

OFFICIAL EVENT EDITION

Lakeside Tennis Academy



The Wisdom of Tennis — The Tennis of Life and the Life of Tennis

PRESENTED BY SPORTSMART4LIFE

A word from the organisers



Lakeside Tennis Academy

A word from the organisers

Dear Sample Reader,

This copy is yours. Your name is on the cover, and it is inside on the pages too, because it was made for you and for nobody else. No two copies of this book are the same.

We wanted to give you something that outlasts a fixture list. Kit wears out. Medals go in a drawer. But tennis is the loneliest team sport there is, which is why the academy matters, and that is worth writing down somewhere you will find it again.

What follows are the real voices of this sport — players, coaches and writers, most of them talking about the parts nobody puts on a highlight reel. There is a section on pressure, and what the people who handle it best actually do differently. One on trust, and why a group that trusts each other beats a group that is merely talented. One on losing, which is the section we would ask you to read twice, because everyone in this sport has lost and everyone worth knowing came back. There is a section on joy, which is the reason any of us started. One on mastery, and the unglamorous patience it asks for. One on rivalry, and the respect that runs underneath it. And one on belonging — on being part of something whether or not you are the one on the field.

You do not have to read it in order. Keep it in the kit bag. Open it the night before a hard one. Let it fall open at whichever page finds you, and if a line is worth keeping, keep it.

The game has taught you things already — about nerve, about other people, about getting up. These pages are simply the same lessons in other people's words, gathered in one place so they are there when you need them.

Thank you for everything you give to this. It is noticed, and it matters more than the results ever say.

— **The Committee, Lakeside Tennis Academy**

Foreword

Tennis is an honest game. It offers nowhere to hide — no clock to run down, no teammate to pass to, no way to win except by winning the last point — and it is played everywhere the same, from cathedral show courts to cracked municipal tarmac with a sagging net. Wherever the ball is struck, the game teaches the same things: hold your nerve, honour the people in your box, get up again, protect your joy, groove the strokes, respect your rival, belong to something.

This collection gathers the voices of the game — the players, the coaches, the great watchers and writers who loved it best — arranged around seven themes that belong as much to life as to tennis. Each chapter opens with an image and an idea, then hands the floor to the voices themselves.

Read it the way you would watch a final: sometimes for the drama of the deciding set, sometimes for one stroke of pure craft you will remember for years.

Ways to Walk with This Book

A collection like this is not meant to be read once and shelved. It is meant to be lived with — kept close, opened often, and put to work. Seven ways to begin:

- **The daily voice**
open anywhere each morning and take one voice with you into the day.
- **The reflection pause**
choose the theme your week is testing, read its essay slowly, and write one honest line of your own in response.
- **Match-day ritual**
before the big broadcast, read the theme the fixture will examine — rivalry before the derby, pressure before the final.
- **The team talk**
captains, coaches, teachers, parents: one voice a week is enough to open a changing room, a classroom or a dinner table.
- **The hard-week medicine**
when life tackles you, the defeat chapter is waiting. It was written for exactly that week.
- **The gift of a voice**
photograph the quote a friend needs today and send it with their name on the message.
- **The long read**
one theme per Sunday evening — a handful of weeks, properly kept.

However you use it, let it stay within reach of wherever you watch.

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THEME 1 OF 7

Mastery & Practice

Ten thousand serves on an empty court — the quiet repetitions behind every effortless stroke.



The crowd sees one effortless serve; the empty court saw the ten thousand that bought it.

Mastery & Practice — in the game, in life

Nothing in tennis is natural. The serve — that liquid, unhurried motion that looks like yawning — is among the most complicated things a body can be asked to do, and it is assembled piece by piece over years: the toss practised alone until a ball dropped from a still hand lands on a coin; the coiled position held until it aches; ten thousand repetitions on empty courts with a basket of balls and nobody watching. The game's beautiful movers earned their gliding the same way, cone by cone, split-step by split-step, until footwork stopped being thought and became weather. And every player, sooner or later, meets the game's great honest examiner: the second serve. Anyone can look brave on the first one. The second serve is character made visible — the swing you must trust precisely when missing costs everything — and it is built in private or it is not built at all. That is the democracy of the craft. The ball does not know your ranking, your sponsor or your surname; it responds to attention, repetition and honest error, and to nothing else. The wall never flatters and never lies. Nearly everything in life worth being good at obeys the same law — the language, the instrument, the trade, the patient art of staying kind under pressure. So choose your craft and find your empty court: the hour nobody sees, the standard nobody demands of you but you. Groove the motion you will need on the day your hands are trembling, because pressure does not build skills — it reveals them. And when someone one day calls you a natural, smile and accept it politely. It is the name people give to work they did not witness.

“When I was 12, I had an epiphany: everybody in tennis wore white shoes, white socks, white clothes, used white balls, and everybody who played was white. And I asked myself: where is everybody else? I figured if I were good enough, maybe I could help change not only my sport but also the world.”

— Billie Jean King

Mastery & Practice

Sit with the voice that speaks to you today.

“Tennis is, more than most sports, a sport of the mind; it is the player who has those good sensations on the most days, who manages to isolate himself best from his fears and from the ups and downs in morale a match inevitably brings, who ends up being world number one.”

— Rafael Nadal

“Federer is no more seeking to create beauty when he plays tennis than a cheetah is trying to create beauty when he pursues a gazelle.”

— Simon Barnes

“Never change a winning game; always change a losing one.”

— Bill Tilden

“I think the biggest triumph for me is how I managed to just not think of absolutely anything else except for my game plan... All the outside stuff, I just completely zoned in and focused on my craft.”

— Emma Raducanu

“I have never liked the word retirement. It doesn't feel like a modern word to me... The best word to describe what I'm up to is evolution. I'm here to tell you that I'm evolving away from tennis, toward other things that are important to me.”

— Serena Williams

“Losers have tons of variety. Champions just take pride in learning to hit the same old boring winning shots.”

— Vic Braden

“That pretty much sums up my career, I guess, my mentality, never-say-die attitude. I've lived for that the 18, 19 years I've been on tour.”

— Lleyton Hewitt

“The thing with Federer is that he's Mozart and Metallica at the same time, and the harmony's somehow exquisite.”

— David Foster Wallace

Mastery & Practice

Sit with the voice that speaks to you today.

"It literally only crossed my mind for one or two seconds and that was it. The underarm serve was just instinctive."

— Michael Chang

"Humble is the way you have to be, period. Everybody should know their place in the world. The point is that the world is quite big enough already without you imagining that you're big too."

— Toni Nadal

"In sports, you simply aren't considered a real champion until you have defended your title successfully. Winning it once can be a fluke; winning it twice proves you are the best."

— Althea Gibson

"I win because I have the ability to implement my basic game strategy successfully: maximize my strengths and minimize my weaknesses."

