

# Playing Tennis AFTER 50

**Your guide to strategy, technique, equipment,  
and the tennis lifestyle**



**Kathy Woods • Ron Woods**

# Tennis Past 50

**Bruce Tarran**



## **Tennis Past 50:**

**Tennis Past 50** Tony Trabert, Ron Withey, Don DeNevi, 2002 Tennis is indeed a true lifetime sport just ask any tennis player over 50 However as you get older you may need to adjust your stroke technique and strategy to stay on top of your game Tennis Past 50 is the only book to address mature players specific needs with proven strategies that adjust stroke technique positioning injuries and equipment Tennis Past 50 shows you how to modify your stroke to gain more power without sacrificing control play smarter with adjustments to position on the court and style of play improve your doubles and mixed doubles game choose the right equipment for your style of play ability and fitness level eat right for better performance on the court and avoid injury and improve your conditioning for better performance Tennis Past 50 shares the winning insights and tips that the authors have learned from decades of coaching and playing Tony Trabert was ranked No 1 in the world in the 1950s and is a popular TV commentator and Ron Withey is a well known biomechanist with a specialization in aging and tennis Trabert and Withey teach how to play smarter so you can be successful without trying to run down every ball learn how to use spin and adapt traditional shots to your advantage and handle different playing styles of your opponents Tennis Past 50 will provide winning instruction that will have you playing better than ever This book will improve the game of any mature player male or female competitive or recreational

### **Historical Dictionary of Tennis**

John Grasso, 2011-08-22 The sport of tennis has been played in one form or another for more than 800 years It can trace its roots to games played by monks in the 12th century Through the years the game has evolved from one in which the ball was struck with the hands to the modern game in which rackets are used to propel the ball in excess of 150 miles per hour From the sport of the elite to the sport played by elite athletes tennis has grown immensely in the past 135 years and it remains one of the few sporting pastimes that is played extensively by people of all ages and all nationalities The Historical Dictionary of Tennis presents a comprehensive history of the game through a chronology an introductory essay a bibliography photos and over 500 cross referenced dictionary entries on places teams terminology and people including Arthur Ashe Björn Borg Don Budge Chris Evert Roger Federer Billie Jean King Rod Laver Suzanne Lenglen John McEnroe Rafael Nadal Martina Navratilova and Bill Tilden Appendixes of the members of the International Tennis Hall of Fame the Major Championships of Tennis and the Olympic games are included This book is an excellent access point for students researchers and anyone wanting to know more about tennis

### **Playing Tennis After 50** Kathy Woods, 2008

### **Fitness Beyond 50** Harry H.

Gaines, 2012 Prologue the past present and future Introduction Let's get started Life's full of choices Getting going and keeping going Exercise and the brain Aerobics keys to a healthy heart Strength training Core exercises and other goodies Support groups and connections Overcoming limitations Healthy eating The next level Epilogue the future belongs to the fit

**Tennis Confidential II** Paul Fein, 2009-04-30 The book is in three sections the first of which comprises a set of essays looking at controversial issues facing those who administer the world game of tennis in the 21st century Topics covered

include on court coaching Hawk Eye the ATP doubles reforms and whether the interests of TV run counter to the long term interests of the sport     Vanity Fair ,1926     **George Hillyard** Bruce Tarran,2013-06-01 This is the story of George Hillyard one of the most important and influential figures the game of lawn tennis has known In 1887 aged 23 Hillyard married Wimbledon Ladies champion Blanche Bingley and based at their country home in Thorpe Satchville Leicestershire with its own golf course and two perfect tennis courts they influenced the world tennis scene for the next forty years Hillyard was a close friend of royalty an Olympic champion an international sportsman and much more He presided over successive Wimbledon finals as umpire and helped found the Lawn Tennis Association wresting power over the rules and running of the game from The All England Club His stance was severely criticised by members of the Wimbledon Committee yet he was appointed as their Secretary in 1907 In this position he oversaw the move from Wimbledon s original venue Worple Road to their current home Church Road where he helped design the layout of the grounds resolving to make the courts the best in the world The story of the early years of tennis and the life of George Hillyard intertwine in this fascinating volume of tennis history Stunning photographs transport the reader into a different age when tennis was a new and rapidly evolving sport

**Sport in Britain** Richard William Cox,1991     *Playing Tennis After Fifty* ,2008 A guide to playing tennis after the age of fifty providing stretching and strengthening exercises designed to help older players avoid aches and injuries looking at equipment offering tips on finding a club and playing partner and describing tactics and techniques for players at all levels

**Fabulous 50's at WKU** ,1989-06-15 History and pictures of the alumni during the 1950s at Western Kentucky University

**Congressional Record** United States. Congress,1960 The Congressional Record is the official record of the proceedings and debates of the United States Congress It is published daily when Congress is in session The Congressional Record began publication in 1873 Debates for sessions prior to 1873 are recorded in The Debates and Proceedings in the Congress of the United States 1789 1824 the Register of Debates in Congress 1824 1837 and the Congressional Globe 1833 1873

Inspirational Stories for Purposeful Living 2 John Parankimalil,2024-02-29 Inspirational Stories for Purposeful Living by John Parankimalil is an enriching collection of 150 stories each carrying profound significance for Speakers Educators and Mentors in Value Education Stories play a pivotal role in our lives by imparting essential life lessons The narratives in this book are crafted to engage your mind touch your heart and inspire you to realize the incredible potential within you for achieving greatness in life     **Park Practice Grist** ,1957     **American Colossus** Allen M. Hornblum,2018-03-01 Babe Ruth Jack Dempsey Bobby Jones and Bill Tilden were the legendary quartet of the Golden Age of Sports in the 1920s They transformed their respective athletic disciplines and captured the imagination of a nation The indisputable force behind the emergence of professional tennis as a popular and lucrative sport Tilden s on court accomplishments are nothing short of staggering The first American born player to win Wimbledon and a seven time winner of the U S singles championship he was the number 1 ranked player for ten straight years A tall flamboyant player with a striking appearance Tilden didn t just

play he performed with a singular style that separated him from other top athletes Tilden was a showman off the court as well He appeared in numerous comedies and dramas on both stage and screen and was a Renaissance man who wrote more than two dozen fiction and nonfiction books including several successful tennis instructions books But Tilden had a secret one he didn't fully understand himself After he left competitive tennis in the late 1940s he faced a lurid fall from grace when he was arrested after an incident involving an underage boy in his car Tilden served seven months in prison and later attempted to explain his questionable behavior to the public only to be ostracized from the tennis circuit Despite his glorious career in tennis his final years were much constrained and lived amid considerable public shunning Tilden's athletic accomplishments remain as he is arguably the best American player ever *American Colossus* is a thorough account of his life bringing a much needed look back at one of the world's greatest athletes and a person whose story is as relevant as ever

*American Lawn Tennis*, 1912      **New York Magazine**, 1974-01-28 New York magazine was born in 1968 after a run as an insert of the New York Herald Tribune and quickly made a place for itself as the trusted resource for readers across the country With award winning writing and photography covering everything from politics and food to theater and fashion the magazine's consistent mission has been to reflect back to its audience the energy and excitement of the city itself while celebrating New York as both a place and an idea      Bulletin, 1929      American College Athletics Howard James Savage, 1929      *Bulletin* Carnegie Foundation for the Advancement of Teaching, 1929      **Country Market Survey**, 1984

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