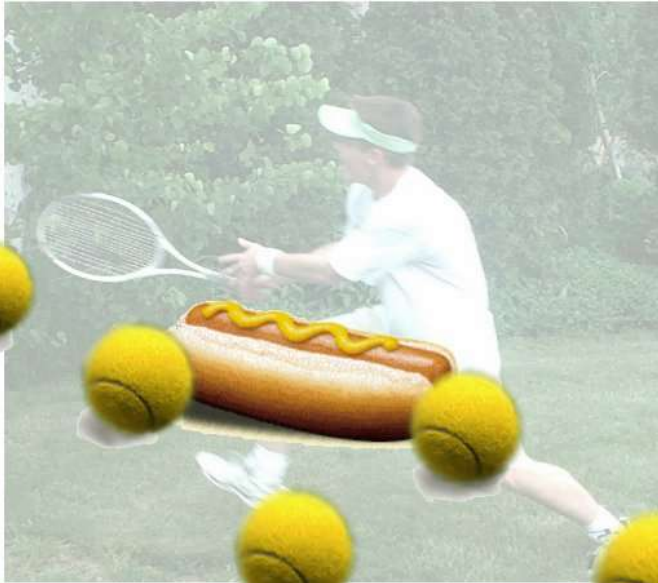


# The Tennis



*Wiener*

*To my friend A.S.: may your tennis career take you places  
where I would not dream of going.*

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## **-Introduction-**

This guide will help you to achieve the pinnacle of performance in tennis. Many have tried to become “the Tennis Wiener,” and many have failed, but, for those intelligent readers of this guide, failure is not an option. To become a tennis champion, every aspect of your game must be finely tuned. This necessitates the following: you must have the correct equipment; you must be well versed in tennis strategies; and you must be armed for mental warfare. Outlining the steps that need to be taken before, during, and after a tennis match, this manual will ensure that you are absolutely ready to meet any challenge. Moreover, the end of this manual will reveal an impeccable drill, guaranteed to change not only your tennis game, but also your life, forever.

## **-Pre-Match-**

### *Equipment:*

Having the correct equipment is one of the most important aspects of playing tennis; I cannot stress this point enough. If you do not have enough money

to buy proper equipment, you might as well quit tennis now because you will never become a wiener.

Imagine marching out onto the court, wearing your tennis clothes proudly, like a uniform, with your racquet bag swung casually over your shoulder. Then, unsheathing your racquet, emblem blazing brilliantly in the sun, like a knight ready for battle. That same emblem shines from your shirt, your hat, and your bag, everything, uniting you, showing the world that you have your act together. This is what you see every time a tennis pro steps out onto the court, so this is what your opponent should see as well. Now, imagine the alternative: staggering onto the court, shoes held together by assorted pieces of string, t-shirt sporting some foreign trademark, racquet carried plainly over the shoulder. This is a truly disgusting sight that tells your opponent, “I was born in a hole in the ground and I found this racquet in a dumpster and the only reason I play tennis is because it is daytime and the cops know my face.” Clearly this needs to be avoided.

**Figure 1:**



*The Clown*                      *VS*                      *The Wiener*  
*Which would you rather have your opponent see?*

The first step in purchasing tennis racquets, shoes, clothes, etcetera, is choosing your brand. There is little more damaging to a tennis player's game than having different brands of clothing. Wear Wilson shoes and play with a Gamma racquet, and you will lose every shred of your opponent's respect. Anyone remember Vladimir Voltchkov. No? That's not surprising. He stormed into the 2000 Wimbledon semi-finals wearing mismatched clothes, looking like a rag doll ready to fall apart. Getting as far as he did is a tribute to his skill, but then he met Pete Sampras. Pete, seeing this mismatched rag doll, was completely relaxed. Vladimir, though, found himself staring face to face to an indomitable Sampras. An invincible aura surrounds Pistol Pete because he looks invincible, wielding shiny, new, professional equipment. This wins him tennis matches before he even steps out onto the court. Vladimir could have won - he was good enough - but playing against a relaxed, un-intimidated opponent is suicide. Tennis matches are not won by skill; **they are won**



**by the one person having a mental edge over his or her opponent.** Thus, it is essential that you choose your brand, and buy everything from that company, (and do not even consider buying no-name clothing).