— Brad Gilbert

"The human beauty we're talking about here is beauty of a particular type; it might be called kinetic beauty. Its power and appeal are universal."

— David Foster Wallace

"Tennis showed me the world — and it showed me what I was made of."

— Maria Sharapova

"Talent has a broad definition... Discipline is also a talent. And so is patience."

— Roger Federer

"It's not a gift. It's something that comes with work."

— Novak Djokovic

Mastery & Practice

Sit with the voice that speaks to you today.

"I am proud of what I have achieved, for having stuck to reaching my goals even through the tough times."

— Garbiñe Muguruza

"Success is knowing that I've given absolutely everything I can."

— Ash Barty

"Big Babe Tennis."

— Mary Carillo

"I don't play in any tournaments to come second best."

— Andy Murray

"For me, it is a great way to add meaning to my tennis successes and contribute to something close to my heart."

— Félix Auger-Aliassime

"Energy, not time, is the fundamental currency of high performance."

— Jim Loehr

"After winning so many matches and so many competitions, I thought, maybe it is time to retire and use my knowledge and my experience and go for some other challenges."

— Esther Vergeer

"I think that's called perseverance."

— Andy Murray

LAKESIDE TENNIS ACADEMY

More from Mastery & Practice



The thousandth repetition.

“I'm happy, whether it's to my music, whether it's to my foundations, whatever. If you have an impact in someone else, this is, for me, this is a true champion.”

— Yannick Noah

A few more from Mastery & Practice



Hard-won, quietly.

“People sometimes exaggerate this business of humility. It’s a question simply of knowing who you are, where you are, and that the world will continue exactly as it is without you.”

— Rafael Nadal

“Something was lit inside of me, and it was starting to grow hotter. I wanted to be the best I could be, so working out wasn’t a burden.”

— Monica Seles

“It has taught me so much, not just about the world, everyone that I’ve met, but mostly about yourself and what you can do if you set your mind to it in any line of work.”

— Vijay Amritraj

THEME 2 OF 7

Pressure & Nerve

Serving alone at match point, the whole court hushed — what the biggest moments ask, and how the brave answer.



One server, one ball, fifteen thousand held breaths — and the only voice that matters is the quiet one inside.

Pressure & Nerve — in the game, in life

Tennis is the loneliest examination in sport. There is no clock to save you and no teammate to hand the moment to: to win the match you must win the last point, and everybody on the grounds knows which point that is. Match point arrives, the crowd falls into that hush unique to a show court, and the server stands alone with a ball, a routine and a box painted on the far side of the net. Watch closely what the great ones do there. They do not hurry. The ball is bounced the same number of times as always. The strings are straightened, the towel taken, the breath let out slowly. Between points — the quiet seconds where matches are truly won — they walk with the same measured stride at love-all and at championship point. What you are watching is not calm; it is a routine so deeply rehearsed that it can carry a trembling human being through the loudest silence of their life. And beneath the ritual sits the braver secret: the willingness to swing. Nobody serves their way out of a tight corner while negotiating protection against the double fault; commitment is the technique. Life sets its own match points — the interview, the diagnosis, the conversation rehearsed all week in the car. The tennis answer holds. Build your routine before you need it, because the moment itself is a terrible classroom. Slow your walk when everything inside you speeds up. Play the point in front of you, not the two that follow it. And when your serve finally comes, toss the ball exactly as you have ten thousand times before — and swing through it.

“I have always believed greatness on a tennis court was my destiny, a dark destiny, at times, where the court became my secret jungle and I, a lonely, fear-stricken hunter. I was a strange little girl armed with hate, fear, and a Golden Racket.”

— Maureen Connolly

Pressure & Nerve

Sit with the voice that speaks to you today.

“When the crowd is chanting 'Roger' I hear 'Novak.' It sounds silly, but it is like that. I try to convince myself that it's like that.”

— Novak Djokovic

“That last game will be the toughest game I'll play in my career, ever.”

— Andy Murray

“I don't think I'm a choker but I've got a label on my back which says, 'At the most important point in the match, Jana will choke'. The label is almost impossible to get rid of.”

— Jana Novotná

“Sometimes this streak gives me a lot of confidence and sometimes this streak gives me a lot of pressure.”

— Esther Vergeer

“I just believe that mental toughness is probably the most important thing in tennis right now because everybody can play on the highest level. But the ones that are tough and that can handle the pressure are the biggest ones.”

— Iga Świątek

“First it was motivating me, then it was scaring me. It was working against me. I was afraid of losing the streak and failing.”

— Esther Vergeer

“Sometimes I just think I'm not sure how she walks out there and does it with the expectations, with the nation right behind her.”

— Craig Tzzyer

“I came to Roland-Garros that year with another spirit, another mentality, and that took a lot of pressure and stress away from me.”

— Mary Pierce

Pressure & Nerve

Sit with the voice that speaks to you today.

“Fighting the mind does not work. What works best is learning to focus it.”

— W. Timothy Gallwey

“For most of my career, it was mostly hostile environments for me. I kind of learn how to thrive in that environment.”

— Novak Djokovic

“I'm fine, given the circumstances. It's a delicate situation, but umpiring 'à la carte' doesn't exist. Don't worry about me.”

— Carlos Ramos

“Self-control is critical to becoming a champion. A player must control their mind, body and emotions. Without this, he cannot control the ball.”

— Toni Nadal

“No athletes talk to themselves like tennis players... tennis players talk to themselves — and answer.”

— Andre Agassi

“I don't focus on what I'm up against. I focus on my goals and I try to ignore the rest.”

— Venus Williams

“You can't be serious, man. You cannot be serious! That ball was on the line! Chalk flew up!”

— John McEnroe

“I faced several cultural issues as a young girl wanting to play tennis. It was something completely unheard of. Today we have so many great champions from this part of the world who are women, but it was not the case back then.”

— Sania Mirza

Pressure & Nerve

Sit with the voice that speaks to you today.

"I had one thought and that was to put the ball across the net. I was simply myself, too deeply concentrated on the game for any extraneous thought."

— Helen Wills Moody

"I thought it would set us back 50 years if I didn't win that match. It would ruin the women's tour and affect the self-esteem of all women."

— Billie Jean King

"Toughness is the ability to consistently perform toward the upper range of your talent and skill regardless of competitive circumstances."

— Jim Loehr

"I wanted to win myself, instead of waiting for Steffi to lose. Unfortunately, she started playing better and I didn't. Does that make me a choker? How many chokers get to a Wimbledon final?"

— Jana Novotná

"Mental health is not a very easy thing to talk about in sports."

— Mardy Fish

"I do hope that people can relate and understand it's O.K. to not be O.K., and it's O.K. to talk about it."

— Naomi Osaka

"I decided to stop working with a psychologist. I realised that nobody than me will help, you know?... I just have to take this responsibility and I just have to deal with that. I'm my psychologist."

