15.26

Winning Ugly: Mental Warfare in Tennis Lessons from a Master
Brad Gilbert and Steve Jamison

An invaluable combat manual for the court that teaches recreational players how to win more often without necessarily changing their strokes. Learn how to become a better thinking player—to recognize, analyze, and capitalize—and force your opponents to play your game by outthinking them before, during, and even after a match.

Paperback, 227 pp., 1994
Item #: PSY11
Non-member: $12.00
USTA member: $10.80

Smart Tennis: How to Play and Win the Mental Game
John F. Murray

Become a more competent—and more confident—tennis player by learning to identify your own psychological strengths and weaknesses. This book helps you apply the proven principles of sport psychology and tennis expertise to sharpen your mental skills to the highest possible level and gain a winning advantage both on and off the court.

Paperback, 237 pp., 1999
Item #: PSY5
Non-member: $18.00
USTA member: $16.20

The Zen of Tennis: A Winning Way of Life
Nancy Koran

A book for anyone who wants to develop the attitude that separates the champions from the mere winners, both on the court and off. Filled with cartoons, witticisms, anecdotes, proven ideas, techniques, and real-life success stories that are sure to inspire and help you achieve your fullest potential as a player and reshape your life.

Paperback, 272 pp., 2002
Item #: PSY18
Non-member: $13.95
USTA member: $12.56

Focused for Tennis: Featuring the 3-R's Mental Training System
Karl Slaikeu and Robert Trogolo

Top tennis players use the time between points to prepare mentally and emotionally as well as physically. A sure-fire method for this preparation is the 3-R's mental training system, which helps you review what's happened so far—what's working, what's not—and reset for the next point so you can release the negative emotions that come from lost points or dropped games and stay positive.

Paperback, 168 pp., 1998
Item #: PSY1
Non-member: $15.95
USTA member: $14.36
**Stan Smith’s Winning Doubles**  
*Stan Smith*

One of the all-time great doubles players details the techniques, shot selection, and strategies that will help you play doubles at its highest level. Learn how to adjust your tactics to exploit the opposing team’s weakness and counter different playing styles.

Paperback, 208 pp., 2002  
Item #: INS28  
Non-member: $19.95  
USTA member: $17.96

**The Art of Doubles: Winning Tennis Strategies**  
*Pat Blaskower*

Offers proven techniques and strategies, court diagrams, on-court drills, and end-of-chapter checklists to help experienced doubles players improve their team game.

Paperback, 133 pp., 1993  
Item #: INS3  
Non-member: $14.99  
USTA member: $13.49

**Winning Doubles: Strategies, Key Concepts, and Shot-by-Shot Playbook for Players at All Levels**  
*Scott Perlstein*

Presents a clear and detailed analysis of the strategies, techniques, and shot sequences that make for a great doubles game. Includes 150 black-and-white action photographs and step-by-step instructions that address every likely doubles configuration.

Paperback, 224 pp., 1997  
Item #: INS17  
Non-member: $18.95  
USTA member: $17.06

**FITNESS & CONDITIONING**

**Complete Conditioning for Tennis**  
*USTA*

Contains a workout regimen that promotes strength and stamina, and helps you peak at the right time and endure intense play. In a tennis-specific fashion, the book provides exercises, routines, and programs for developing strength, power, agility, aerobic capacity, and flexibility. With 100 photos and 56 illustrations.

Paperback, 216 pp., 1998  
Item #: FIT1  
Non-member: $15.95  
USTA member: $14.36
**Net Flex:** 10 Minutes a Day to Better Tennis

Paul Frediani

This simple, easy-to-follow plan is specifically designed to prepare and warm up the muscles used in tennis. The stretches can be done almost anywhere—in your office, at the clubhouse, at home, or on the court.

Paperback, 120 pp., 2001
Item #: FIT7
Non-member: $9.95
USTA member: $8.96

**Fitness Handbook for Adult and Senior Tennis Players**

USTA

Emphasizes the importance of a program that balances training for cardiorespiratory endurance, muscle strength, muscular endurance, and flexibility.

Booklet, 37 pp., 1999
Item #: FIT2
Non-member: $2.50
USTA member: $2.25

**Power Tennis Training**

Donald A. Chu

Here’s an easy-to-follow, balanced conditioning program specifically designed to help tennis players at all levels put more power into their game. Through a regimen of stretching, weight training, plyometrics, and court drills, you’ll become faster and able to hit the ball harder.

Paperback, 163 pp., 1995
Item #: FIT5
Non-member: $14.95
USTA member: $13.46

**Tennis Injury Handbook: Professional Advice to Amateur Athletes**

Allan M. Levy, M.D., and Mark L. Fuerst

This handbook of tennis do's and don'ts is all you need to prevent injuries, treat common symptoms, and improve your conditioning, flexibility, and strength. It features refreshingly simple stretches and exercises you can do on or off the court. For ease of use, the main part of the book is organized by area of the body.

Paperback, 192 pp., 1999
Item #: FIT6
Non-member: $14.95
USTA member: $13.46
USA Tennis Guide to Dynamic and Static Stretching
USTA

Shows you how to warm up and warm down in an optimal way, with more than twenty stretches and exercises based on the latest sport science research. This two-sided fold-out pamphlet fits neatly in your gym bag or racquet cover. Or get two copies and post them, front and back, on a wall.

Pamphlet, 2003
Item #: FIT8
Non-member: $1.00
USTA member: $.90

CHILDREN & YOUNG ADULTS

The ABC’s of Tennis
Cheryl Lagunilla

A colorful book, beautifully illustrated by James Himsworth, that was created to help parents introduce the game of tennis to young children and promote reading at an early age. Meet an enthusiastic and talented bunch of kids who lob, spin, and volley their way from A through Z. For ages 4 to 7.