When I say ‘everything,’ I *do* mean *everything!* To look professional, you need a hat or headband, sweatbands, a racquet, towel, tennis bag, vibration dampers, tennis shirts, tennis shorts or skirt, tennis watch or tennis bracelet, tennis socks, tennis shoes, and tennis shoe laces, all from the same company. (When choosing your company, I would suggest picking Wilson, Prince, or Gamma because these also make a brand of balls. This extra accessory may be the deciding factor that wins you the match.) There is nothing more discouraging than seeing one’s opponent uniformly dressed and equipped with a single brand. It makes the statement, “I play a lot of tennis and I am good,” or “Look at me, I’m sponsored by this Company, so I know my stuff,” or “If I’m dressed better than you, then I probably play better too.”

### *Opponent Selection:*

While on your quest to become a tennis wiener, you must maintain a healthy self-image and not get discouraged. One of the most discouraging occurrences is being brutally beaten by another player. Thus, losing must be prevented at all costs. Unless you have the absolute confidence that you will be victorious, **do not enter any tournaments.** Tournament play is undesirable because of three things:

1. You cannot control against whom you play.
2. There will be uncivilized players (no-brand clothing people) against whom you may lose with impunity.
3. You cannot bend the rules because rules are enforced.

So, unless you are sure that you will win, avoid tournament play. Now, selecting your opponent. The rule of thumb is: pick the easy prey. Be sure to watch your future opponents play at least once before challenging them for matches. If they lose the match and you are sure that you can beat them, challenge them right away. This has two advantages:

1. They are already discouraged before playing you because they have recently lost.

2. If they accept the challenge right away, they will be tired.

Picking a person with no-name and or mixed brand clothing is another good choice because you will be able to capitalize on this deficiency. Also, never play against someone much older or much younger than yourself. This will make you look desperate because it will indicate to spectators that you are unable to find someone of your own age to beat. Also, imagine the embarrassment of losing to a wrinkled up prune, or having a ten-year-old midget say, “Gee Mister, you almost beat me that last set.”

These tips will, obviously, be useless in the pro game, but they will help to get you there, right Anna Kournikova? Having selected your opponent and obtained a court to play on, you need to immediately start discouraging your opponent.



### *Pre-match Intimidation:*

Intimidating your opponent can win you the match even before it starts. Now, there are a few simple methods to this. First, the equipment advantage needs to be played. Upon noticing your opponent’s mismatched apparel (Figure 1), make a comment about it right away. Be sure to make it blunt and obvious in order to embarrass them. Here are a few suggestions:

1. “Not very passionate about tennis are you, why, you don’t even have a favorite brand name!”
2. “My my, did you borrow your equipment from multiple people? You look like a clown with all those different brands.”
3. And my personal favorite, “Oh, I see you have a Wilson racquet but Brooks shoes. Couldn’t afford the Wilson shoes, eh?”

Looking down at their meager apparel, your shining suite of armor will become even more brilliant, surrounding you with an impenetrable barrier of invincibility.

Next, you have to make it clear to them that you are doing them a favor by playing against them. Martina Hingis did an excellent job of this at the start of her career. With her attitude and demeanor, she

convinced many players that they were inferior. To become a wiener, you must follow her example by:

1. Not partaking in a friendly conversation with your opponent
2. Not talking to your opponent unless it is to point out their insufficiencies
3. Ignoring your opponent's greetings, or barely acknowledging them

This will surround you with an 'intimidation aura,' letting your opponent know that you are superior.

Today's friendlier Hingis is struggling to win anything. She took her eye off the goal, being a wiener, and chose to pursue friendly relationships with other players instead. Do not make the same mistake she did. If you perform these procedures correctly, your opponent will be left cowering at your brilliance. It takes time and dedication to master all these intimidation methods, but never stop practicing them because the more they fear you, the better.