— Aryna Sabalenka

"The truth is that I have suffered long bouts of depression since the US Open in 2018 and I have had a really hard time coping with that."

— Naomi Osaka

LAKESIDE TENNIS ACADEMY

More from Pressure & Nerve



The moment before it starts.

“The realities of the men’s professional tennis tour bear about as much resemblance to the lush finals you see on TV as a slaughterhouse does to a well-presented cut of restaurant sirloin.”

— David Foster Wallace

A few more from Pressure & Nerve



Nerve is not the absence of fear.

"I learned having doubt enter your head is impossible to escape but not impossible to overcome. Yesterday was a result of that. I overcame... and if I can, so can you."

— Coco Gauff

"It's O.K. to not be O.K., and it's O.K. to talk about it. There are people who can help, and there is usually light at the end of any tunnel."

— Naomi Osaka

"If you can meet with Triumph and Disaster / And treat those two impostors just the same"

— Rudyard Kipling

THEME 3 OF 7

Teamwork & Trust

The doubles partner, the coach's box, the hands behind every trophy — why even the loneliest game is never played alone.



The trophy carries one name and a dozen sets of fingerprints.

Teamwork & Trust — in the game, in life

Tennis looks like the loneliest game ever invented: one player, one racquet, no substitutions and nowhere to hide. Look longer and the loneliness dissolves. Doubles is the game's open secret, a partnership so intimate it has its own language — the fingers signalling behind a back at the net, the middle ball surrendered without a word, the glance after a lost point that says nothing except we are still two. The best pairs are rarely the two best players; they are the two who cover for each other, whose trust survives the missed volley at the worst possible moment, who celebrate a winner they had no part in striking. And even the singles champion, that supposed island, turns out to be an archipelago. Look up at the box after the biggest wins: the coach who rebuilt the serve, the parent who drove the dark morning motorways for a decade, the hitting partner who lost cheerfully for years so somebody else could learn to win, the physio who taped the ankle nobody knew about. The trophy has one name on it and a dozen sets of fingerprints. That is the quiet truth the game teaches every fan who watches carefully: self-made is a story we tell at the net, and nobody holds anything aloft alone. Your life is the same match. Whatever you are serving for — the qualification, the business, the recovery, the family — somewhere a box of people is making it possible, and somewhere you are sitting in someone else's box too. Sit there properly. Cover the middle without being asked. Be the partner whose eyes still say we are still two after the error. In the long doubles match of a life, the pairs that trust beat the pairs of talents — every time it matters.

“To see them experience me beat Rafa Nadal — they've seen me have big wins, but to beat those 'Mount Rushmore' guys? For them, I can't imagine what was going through their heads. They're going to remember today for the rest of their lives.”

— Frances Tiafoe

Teamwork & Trust

Sit with the voice that speaks to you today.

“There's no way I would be at 23 without her. I wouldn't be at one without her. She's the only reason I'm standing here today.”

— *Serena Williams*

“I always wanted to be somebody. If I made it, it's half because I was game enough to take a lot of punishment along the way and half because there were a lot of people who cared enough to help me.”

— *Althea Gibson*

“We created a brotherhood. And through 'Break Point', you get to see the journey of two young Indian boys and how we conquered the world of tennis, won Wimbledon and became number one in the world.”

— *Leander Paes*

“Players need time to be able to take your information, go away and work on it. They're never going to believe it until they feel it.”

— *Darren Cahill*

“However great your dedication, you never win anything on your own.”

— *Rafael Nadal*

“Every time I lose, it's a coaching change... My coach didn't lose the match. I'm the one losing the matches. There's not much you can do from the stands when your player's playing like crap.”

— *Andy Roddick*

“I love a team environment. Playing basketball growing up, I like sharing success as a team and that feeling of winning and losing together.”

— *Nick Kyrgios*

“Thanks for him giving up everything, just traveling with me to be my hitting partner, fix the drinks and fix the rackets. He do a lot of job. You are a nice guy. And also, you're so lucky — find me!”

— *Li Na*

Teamwork & Trust

Sit with the voice that speaks to you today.

“The emotions are still there, but I don't feel like I'm the one who must hold the racquet. I believe the players we have are good enough to win.”

— Yannick Noah

“I made a lot of jokes about him, but it doesn't matter if you are fat or skinny, handsome or ugly, I'll always follow you and always love you.”

— Li Na

“I didn't tell him anything, basically I just asked him questions, got to know him. I tried to get a feel for how he saw the game.”

— Darren Cahill

“We played every day together and lived together and just spent every moment together. It worked out on the court – we were always on the same page and kind of moving like one entity.”

— Mike Bryan

“Having a big brother look out for you is the best security blanket in the world.”

— Monica Seles

“The gift God gave me was the ability to read people.”

— Nick Bollettieri

“I love to draw on the energy that comes from being a part of a team and I can't wait for the Laver Cup because I'll be competing with guys who are also my friends.”

— Nick Kyrgios

“If tennis is a game for ladies and gentlemen, it's also time we acted a little more like gentlepeople and less like sanctimonious hypocrites.”

— Alice Marble

Teamwork & Trust

Sit with the voice that speaks to you today.

“Are you all right, Pete? We can do this tomorrow.”

— Jim Courier

“It's actually quite difficult to coach your own kids. It's very difficult to be both the coach and the parent.”

— Judy Murray

“Remember this. Hold on to this. This is the only perfection there is, the perfection of helping others. This is the only thing we can do that has any lasting meaning. This is why we're here.”

— Andre Agassi

“We were fire and ice.”

— Mark Woodforde

“We had this unbreakable bond. It could get violent at times, but we'd be having dinner two minutes later.”

— Bob Bryan

“Sports can be used to mend fences and bring people together. I have always believed that sports transcends all boundaries of religion, politics, caste and creed.”

— Aisam-ul-Haq Qureshi

“The chemistry was right. You don't last 12 years if it isn't.”

— Pam Shriver

“I didn't want it to feel lonely out there.”

— Roger Federer

LAKESIDE TENNIS ACADEMY

More from Teamwork & Trust



Nobody does this alone.

“Everyone can hit serves and returns and volleys, but it's that special ingredient, something that you really can't see, that connection with your partner. We had the ultimate bond, this twin energy.”

— Mike Bryan

A few more from Teamwork & Trust



Trust, built in the ordinary weeks.

"I've been working with a psychologist for a few years now to help me with my game and my general well-being... it's life and it's constant work to stay on the right track and take care of yourself."

— Iga Świątek

"Would you like to win Wimbledon?"