Hardcover, 56 pp., 2003
Item #: YA27
Non-member: $13.46
USTA member: $22.46

The Kid from Courage
Ron Berman

A fictional story about a promising fourteen-year-old tennis player who develops an unlikely friendship with an old, washed-up former tennis pro. The relationship transforms the boys life in a remarkable and unpredictable way, culminating with a chance to do battle with the best juniors in America at the Super National Championships at Kalamazoo.

Paperback, 154 pp., 2003
Item #: YA29
Non-member: $9.95
USTA member: $8.96

Young Arthur Ashe: Brave Champion
Robin Dexter

Large, colorful illustrations by Robert Alley and an easy-to-read text help readers learn about Arthur Ashe’s upbringing. For ages 4 to 7.

Paperback, 32 pp., 1996
Item #: YA20
Non-member: $3.50
USTA member: $3.15
On Court with . . . Venus and Serena
Matt Christopher
Covers the dual careers of Venus Williams and Serena Williams.
Paperback, 128 pp., 2002
Item #: YA30
Non-member: $4.95
USTA member: $4.46

I Want to Play Tennis Coloring and Activity Book
Ann Bartek
A fun-filled coloring and activity book that uses tennis to help kids develop problem-solving skills. For ages 3 to 6.
Booklet, 24 pp., 1996
Item #: YA13
Non-member: $3.95
USTA member: $3.56

VIDEOS

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Backboard Tennis
25 min., 1998
Item #: VID5
Non-member: $24.95
USTA member: $22.46

Complete Conditioning for Tennis
25 min., 1998
Item #: VID6
Non-member: $24.95
USTA member: $22.46

Games Approach to Coaching Tennis
25 min., 2002
Item #: VID25
Non-member: $24.95
USTA member: $22.46

High-Performance Tennis: The Serve
30 min., 2001
Item #: VID26
Non-member: $29.95
USTA member: $26.96

Playing Better Tennis Under Pressure
30 min., 1998
Item #: VID27
Non-member: $24.95
USTA member: $22.46

Teaching Group Tennis
35 min., 1998
Item #: VID22
Non-member: $24.95
USTA member: $22.46

Winning Patterns of Play
21 min., 1995
Item #: VID23
Non-member: $19.95
USTA member: $17.96

TOM AVERY

Consistent Tennis Wins I
80 min., 1996
Item #: VID8
Non-member: $39.95
USTA member: $35.96

Consistent Tennis Wins II: Strategy
80 min., 1996
Item #: VID8II
Non-member: $39.95
USTA member: $35.96

Consistent Tennis Wins III: The Serve
80 min., 1996
Item #: VID8III
Non-member: $39.95
USTA member: $35.96

Consistent Tennis Wins IV: The Backhand
80 min., 1996
Item #: VID8IV
Non-member: $39.95
USTA member: $35.96

Consistent Tennis Wins V: The Ability to Swing
80 min., 1996
Item #: VID8V
Non-member: $39.95
USTA member: $35.96

NICK BOLLITTIERI

Bollistic Backhand
70 min., 2001
Item #: VID28
Non-member: $29.95
USTA member: $26.96

Building Points and Tactics
30 min., 2001
Item #: VID29
Non-member: $29.95  
USTA member: $26.96

Commitment, Responsibility, and Work Ethic  
30 min., 2001  
Item #: VID30  
Non-member: $29.95  
USTA member: $26.96

Competitive Club Doubles  
50 min., 2001  
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Non-member: $29.95  
USTA member: $26.96

Deadly Drop Shots and Lobs  
60 min., 2001  
Item #: VID32  
Non-member: $29.95  
USTA member: $26.96

Killer Forehand  
40 min., 2001  
Item #: VID33  
Non-member: $29.95  
USTA member: $26.96

Practice with Purpose  
60 min., 2001  
Item #: VID34  
Non-member: $29.95  
USTA member: $26.96

Right Back Atcha Returns  
45 min., 2001  
Item #: VID35  
Non-member: $29.95  
USTA member: $26.96

Shot Selection and Court Positioning  
35 min., 2001  
Item #: VID36  
Non-member: $29.95  
USTA member: $26.96

Sonic Serve  
50 min., 2001  
Item #: VID37  
Non-member: $29.95  
USTA member: $26.96

Tenacious Net Play  
60 min., 2001  
Item #: VID38  
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VIC BRADEN
The Backhand
55 min., 2001
Item #: VID39
Non-member: $39.95
USTA member: $35.96

The Forehand
55 min., 2001
Item #: VID40
Non-member: $39.95
USTA member: $35.96

Strategy
55 min., 2001
Item #: VID41
Non-member: $39.95
USTA member: $35.96

Women's Doubles
55 min., 2001
Item #: VID42
Non-member: $39.95
USTA member: $35.96

LOUIS CAYER AND ITF

Doubles Tennis Tactics
40 min., 2001
Item #: VID43
Non-member: $24.95
USTA member: $22.46

JOE DINOFFER

Just for Kids
40 min., 1997
Item #: VID12 (volume 1) / VID13 (volume 2)
Non-member: $29.95 each
USTA member: $26.96 each

Top 100 Games & Drills
30 min., 1997
Item #: VID20 (volume 1) / VID21 (volume 2)
Non-member: $29.95 each
USTA member: $26.96 each

DENNIS VAN DER MEER

Dynamic Doubles
50 min., 1997
Item #: VID9 (volume 1) / VID10 (volume 2)
Non-member: $29.95 each
USTA member: $26.96 each
PAUL WARDLAW

High-Percentage Tennis
30 Min., 1999
Item #: VID24
Non-member: $29.95
USTA member: $26.96