## **-Match-**

### *The Warm-up:*

A proper warm-up loosens up your strokes and prepares your body, slowly, for the match ahead. Knowing this, you must prevent, at all costs, your opponent from achieving a proper warm-up. You want to make him play hard from the start. If you feed balls to the center of the court, he or she can gently hit stroke after stroke, building confidence. Instead you must feed the balls to the corners, like in a match, making your opponent run around. The warm-up becomes a competition, but one your opponent is not ready for. Apart from not building confidence in his or her strokes, his or her body is not yet ready for competition, and it can result in an injury, which will give you the advantage in the match. After the warm-up with your opponent, start doing a long stretching routine. Make sure that your opponent has to wait. This waiting will gnaw away at your enemy, making him or her nervous. After stretching, slowly go over to your tennis bag, and drink some type of sports drink. Casually ask your opponent if he or she is finally ready to begin (Figure 2).

*Figure 2:*



*Are you ready yet?*

*Playing Strategies:*

Most tennis players enjoy variety in matches: the mixture of fast and slow paced balls; the different angles, positions and placements of the ball; and the

mixture of short and long points. An exhilarating rally consists of diversity, and since this is the most enjoyed aspect, you must prevent it from happening. Once your opponent is enjoying the match, all the pre-match preparations, the intimidation and annoyance factors, are eliminated. To become a wiener, you must keep your opponent from playing well, and, therefore, from having fun. This leaves you with two playing strategies:

1. Only hitting the ball high and slow, resulting in nothing but long rallies.
2. Only hitting the ball hard, resulting in nothing but very short rallies.

The second option is the more dangerous one because you suffer the risk of missing many shots. Its main use is when playing a person who is obviously better skilled than you are. Hitting nothing but hard shots, thereby trying to win the rally on the first point, becomes a good strategy. It will frustrate your opponent because he or she will have no control over the outcome of the rally. Either you make the shot and win, or miss the shot and lose. Besides the fact that the shots you do make will look flashy and professional, this strategy will also give you an excuse if you lose the match. On the other hand, winning this match using this hard-hitting style gives you the opportunity to further humiliate your

opponent. Both the Williams sisters utilize this strategy. Often, they will simply hit their opponents off the court using sheer, brute, strength. By completely eliminating diversity, their opponents find no enjoyment, and are forced to face the same monochromatic shot every time.



*Venus and Serena Williams*

Nonetheless, your preferred strategy should be option number one. Consider this example from the May 2002 issue of Tennis Magazine:

Ask Mac

**Dear Mac,**

I love to lob. Sometimes even when my opponent is on the baseline, I lob. Or when I'm returning serve, I'll lob. I can't help it. I know I shouldn't lob all the time, by my passing shots are suspect. What should I do?

--Libby the Lobster

**Dear Libby**

*If they arrested people for being annoying on the tennis court, you'd be looking at doing 15 to life.*

*Next question.*

--Mac

We all know John MacEnroe as the fiery tennis player who would often lose his temper, throw racquets, swear, and sometimes even take on the chair umpire. He has had a lot of frustration on the court, so it is obvious that he knows what is most aggravating. His reply to this reader's question sums up playing strategy number one beautifully: lobbing balls is annoying. Since your goal is to frustrate, aggravate, and annoy your opponent, hitting high, soft balls is ideal. Lob every single ball to the center of the court,

but make sure that it lands fairly deep. There is no real way to take advantage of this type of ball, so your opponent will be forced to hit a weak reply. Since you will be hitting nothing but lobs, your opponent will soon start to get frustrated and start taking risks. These risks will not pay off, however, because by the time they attempt them, they will be out of patience, annoyed, frustrated, and or hopefully angry. By this time, your opponent has long since stopped having fun. Now, if, by some miracle, your opponent happens to win this match, he or she will be so drained from the long, boring rallies that he or she will leave as soon possible. Because of his or her speedy departure, it will appear to the casual observer that it was not your opponent, but you, instead, who won the match. Thus, no matter what the outcome was, you win because all that matters is appearance.