— Leander Paes

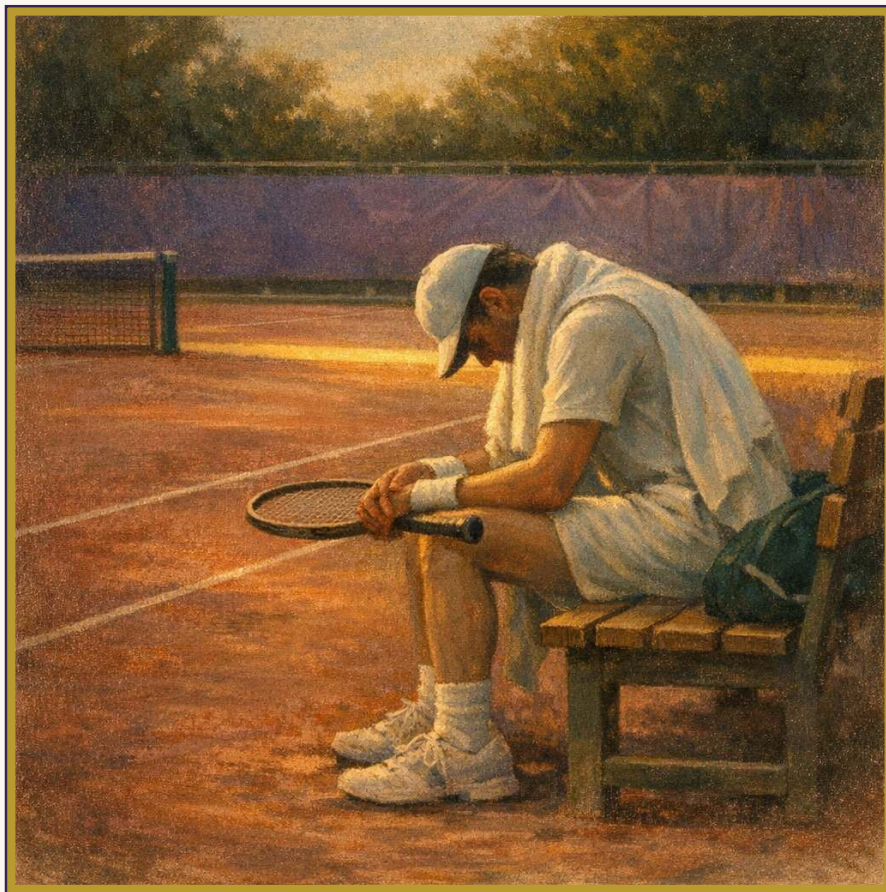
"All of a sudden we had two countries cheering for one team and that was a big positive feeling for us."

— Rohan Bopanna

THEME 4 OF 7

Defeat & Bouncing Back

Every draw ends in a loss for all but one — the handshake at the net, and the flight to next week's tournament.



The handshake at the net ends the match, never the story — next week there is another draw.

Defeat & Bouncing Back — in the game, in life

Tennis is arithmetic with a cruel streak: every week, in every draw, all but one player ends by losing. The tour is a caravan of the freshly beaten, packing their bags on a Tuesday in a city far from home, and the rankings make the verdict public to the decimal point. No sport schedules defeat so relentlessly — and none teaches the response so well. Watch what happens at the net when it ends. The loser crosses first, offers a hand and finds words for the person who has just dismantled their week. Then comes the part the cameras miss: the flight booked that evening, the practice court reserved in the next city, the loss watched back without flinching until it stops being an insult and becomes information — the second serve that shrank, the backhand that broke down under the same pattern, the belief that leaked away at five-all. The great ones grieve fast and learn faster. Their careers, seen honestly, are not runs of triumph but long chains of recoveries, and the champions are simply the players whose Mondays are the best in the world. There is mercy in this for the rest of us, because life runs its own tour. The application declined, the plan in pieces, the year of work undone in an afternoon — everyone's draw ends in a loss eventually. Do it the tennis way. Shake the hand and mean it. Let it hurt on the evening flight, briefly and properly. Watch your own tape until the shame becomes a lesson, keep the lesson and bin the shame. Then enter next week's tournament — because the rankings of a life are not kept by your worst Tuesday, but by what you did on the Wednesday after it.

“It will be tough to speak because this is very tough. I think this is the most painful loss of my career... but I am not going to give up. We're going to make it one day, I promise you.”

— Ons Jabeur

Defeat & Bouncing Back

Sit with the voice that speaks to you today.

"I haven't lost a war. No one got killed. I just lost a tennis match."

— Boris Becker

"And to me, the worst kind of defeat is not failure per se. It's the decision not to try."

— Novak Djokovic

"The scoreboard said I lost today, but what the scoreboard doesn't say is what it is I have found."

— Andre Agassi

"It's been a perfect journey."

— Roger Federer

"Enduring means accepting. Accepting things as they are and not as you would wish them to be, and then looking ahead, not behind."

— Rafael Nadal

"How do you leave behind the only life you've ever known?"

— Maria Sharapova

"The truth is that this is a moment I never wanted to come."

— Juan Martín del Potro

"I would wake up and think, 'I have to go practice,' and I didn't want to."

— Gabriela Sabatini

Defeat & Bouncing Back

Sit with the voice that speaks to you today.

“I don't like to lose — at anything — yet I've grown most not from victories, but setbacks.”

— *Serena Williams*

“I've known nothing but having a disability, and I'm honest with you, I cannot tell you how much I used to hate myself. I used to hate having a disability. I hated being different.”

— *Dylan Alcott*

“Maybe it's more of a farewell than a comeback. I never imagined my retirement from tennis, but there was no better tournament to do it than this tournament.”

— *Juan Martín del Potro*

“I tried, sorry Pete.”

— *Andy Roddick*

“I have an inner peace with tennis. Like all tennis players, I would have liked to have won more matches, but I know that I have given tennis my very best.”

— *Aisam-ul-Haq Qureshi*

“These past two weeks have been filled with so many emotions and I am so grateful for this moment... I'll bounce back.”

— *Coco Gauff*

“The pain is kind of the driving factor. I can play with limitations, that is not an issue.”

— *Andy Murray*

“A win doesn't feel as good as a loss feels bad, and the good feeling doesn't last as long as the bad. Not even close.”

— *Andre Agassi*

Defeat & Bouncing Back

Sit with the voice that speaks to you today.

"I don't think I've ever been so angry in my life. Instead of Fred J Perry the champ, I felt like Fred J Muggs the chimp."

— Fred Perry

"The harder I tried to be the old me, the farther away from her I found myself."

— Monica Seles

"The best in the world are not the best because they win every point. It's because they know they'll lose, again and again, and have learned how to deal with it."

— Roger Federer

"Ever tried. Ever failed. No matter. Try again. Fail again. Fail better."

— Samuel Beckett

"Champions are allowed to be vulnerable and make their mistakes too."

— Leander Paes

"I really think a champion is defined not by their wins but by how they can recover when they fall."

— Serena Williams

"If I were to say, 'God, why me?' about the bad things, then I should have said, 'God, why me?' about the good things that happened in my life."

