

TENNIS to the max

change your **Mind**, change your **Game!**

Tina Greenbaum, LCSW has been involved in holistic psychotherapy and Sport Psychology for over 32 years. She has been on the forefront of cutting edge techniques for coping with issues that are resistant to change. She has creatively combined her interests in personal growth, experiential learning, spirituality, transformation and her love of sport into training tennis players on the mental side of the game.

Tina co-owns **Tennis to the Max** with her husband, Fred Sperber (USPTA Certified Tennis Coach) where Tina teaches the mental strategies in the classroom and Mr. Sperber incorporates them on the court.

A sought-after speaker, Tina has presented at the Association for Applied Sports Psychology, the New York Tennis Expo, and at many tennis clubs.

She is the author of the upcoming book: **25 Tips to Performing Under Pressure**.

What people are saying about Tina:

"I've played tennis for over 20 years,, taking lessons from age 6 through collegiate playing days, and I learned things from Tina and Fred in two hours that no teaching pro ever taught me." ~Adam Wolfthal, Director of Marketing and Communications, NYJTL.



Tina Greenbaum

Sports Performance Coach, Holistic
Psychotherapist, Author, Speaker

Master the Mental Game of Tennis How to play with Confidence

Do you find that?

- ❖ You frequently say to yourself, "**How could I have lost** to him/her? I'm a **better player!!**"
- ❖ You have a **hard time staying positive** when you are losing?
- ❖ You wonder how **world-class athletes** manage their **stress** under **pressure**?

Are you ready to...

- ✓ **Win against that player** you know you can beat?
- ✓ Learn **how and where to put your focus** during a tennis match?
- ✓ **Relax** on the court and **have more fun**?

Most competitive/recreational players spend a great deal of time and money on lessons that focus on the tactical and technical elements of tennis, yet the **mental side has been said to be 80% to 90% of the game**. Join Tina Greenbaum as she shares her 32 years of expertise as well as specific success strategies for becoming a confident, relaxed tennis player on the court. Tina shows you how to turn your frustrations into a winning performance.

You will learn how to:

- ✓ **Build confidence** and **Learn to Trust Yourself** on the Court
- ✓ **Utilize Powerful Tools** World class Athletes Use
- ✓ **Focus on Things You Can Control** while Playing instead of obsessing about those you can't.

Tina shows you how to turn your frustrations
into a winning performance!

Book Tina NOW

(877) 307-5666 Email Tina@tennistothemax.com
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