If you haven’t tried out the newly remodeled fitness area, come check it out. With new equipment and an updated open floor plan, we are pleased to now offer Personal Training. The Recreational Sports Personal Training program is focused on equipping you to maintain healthy and sustainable lifestyles and has a 100% satisfaction rating. We are hearing positive feedback from participants that have participated in this program! Visit our website for more information about packages and pricing.

“When I workout after playing tennis, I feel that I can use the new equipment correctly and it will have a larger benefit for me and my tennis game. If you are a tennis player, this can be a great addition to your time at the IURS Tennis Center.”

-Jim Williams, IURSTC member and Personal Training client

Our instructional team believes regardless of age and/or prior athletic experience, anyone can learn how to play tennis. All of our members that participate in our instructional program have different reasons for participating. Some are here to learn how to play, others want to improve a skill, and some want to learn the tactics of the game. No matter why you participate, it is important to note that there are two factors that contribute to everyone’s development. They are TIME and EFFORT.

The more focused time and effort you put in, the faster you will improve. It is that simple.

We want everyone to enjoy their experience in our programs. If you reach a point where you are finding it difficult to improve in an area, ask yourself, “Am I putting the TIME and EFFORT in to improve?” Your normal practice routine might not be enough to get the job done. If you need guidance, please ask us. We look forward to helping you on your tennis journey.

-TENNIS TIP
by Chris Chopra, Head Tennis Professional
Our team continues to grow with new Tennis Instructors and Member Services Associates. Please introduce yourself next time you’re in.

**Ben Bamidele** came on board this fall as an instructor. He is a freshman from Muncie where he played tennis and has experience instructing at the Tim Cleland Tennis Camp.

**Morgan Blackwell** joined the Member Services team. She is a sophomore studying Human Biology and is involved with IU Dance Marathon and the Student Athletic Board. She is from our very own Bloomington, IN.

**Heather Fields** became a part of our Member Services team. She is a freshman from Lebanon (IN) and is involved on campus with IU Dance Marathon and the Indiana Canine Association Network.

**Garrett Lloyd** recently joined our instructional and racquet stringing team. He is a freshman from Carmel where he played and taught tennis.

This year, IUDM raised over $4.25 million including almost $500K raised in 24 hours on their Day of Hope. Thank you for sharing the facility and creating a memorable weekend of dancing for Riley patients, their families, and hundreds of students!

**IUDM FUN FACT:** Clayton Anderson has “played” on court 8.

### WELCOME NEW STAFF

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### EMPLOYEES OF THE MONTH

Each month we recognize the staff member who embodies our ALL DAY philosophy and goes above and beyond to ensure our participants receive the best possible service. Emily, Akshaya, and Will have helped cover for their fellow staff members and exhibited a high-level of professionalism by providing great relational service to our members. We are so happy to have you on our team – Congrats to all 3 of you! ALL DAY!
When pros like Rafael Nadal or Bianca Andreescu kiss the trophy after winning the U.S. Open, we notice what racquet they played with or shoes they wear. We see the highlight video of their two-week tournament run. What we do not see are the hundreds of hours on a practice court or in the gym training with no one around. We notice and give our attention to what’s on the surface. Work includes tournaments, coached practices, independent practices, practice matches, fitness sessions, and mental training. The bulk of a strong tennis player is made up of the gritty, mundane training sessions. Average players focus too much of their attention on things that can affect their game like racquets or clothing/shoes instead of actually putting in the work. Whatever a person’s expectations/goals are, their training time needs to match it. If a player wants to improve their UTR level, up their ranking, or play college tennis; their training needs to reflect it. Do the work with All Day Effort and Attitude.