— Arthur Ashe

"Champions must find solutions, not excuses. Whining and complaining never helped us win a match or championship."

— Toni Nadal

LAKESIDE TENNIS ACADEMY

More from Defeat & Bouncing Back



The walk back.

“I can cry like Roger. It's just a shame I can't play like him.”

— Andy Murray

A few more from Defeat & Bouncing Back



And then you come again.

“The good news is that it's me against me. The bad one is that I'm still having these issues playing against myself, I would say.”

— Aryna Sabalenka

“Don, this was absolutely the finest match I have ever played in my life. I'm very happy that I could have played it against you, whom I like so much.”

— Gottfried von Cramm

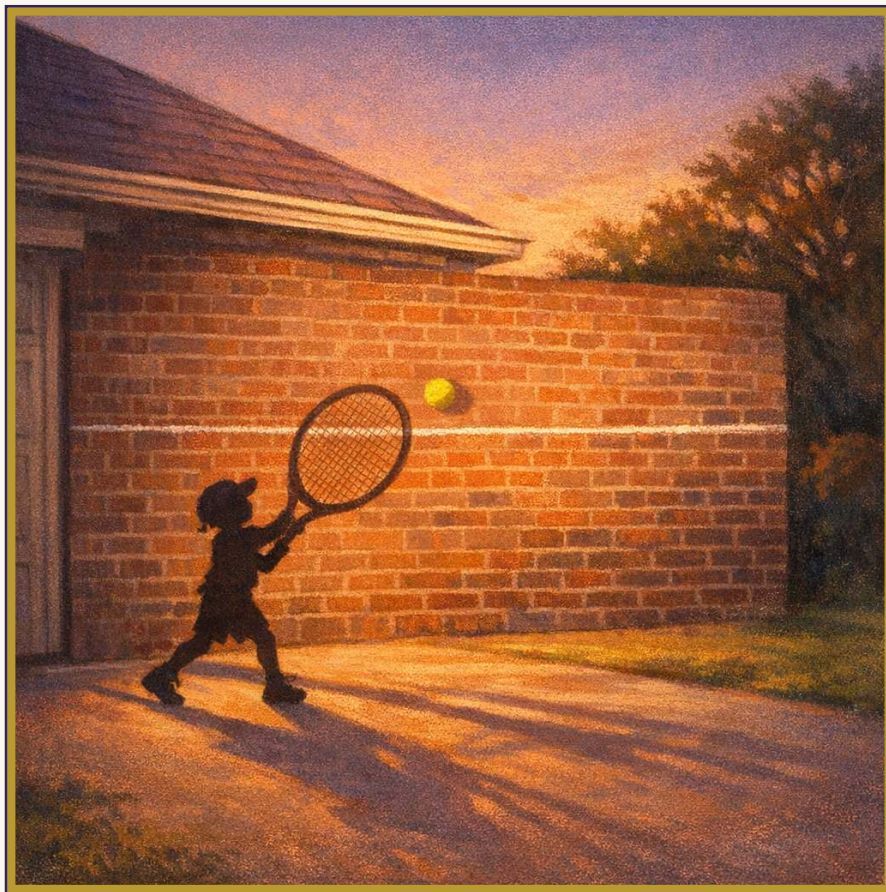
“I am shaken, but fortunate to be alive. The injury is severe and I will need to see specialists, but if you know anything about me I am strong and I will fight this.”

— Petra Kvitová

THEME 5 OF 7

Joy & Love of the Game

The garage door, the practice wall, the pop of a clean strike — playing because playing is the point.



Before the rankings and the whites there was a wall, a ball, and the best hour of the day.

Joy & Love of the Game — in the game, in life

Ask any champion where tennis began and nobody answers with a stadium. It is a garage door, a driveway, a cracked municipal court with a sagging net — and most often it is a wall. The wall is the game's first friendship: it never cancels, never gloats and never gets bored, and it returns everything you give it, for hours, until dinner is threatened and the light goes. Joy is tennis's first language. Before rankings and coaches and string tensions there was simply the sound — that clean pop of a ball struck exactly in the middle of the strings, one of the most satisfying noises a person can make — and the whole professional edifice is built on that small delight or it is built on nothing. You can still see it break through at the top: the impossible get chased down laughing, the drop shot attempted at the worst conceivable moment for the sheer wickedness of it, the champion who warms up by bouncing a ball on the racquet edge like a child killing time. Those are driveway moments wearing whites, and crowds love them because crowds remember. The players who last longest are rarely the most gifted; they are the ones who protect the wall-feeling from everything the tour piles on top of it. There is a rule of life here, and it is not sentimental. Duty is a good engine and a terrible fuel; the energy for your hardest seasons comes from the play you refuse to surrender. Keep your version of the garage door — the piano, the garden, the Saturday swim. Do it badly, do it laughing, do it after dark. The day it stops being play, you have not grown up. You have only forgotten why you started.

“There will be a few former members of the All England Club and the LTA revolving in their graves at the thought of such a tribute paid to the man they regarded as a rebel from the wrong side of the tennis tramlines.”

— Fred Perry

Joy & Love of the Game

Sit with the voice that speaks to you today.

“Those two words have become my great friends as a broadcaster, describing the total range of athletic emotions.”

— Dick Enberg

“Quite extraordinary!”

— Dan Maskell

“The ultimate measure of our lives is not how much time we spend on the planet, but rather how much energy we invest in the time that we have.”

— Jim Loehr

“Oh, my!”

— Dick Enberg

“At last! At last!”

— Althea Gibson

“Tennis is just a part of my life. I really want people to remember me as a fun character. I like to put a smile on people's faces. A smile can change someone's day.”

— Ons Jabeur

“Just need to remind you, in Asia we don't normally say a girl's age in public.”

— Hsieh Su-wei

“My method? I don't think I have any. I just throw dignity to the winds and think of nothing but the game. I try to hit the ball with all my force and send it where my opponent is not.”

— Suzanne Lenglen

Joy & Love of the Game

Sit with the voice that speaks to you today.

“We're undefeated in retirement.”

— Bob Bryan

“But today, some people say I'm getting old — so the old woman had the dream come true.”

— Li Na

“In giving my life to tennis, tennis gave me a life.”

— Maria Sharapova

“Happiness is one of the best medicines we can have for free, so why not use it? What's better than laughing and having a nice time? I think it reflects my character and my game on the court.”

— Ons Jabeur

“I'm so ready for a new mum to hold a Grand Slam trophy.”

— Kim Clijsters

“I have laughed and cried, felt joy and pain, and most of all I have felt incredibly alive.”

— Roger Federer

“I've dreamed of this moment since I started playing tennis. In the last game I felt I could not breathe. I did everything I could. It's amazing.”

— Simona Halep

“It's the end of a wonderful adventure but it's something I have been thinking about for a long time. I have experienced everything I could have. I have lived completely for tennis... It's time to breathe again.”

