

Inner Game Tennis

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Inner Game Tennis

Novak Djokovic secured the French Open title for the second time as he defeated Stefanos Tsipitas in a five-set thriller on Sunday evening. Djokovic showed remarkable character a ...

How Djokovic completed his French Open comeback: Inner voices and becoming another player

Maybe learn how to meditate and find inner peace. As a sports dad ... the trophy at the Western Montana Open 16-and-under boys tennis tournament in 2008. Sheesh, I wish I had known that back ...

Bill Speltz: Father's Day sports tip — don't snuff the flame

These 10 pieces will help you channel your inner Serena Williams all summer long. Amazon's top-rated pleated skirt will keep you covered and feeling cute. For the flirtiest skirt in the game, consider ...

10 ways to pull off the 'tennis-chic' trend this summer

After playing for several hours, often in hot and humid conditions, with their emotional reserves ebbing and stress levels sky rocketing, tennis stars enter the media's ice cold inner sanctum ...

The Naomi Osaka fiasco is a sign that we're nowhere near finished with work on mental health

(Getty Images) The synergy between tennis ... s games (Kobe Bryant watched Naomi Osaka in New York), and imitated each other's on-court celebrations (Frances Tiafoe embraced his inner Lebron ...

The top tennis and basketball shoe collaborations

If running just isn' t your thing, then you might pick up a game that lets you work up a sweat by channeling your inner dancing queen ... bowling, tennis, golf and boxing. You use your Wii ...

Best fitness games 2021: top exercise games to make you break a sweat

Athletes no longer need the press to communicate with fans. They can do that directly through social channels — and unless sports reporters do a better job asking questions, they may become obsolete.

Sports writers could ditch the 'clown questions' and do better when it comes to press conferences

LeBron James had enough. During the press conference after Game 1 of the 2018 NBA finals, James was questioned repeatedly by ESPN ' s Mark Schwartz about the mental state of teammate J.R. Smith, whose ...

Athletes have good reason to want to skip press conferences

Greek Maria Sakkari bundled out American fourth seed Sofia Kenin, the highest remaining women's seed, from the French Open on Monday (Jun 7) with ...

Tennis: Sakkari knocks out Kenin to reach maiden major quarter final

It is against this backdrop of these real dangers that a group of 16 youngsters have been playing table tennis in Kaduna and around the country. Following their 16 hour arduous road trip from Kaduna ...

Table tennis the salvation in the shadows of banditry

Sports journalists have extraordinary access that can inform fans ' understanding of the athletes and their performances, but they must do better if they are to remain relevant.

' Be Better ' : Why The Burden Should Be On Sports Writers, Not Athletes. During Press Conferences

This high-stakes game is going on all around upper-middle-class parents—how can they not play? But Feeney is done with it: " The idea that this great competition into which my wife apparently birthed ...

Junior Varsity Blues

Novak Djokovic has earned one of his greatest triumphs, coming from two sets down to beat Stefanos Tsitsipas 6-7 (6-8) 2-6 6-3 6-2 6-4 in the French Open final.

Djokovic in epic French Open comeback win

On one side are reporters who need quotes to flesh out stories they hope will stand out from their competitors. On the other are athletes, who often want to be anywhere but in that press room.

Sports Writers Should Ditch The 'Clown Questions' At Press Conferences

During the press conference after Game 1 of the 2018 NBA finals, James was questioned repeatedly by ESPN ' s Mark Schwartz about the mental state of teammate J.R. Smith, whose final-seconds rebounding ...

Column: Ditch the 'clown questions' and do better at press conferences

Abramowicz hopes the Osaka's withdrawal could be a "game changer" for discussions ... and stress levels sky rocketing, tennis stars enter the media's ice cold inner sanctum -- the post-match ...

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