NEW WARRIOR
Name: Parth Patel
Favorite Tennis Player: Rafa Nadal
Favorite shot in tennis: Serve
Phrase that drives you the most: All day!
#1 Reason you play tennis: To have fun
Top Tennis Lesson Learned? Always work hard
If you could have dinner with any 5 people, who would they be? My family and any one of my grandparents

TC JUNIORS EARN HIGH SCHOOL HONORS
In their first year playing high school tennis for Bloomington South, Michael Asplund and Chris Lian paired as a doubles team to earn 1st Team All-State honors and were named to the All-District team. Their teammate Daniel Borhi (senior) was named to the All-State Honorable Mention team and the All-District team. For Bloomington North, Nicholas Shirley (freshman) also earned Honorable Mention for the All-State team in singles along with the All-District team.

When we asked what the underclassmen want to work on most from now until next season, here is what the players had to say:

“I want to work on my fitness as well as my power and aggression.”
– Nicholas Shirley

“I will focus on staying healthy and strengthening weaker aspects of my game.”
– Chris Lian

“I want to work on my consistency and my mental state preparing for a match.”
– Michael Asplund

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– Michael Asplund
CONGRATULATIONS, CAPTAIN DAN!

We would like to give a huge shout out to one of our members, Dan Piekarsky. Dan was recently named Central Indiana Tennis Association (CITA) Captain of the year for his efforts with his USTA teams. This is a well-deserved award for Dan as he puts a ton of time and effort into all of his teams. Dan has had four teams throughout the years playing for the Midwest Playoffs, including one that got to the National Finals at Indiana Wells. Keep up the great work – All Day!

FALL CLASSIC

Congrats to the Champions!

<table>
<thead>
<tr>
<th>Men’s</th>
<th>Laurenz Weisse</th>
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<tbody>
<tr>
<td>Women’s</td>
<td>Jill Giffin</td>
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Our annual Fall Classic Tournament took place the weekend of October 19, where members battled in both singles and doubles. This is a unique tournament set-up where players compete in a round robin doubles competition to determine who plays in the singles championship match. These tournaments always allow participants to have fun and meet some new people while still testing their skills.

LADIES TRAVEL TEAM UPDATE

The Central Indiana Women’s Indoors Tennis League is now in full swing. Three teams are representing the IURS Tennis Center in this year’s league. A big thank you to our captains who help keep everyone organized for matches and practices.

<table>
<thead>
<tr>
<th>Team</th>
<th>Captain(s)</th>
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<tbody>
<tr>
<td>3.0</td>
<td>Linda Welty &amp; Pam Swift</td>
</tr>
<tr>
<td>3.5</td>
<td>Tara Babcock &amp; Pat Monson</td>
</tr>
<tr>
<td>4.0</td>
<td>Debbie Kuratko</td>
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TC TRI-LEVEL TEAM PARTICIPATING IN MIDWEST PLAYOFFS

Good luck to Bloomington’s Tri-Level Men’s team that is competing in the Midwest Playoffs on November 23 & 24. The team is competing against teams from Illinois, Wisconsin, Michigan, and Ohio for a spot to play in the National Playoffs at Indian Wells in March. Good luck to all team members; David Chader, Ray Leonard, Patrick Fraser, Charlie Allen, Brett Franklin, Tim Mickleborough, Colton Butcher, Matt Seifers, David Dzubay, Fred Prall, and Dan Piekarsky. Good luck!!

UPCOMING PROGRAMS

Half-Price Holiday Court Time
Take advantage of your time off and come in for Half-Price Holiday Court Time, December 16-31. Guest passes are available and guests are always welcome.

Spring Programs
Our Spring 2020 programming calendars and registration forms will be available soon! Look out for Clinics, Drills, Cardio Tennis, Match Plays, and MUCH more!

Friday Night Doubles
If you are looking for doubles match play, we have a solution for you. Beginning next semester Adam is organizing Friday Night Doubles for interested members. Mixed Doubles are also included. If you are interested in participating, please contact Adam at astruble@indiana.edu.

GET YOUR GEAR!

Just in time for the holidays! We are taking orders for new All Day apparel. Place your orders with Santa or Member Services by 11/29!