— Justine Henin

Joy & Love of the Game

Sit with the voice that speaks to you today.

“Shaking hands with the Queen of England was a long way from being forced to sit in the colored section of the bus going into downtown Wilmington, North Carolina.”

— Althea Gibson

“At the start of the tournament, I told the people in the locker room that if I win this tournament, it would be amazing because I would get a membership for life. So, here I am.”

— Simona Halep

“I did not think about becoming the first African or South African to win a Grand Slam. I was just excited to win it.”

— Lucas Sithole

“I was so happy; it will always be my greatest sporting memory. When I look back in 10 years' time, and then in another 10 years, that's what I'll remember, and it'll make me happy again.”

— Nicolás Massú

“I just want to be remembered as a good person and a kid who followed his dreams... and achieved more than I ever dreamed of.”

— Rafael Nadal

“During our time we didn't count records — you know we could make so many, me, McEnroe, Connors. I was just thinking about playing tennis.”

— Björn Borg

“It was my dream in tennis to one day play Roland Garros and to win Roland Garros. I give all the glory to the Lord, that's for sure.”

— Mary Pierce

“I just loved being with the boys, it was a real close-knit team environment.”

— Nick Kyrgios

LAKESIDE TENNIS ACADEMY

More from Joy & Love of the Game



Why anyone starts.

“Today is a dream come true.”

— Li Na

This copy belongs to: Sample Reader

Lakeside Tennis Academy · Joy & Love of the Game

A few more from Joy & Love of the Game



The part nobody has to be told to love.

“Oh I say!”

— Dan Maskell

“It was not more about winning in Paris. It was just more about winning with all my people around, to be able to share this moment.”

— Yannick Noah

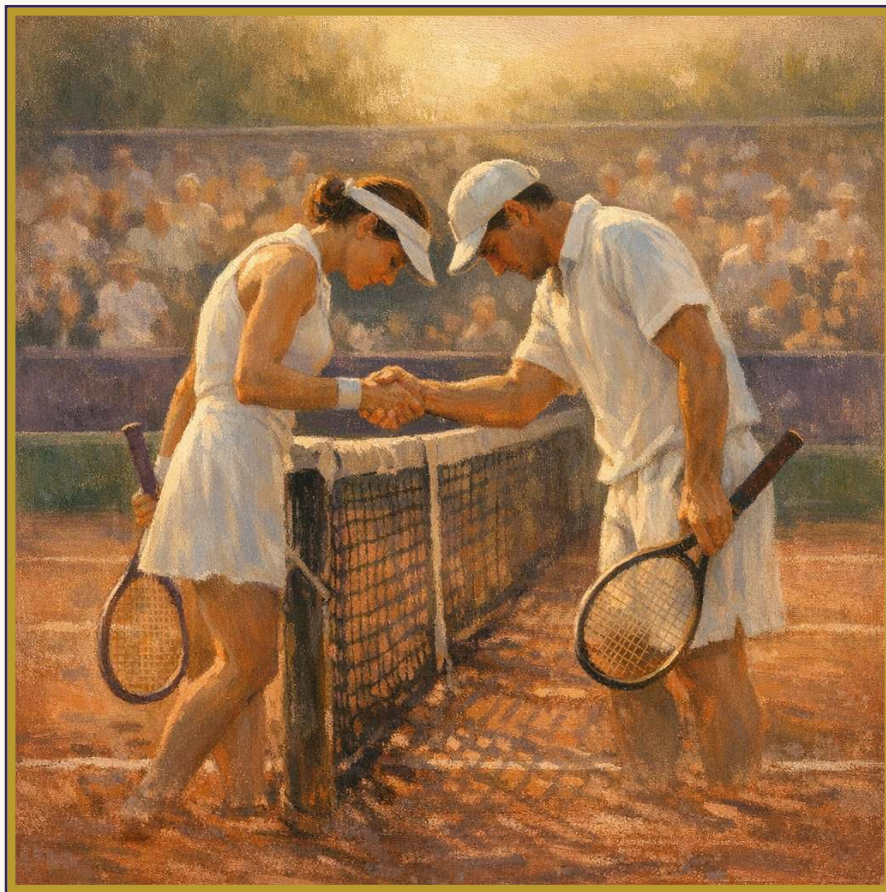
“The rose is a rose from the time it is a seed to the time it dies. Within it, at all times, it contains its whole potential.”

— W. Timothy Gallwey

THEME 6 OF 7

Rivalry & Respect

The opponent across the net who defines your era — and the handshake that makes it sport.



For five sets they are the problem; for ever after, they are the explanation.

Rivalry & Respect — in the game, in life

Tennis builds its cathedrals out of pairs. The game remembers eras not by champions but by rivalries — two players, utterly unlike, meeting in final after final until each became the explanation for the other. Style against style, patience against fire, the one whose game was geometry against the one whose game was weather. Ask the greats in their honest later years and they say the same improbable thing: the rival they spent a career trying to solve is the person who made them. Every weakness found across the net became that winter's homework; every final lost redrew the training week; the standard was set not by the rankings but by one particular human being who would not go away. And then comes the part that makes it sport. Two people who have spent five hours dismantling each other meet at the net, and the handshake is real. They have shared something nobody else in the stadium can touch — the same third-set stillness, the same lonely hotel rooms, the same impossible standard — and rivals, in the end, are the only ones who truly understand each other's careers. Life deals everyone a rivalry, though we are usually too polite to use the word: the colleague whose work makes ours look ordinary, the old classmate whose progress needles us at midnight. Use it the tennis way. Envy studies a rival's trophies; wisdom studies their practice week. Let the contest sharpen you and let the respect keep you decent, and refuse the modern habit of needing your opponent to be villainous. Want harder. Play fairer. And when your own long final ends, whichever way it ends, walk to the net and mean the handshake.

“It is very unique that most of the times that we stood on podiums with trophies in our hands, our relationship was at its worst. The brotherhood that we have, he knows that anytime he needs me, I will be around and I know the same for him.”

— Leander Paes

Rivalry & Respect

Sit with the voice that speaks to you today.

“You made me reimagine my game — even going so far as to change the size of my racquet head, hoping for any edge.”

— Roger Federer

“What rivalry teaches you is you have to figure out where you can think better, where you can get better, where you can improve.”

— Martina Navratilova

“It felt like a perfect ending, considering all the history, all the times I played against Rafa, that he could be next to me.”

— Roger Federer

“If you add everything together, there is no question in my mind overall the 2008 match between Roger and Rafa is the greatest match ever.”

— John McEnroe

“We had our blowouts. Sometimes, it got physical on the court or after matches.”

— Bob Bryan

“She's the toughest player I've ever played in my life and the best person I know.”

— Serena Williams

“You'd won five already!”

— Andy Roddick

“No man, living or dead, could have beaten either man that day.”