### *Mental Warfare:*

Since you want to become a wiener, you need to incorporate mental tactics in order to psyche out your opponent. The most significant source for mental warfare came from a match played between Andre Agassi and some other guy who we do not care about. During this match, the other guy was having trouble with his service toss, often catching the ball instead of serving. His excuse? It was windy. Andre realized that this was hampering his concentration. Thus, in order to even the odds, he had to ruin his opponent's concentration as well. To do this, Andre would do the following (see Figure 3):

1. Bounce the ball an excessive amount of times before serving
2. Take his time when receiving serve, always making his opponent wait
3. Retie his shoelaces after every game
4. Toss up the ball pretending to serve, catch it, and apologize

These strategies all made his opponent wait, which is frustrating. Obviously, Andre won the match; his opponent simply could not compete against these mental stratagems. I am surprised that these strategies are not used more often. Now, the third tactic gave

**Figure 3:**



*Service toss, bounce ball, shoe tie*

Andre the added advantage of giving him a breather whenever he became tired. You will see many other players use it two or three times during a match, so most people will be used to this tactic. That is why you must use it excessively. Next, be sure to question the score of games every now and again, arguing that you, in fact, have more points than your opponent suggests. Apart from being frustrating and annoying, this tactic may also ‘win’ you free games. Then, if the ball lands on the outside part of the line, always call it out. After doing this, show your opponent how far out it was by holding your thumb and forefinger about a centimeter apart. Apart from the obvious advantage of helping you earn points, this will add to your opponent’s frustration. Finally, develop some type of aggravating guttural noise to use during the rally. It worked for Monica Seles, why should it not work for you?



*So close!*

## **After Match**

### *Capitalizing on Wins:*

You need to make winning a habit. So, wanting to become a wiener, you must utilize every win as much as you possibly can. Winning a match should boost your confidence for weeks, and it should boost your ego forever. While doing this, you might as well diminish your opponent's confidence and ego. Thus, after winning, be sure to let your opponent know what the score was, telling him or her the final score multiple times. Hearing the score more than once will ingrain the victory into your subconscious while imprinting the loss into your opponent's. Next, point out all the mistakes he or she made, showing your superiority. Then, give useless suggestions to help them improve. For example, you may tell your opponent this: "your forehand just is not consistent enough, you should buy another racquet, but maybe not even that will help." Also, let as many people as possible know that you had won. Screaming "Yes I won" very loudly after the match is a very effective method, but more subtle ways should be used as well, for example, saying, "*Maybe* next time you will do better," in a moderately loud voice upon entering the

clubhouse with your opponent. Be sure to challenge an opponent again if you won easily. If, however, you barely won, make sure never to play them again, but always remind them that you did win. This should help your confidence, and, by lowering your opponent's confidence, you make your path to the top just that much easier.

### *Dealing with losses:*

Everyone must lose a match, eventually. Yes, even those privileged individuals who have read this manual will lose the odd one. So, you have lost, now you need a way to prevent your opponent from feeling good about the victory and keep up your own ego. The best way to do this is blame the loss on some other factor. "The sun/ moon/ clouds/ glare/ grass/ clay/ was in my eye," or, "I am not used to this strong wind," are all good excuses. Next, blaming the loss on an injury is an excellent tactic (Figure 4). Not only will you provide a reason for your loss, but your opponent and casual observers will also note that you bravely proceeded to play even though you were injured. Definitely mention that you were having a bad day, and if your shots were "working like they normally do, it would have been a different story."

*Figure 4:*



*Ouch! It hurts!*

The last excuse works especially well if you were using playing strategy option two. Also, accuse your opponent of cheating, adding a few insulting remarks. Then, leave the club as soon as possible, muttering something such as “I swear that ball was in” under your breath. Perfecting the art of dealing with losses takes time, but with a lot of practice it will become second nature to the wiener.

### **Conclusion: Secret Drill**

If you have followed the steps in this manual and have become a tennis wiener, there remains only one thing that you must do in order to revolutionize your tennis game. Go sit on the nearest set of train tracks, blindfolded, for at least an hour, five times a week. This will improve your senses, and help you enter into a much hotter league, a league of your own. The tennis community will suffer a severe loss from your absence, and they will mourn your departure from their world. Additionally, this exercise will also help you discover the true power of this book, and, perhaps, then you will realize that ‘wiener’ is not a spelling mistake.



*Matt Weckermann*