— Walter Pate

Rivalry & Respect

Sit with the voice that speaks to you today.

"I never root against her, no matter what. So I think that's the toughest part for me. When you always want someone to win, to have to beat them."

— *Serena Williams*

"Our rivalry taught us to work together. It teaches that, yes, you're competing against somebody, but also you've got to work together. We worked together to support the sport."

— *Chris Evert*

"It obviously surprised him. But I think it shook him up a bit because after that point, it became not just a physical battle but a mental one as well."

— *Michael Chang*

"I think it's important being fair on and off court. That's more important at the end of the road. I was successful. Looking back, probably could have been more successful, but who knows?"

— *Stefan Edberg*

"The guy's an absolute warrior. It stinks someone had to lose."

— *John Isner*

"I think we led the way when it comes to rivals as friends."

— *Martina Navratilova*

"Winning is overcoming obstacles to reach a goal, but the value in winning is only as great as the value of the goal reached."

— *W. Timothy Gallwey*

"At the end, you feel like this is a draw between the two of us. John's such a great guy, and I really feel for him, because if I'd been on the opposite side, I don't know how you can take that, playing for so long and coming up short."

— *Kevin Anderson*

Rivalry & Respect

Sit with the voice that speaks to you today.

"I try to see it from a different perspective of being really grateful that I had the rivalry I had with these two guys because they made me a better player."

— Novak Djokovic

"If Althea Gibson represents a challenge to the present crop of women players, it's only fair that they should meet that challenge on the courts."

— Alice Marble

"Serena, you're a great, great person and the champion... you're such an inspiration for everybody, all of us, all the people watching you."

— Angelique Kerber

"This Wimbledon final's got the revenge narrative, the king-versus-regicide dynamic, the stark character contrasts. It's the passionate machismo of southern Europe versus the intricate clinical artistry of the north."

— David Foster Wallace

"Some elements in the All England Club and the Lawn Tennis Association looked down on me as a hot-headed, outspoken tearaway rebel, not quite the class of chap they really wanted to see winning Wimbledon, even if he was English."

— Fred Perry

"That's what winning ugly is: competing, trying, paying attention to what's really happening on the court between you and your opponent."

— Brad Gilbert

"After all the history that we have behind us, like rivals, to be together the same part of the court, fighting for a team is something that I think we really enjoyed a lot."

— Rafael Nadal

"For me, I'm always going to remember the Serena that I love. It doesn't change anything for me. She was really nice to me at the net and on the podium."

— Naomi Osaka

LAKESIDE TENNIS ACADEMY

More from Rivalry & Respect



Opponents, not enemies.

“This was my hardest match at Wimbledon, and it was my best match.”

— Björn Borg

A few more from Rivalry & Respect



Respect, earned the hard way.

“We brought out the best in each other.”

— Chris Evert

“Pancho was very even tempered. Always mad.”

— Pancho Segura

“We pushed each other, and together we took tennis to new levels.”

— Roger Federer

THEME 7 OF 7

Watching & Belonging

The hush of the show court, the queue at dawn, the summer fortnight — why we gather, fall silent, and stay.



Fifteen thousand strangers fall silent together — and belonging has never been louder.

Watching & Belonging — in the game, in life

No crowd in sport governs itself like a tennis crowd. Fifteen thousand people agree to fall silent so that two of them may think — and then, the instant the point ends, permission is granted and the noise arrives like weather. That hush is the show court's gift: a shared discipline, a collective act of respect that turns spectators into participants. Tennis watching has its own liturgy everywhere it happens. The slow turning of heads in unison. The gasp at the impossible get, the low groan at the netted sitter. The queue that forms before dawn outside the grounds, deckchairs and flasks and strangers becoming friends by mid-morning. And far from the stadiums, the older sacrament: families arranged around a screen through a summer fortnight, generations keeping the same appointments year after year, until a tournament becomes a way of measuring a life. Nobody remembers the score of the first final they watched; everybody remembers who was on the sofa beside them. That is the tell. Fandom looks like it is about the champions, but it is mostly about each other — the parent explaining the tiebreak, the friend you always text at match point, the stranger in the next seat you embraced when the fifth set turned. Supporters keep an old medicine the modern world has nearly lost: shared hope, shared heartbreak, an appointment faithfully kept. So find your show court, in sport and beyond it — the choir, the parkrun, the book club, the gallery that gathers for anything at all. Then keep turning up. You do not feel your way into belonging. You belong your way into feeling, and the feeling follows the faithfulness — never the other way around.

“So many unforgettable moments of my career happened in New York, and Arthur Ashe Stadium is a place that means a great deal to me. I've missed being part of that atmosphere and feeling the incredible energy that the fans bring every year.”

— Roger Federer

Watching & Belonging

Sit with the voice that speaks to you today.

"I couldn't have thought of a better place to finish my career, in front of you all, where the journey started 18 years ago."

— Sania Mirza

"Most recreational players watch a match like they're looking at somebody play Nintendo at a video arcade. They just stare. I'd watch a match like I was studying for a history test."

— Brad Gilbert

"I want to tell all of my fans who supported me along the way that I had the best tennis career."

— Shingo Kunieda

"Genius is not replicable. Inspiration, though, is contagious, and multiform — and even just to see, close up, power and aggression made vulnerable to beauty is to feel inspired and (in a fleeting, mortal way) reconciled."

— David Foster Wallace

"Everybody always talks about the pressure of playing at Wimbledon, how tough it is, but it's not the people watching. They make it so much easier to play. The support's been incredible."

— Andy Murray

"What was the message you got was more the question. I feel like the point is to make people start talking."

— Naomi Osaka

"If you look back over the years at any stage of the greatest Davis Cup matches, they are all massive five-set epics that people talk about."

— Lleyton Hewitt

"In the past when I started playing again after I had Jada, I got letters from women who were inspired. I've got women who come up to me now who say they started running because of me."

— Kim Clijsters

Watching & Belonging

Sit with the voice that speaks to you today.

“Sports are a microcosm of society.”

— Billie Jean King

“I really loved playing in New York, loved playing in front of you guys. But I know in my heart, it's time to say goodbye.”

— Pete Sampras

“I think Venus and Serena have won about four each.”

— Andy Murray

“My first visit was absolutely thrilling. Walking through the gates I felt a tingle of excitement up and down my spine — a feeling I still get to this day because it is such an iconic venue.”

— John Barrett

“Our sport has given me everything in life. It has taken me places I never thought I would go. It will always be a part of our lives and always bring families, communities and countries together.”

— Vijay Amritraj

“The smaller the ball used in the sport, the better the book.”

— George Plimpton

“Oh, wow. For the first time in my career, I'm not sure what to say.”

— Andy Roddick

“They're demanding more drama, and I'm going to give it to them.”

— Jimmy Connors

Watching & Belonging

Sit with the voice that speaks to you today.

“You feel the crowd, you don't really see them... it's intimate but it's big at the same time. You feel like you're on stage, feel like you're doing Hamlet.”

— Martina Navratilova

“For me, it was always India on the Centre Court. It was the Indian people who supported me all over the place that I played and took me to places that I never dreamt I would go.”

— Vijay Amritraj

“The titles, numbers, they're there. People probably know that. The way I'd like to be remembered more is like a good person from a small village in Mallorca.”

— Rafael Nadal

“Wimbledon will always be my favourite.”

— Roger Federer

“The player owes as much to the gallery as the actor owes the audience.”

— Bill Tilden

“You guys were amazing today. I tried.”

— Serena Williams

“I'm really happy that I'm trying to inspire many generations. I hope you're listening.”

— Ons Jabeur

“You got the next female Michael Jordan on your hands.”

— Rick Macci

LAKESIDE TENNIS ACADEMY

More from Watching & Belonging



Belonging, in the stands.

*“Almost anyone who loves tennis and follows the men's tour on television has, over the last few years, had what might be termed *Federer Moments*. These are times, as you watch the young Swiss play, when the jaw drops and eyes protrude and sounds are made that bring spouses in from other rooms to see if you're O.K.”*

— David Foster Wallace

A few more from Watching & Belonging



The people who turn up.

“I had fallen in love with tennis and this book is the account of that love affair.”

— Al Laney

“Beauty is not the goal of competitive sports, but high-level sports are a prime venue for the expression of human beauty.”

— David Foster Wallace

“When you win, it's to give joy to the loved ones. And the craziness of the whole thing is that you also give joy for people you don't even know, which is, like, a blessing.”

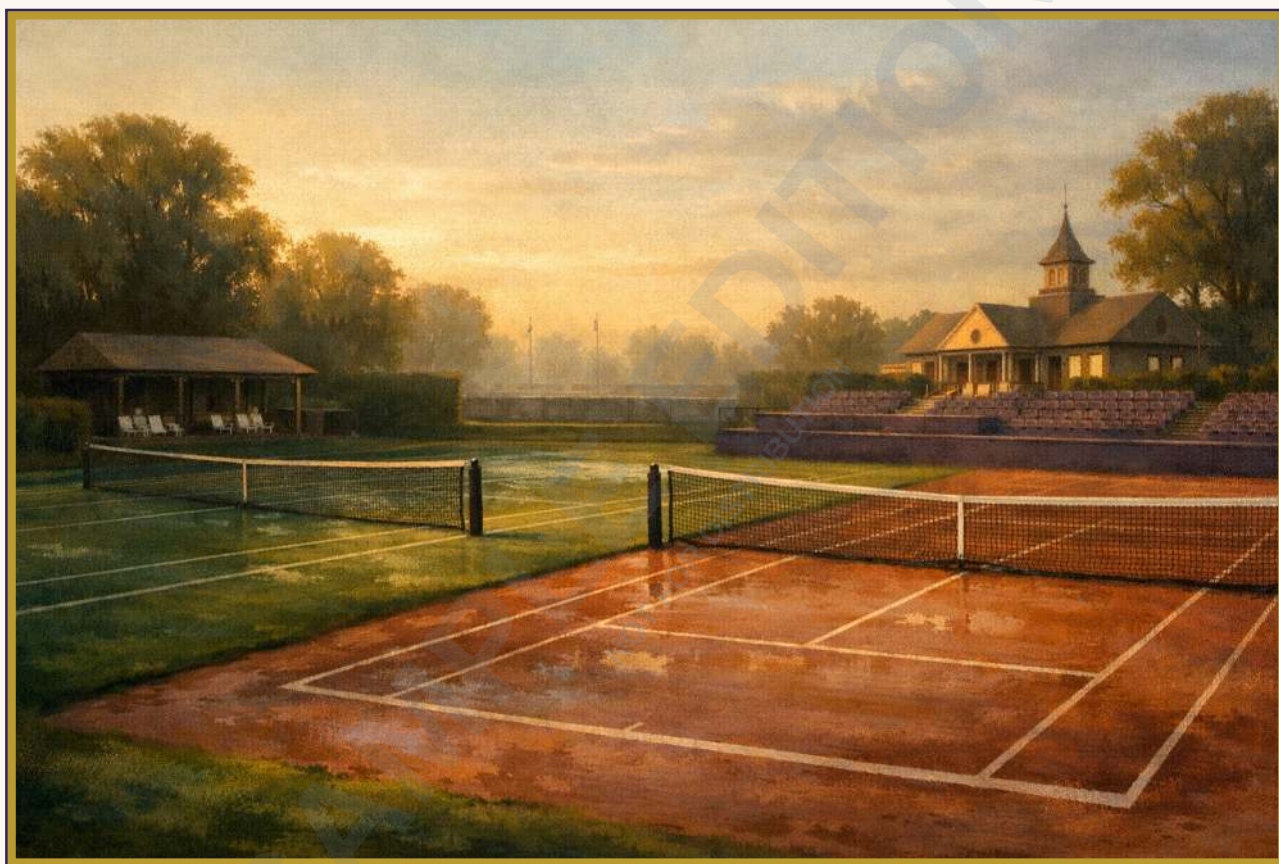
— Yannick Noah

About Lakeside Tennis Academy

Lakeside Tennis Academy is a demonstration client, invented to show how a branded edition looks and reads. In a real edition this page carries your own history, your own words, and the details your people would want to keep.

Website: sportsmart4life.co.za

After the final whistle



Until the next one.

Between the Whistles

The final point is only ever half true. Somewhere a ball is already in the air — a practice basket being emptied, a garage door taking its evening pounding, a child asking for one more game before dark. May the voices in this collection walk with you between the changeovers of your own life.

SportSmart4Life is the intelligent spectator's toolkit — learn the games you love, watch them smarter, and let the wisdom of sport walk into your life. Explore the sports, SpectatorIQ and the Voices of the Game at sportsmart4life.co.za.

Go Deeper with SportSmart

This collection began as a way of watching. If the voices in these pages made you want to watch with sharper eyes — and let more of the game walk into your life — here is where the journey continues.

- **The Tennis Spectator Module**

eight tools that teach you the game itself — read the play, know the laws, follow the season's plots, and grow your Fan IQ match by match.

sportsmart4life.co.za

- **SportSmart4Life Membership**

the intelligent spectator's home — modules across 80+ sports, one member dashboard, and wisdom tools that turn watching into wellbeing.

sportsmart4life.co.za

- **SpectatorIQ — the Quiz Show**

test your sports brain in our quiz show — ladders, live rounds and power-ups across every sport we cover.

sportsmart4life.co.za

- **Voices of the Game**

the living library behind this book - thousands of verified voices to explore, sport by sport and theme by theme.

sportsmart4life.co.za

Every quotation in this collection is real, verified and honestly attributed — that is the Voices of the Game promise.