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LOVE DOUBLES? YES WE DO!

Saturday March 19th provided a wonderful day for Atlanta Tennis fans. LoveDoubles came to town and provided a great day in spite of the Bryan brothers and Nestor and Knowles not being able to make it due to problems with their charter plane. Even with the threat of rain looming...Atlanta fans came out and proved we love doubles!

We can't tell you how many times over the years we have heard our tennis friends complain about the lack of air time professional doubles gets on TV, including ourselves. The LoveDoubles movement is out to change that. **LoveDoubles.net** was born out of necessity to save doubles play as we know it. The Bryan brothers and Travis Parrott along with their fellow doubles players on the pro tour have had to challenge in court recent ATP rulings that would have eliminated specializing in doubles. According to Travis for years there has been an increasing squeeze on doubles players including having to take pay cuts and almost be treated as the unwanted step child while playing in tournaments. So far there has been similar LoveDoubles events in Portland, Oregon and Houston, Texas. The purpose of these events is to create more public awareness of the great sport of professional doubles, promote doubles by holding more of these events, help pay for the over \$270,000 legal bill that was incurred fighting the ATP ruling, and give the public a chance to have their voice heard that yes...**we want to see more doubles!!!!**

The day included pro-am match play, a clinic held by Wayne Bryan, a match including wheelchair tennis players **Karen Korb** who played with **Chef Paul Albrecht** and **Harlon Matthews** who played with **11 alive sports reporter Sam Crenshaw**. Then came the main event, team USA against the world. The first match had **John Isner** UGA's (who stands a mere 6' 9"), currently the #1 men's player in college and **Ellis Ferreira** for team **USA** against **Robert Lindstedt of Sweden** and **Jordan Kerr of Australia**. As always Ellis provided great crowd entertainment including a victory lap run around the court after a great point! Unfortunately, team USA lost this match in a tiebreaker. Then came **Travis Parrott** and **Graydon Oliver** against **Jonathan Erlich** and **Andy Ram of Israel**. Again the crowd was witness to some of the best doubles play available, Erlich and Ram are currently ranked 15th in the world! Team USA won this in a tiebreaker. The grand finale was a super tiebreaker which started out with two of the ball girls playing each other, and ended up with all of the players on the court at the same time including the refs and umpires. This proved to be some of the most fun of the day, as the crowd watched the antics of these world class tennis players. This ended in a tie as well...so the **USA against the World match was an even split**.

After the main event, as sponsors, **HealthyTennis.com** had the privilege of attending the players party which provided some unexpected fun. Who would have ever thought I would get to play musical chairs with some of the worlds top tennis players. Wayne Bryan (dad of Bob and Mike Bryan, current #1 doubles team in the world) played keyboard and sang with a local real estate agent/drummer, and led the crowd in a rousing round of "If you're happy and you know it clap your hands", musical chairs...with the winner being Graydon Oliver, and a round of Freeze Dance with Brian Parrott (Travis's dad) and Andy Ram presiding as judges.

All in all it was a grand day and a lot of fun. Now here is where you come in. If you want to get involved with the cause...go to www.lovedoubles.net, there you can learn more, register, make financial contributions and give your feedback to the LoveDoubles team. We hope hundreds of you will contact them and let them know we would like a second event here in Atlanta and give the Bryan brothers another chance to come here and see how much **Atlanta Loves Doubles!**

New!!!! Healthy Tennis CD... Learn the Basics of Sports Nutrition from the experts...how to have more energy, less soreness and stiffness and enjoy pain free joints. Request yours today, \$5 per CD (includes shipping and handling), or listen for free at www.HealthyTennis.com

Spotlight on Travis Parrott



Travis enjoying a delicious GNLD NouriShake Smoothie at the recent LoveDoubles event

I recently had the privilege of meeting Travis at the LoveDoubles event and a chance to get a phone interview with him.

For those of you who do not know much about Travis, he virtually was born into tennis, having three older brothers who played and parents who were both teaching pros. At the age of 5 he began playing tournaments in Portland, Oregon where

he is from. As a junior he was consistently ranked in the top 2-3 in the Pacific North West and ranked in the top 20 nationally from the 14's on. Travis chose going to University of Georgia because of their strong history and program as well as the fact that his family moved here in 1995. While at UGA from 1999-2001 Travis's top rankings were 20th in singles and a #1 ranking in doubles, as well as capturing 2 team NCAA titles and 1 doubles title. Travis finished his senior year back in Portland as an All American and trained hard with his current coach Aaron Gross preparing to go on the pro tour.

Joining the pro tour in the summer of 2002, Travis always fashioned himself as a singles player, but after 6 months on the tour he realized he was having greater success as a doubles player, and began specializing more in doubles. He has had a great doubles career including finishing in the round of 16 at this year's Australian Open. He has partnered with such nota-

bles as Rick Leach, Graydon Oliver and Jordan Kerr. Currently his partner will be Rogier Wassen of the Netherlands.

Travis really enjoys the tour the most when they get to the grass courts in Europe and his favorite tournament to play is Wimbledon. He a really nice guy, a fantastic doubles player and a pleasure to meet and talk to. Maybe we can talk him to coming back here to Atlanta to play in the 2006 GA Tech Holiday Tennis Classic presented by HealthyTennis.com!

Some of the ATP rule changes have taken some getting used to such as no-ad scoring and a super tie-breaker for the third set. In fact, if you do not like these changes you can help by letting the ATP know you would like to go back to regular scoring.

If you would like to follow doubles more... Go to www.ATPTennis.com. They now have a link called **Doubles Alley** where you can follow your favorite players.

The Competitive Athlete's Edge: Omega-3 Fatty Acids

We have shared with you before the importance of omega-3 fatty acids and why **GNLD's Omega III** products are far superior and if you are not convinced yet to add them to your daily routine, this should help.

Athletes of all ages are constantly looking for a way to get a "leg up" on their competition. For many, that usually involves more time spent training and in competition and less time devoted to recovery and proper nutrition. Unfortunately and contrary to what many athletes believe, recovery is where improvement actually begins, and proper nutrition is what supports the body's ability to fully recover.

Quite often, the body's natural mechanisms cannot repair any damage in time for the next training event or competition and the athlete

then turns to something like ibuprofen to alleviate the soreness, the truth is that these drugs address the symptoms and do nothing about the cause of the problem.

Good news for athletes: The two main omega-3 fatty acids found in fish oil, EPA and DHA, have been shown to effectively reduce soreness in joints. Also for the hard training athlete, the benefits of omega-3 fatty acids are multiple. Omega-3 supplements have been shown to improve muscular strength and improve aerobic performance in athletes. In addition when given to asthmatic athletes they provided protection from exercise induced asthma as well as an almost **80% improvement in a lung function test taken 15 minutes after exercise.**

These same athletes also reduced their need to

use bronchodilators after exercise by 20%. Any athlete or individual concerned about joint health and peak performance should strive to include the omega-3 fatty acids EPA and DHA in their diet. The standard recommendation is three to four servings of fatty fish every week. However, the average adult does not meet the minimum requirement, and the hard training athlete may need even more. The best way to fill this critical need is with a high quality omega 3 supplement. Make sure the supplement you choose is made from health screened fish, harvested in cold waters free from contaminants. **By making omega-3 fatty acids a part of your daily routine, you will be providing your body with the nutrients it needs to be its very best!**

Eric Burke of Hardcore Tennis!

Hardcore Tennis is a local Atlanta tennis shop, with locations on Cheshire Bridge Road in Atlanta and Windy Hill Road in Marietta. Its founder Eric Burke is a local pro who has found a niche serving the serious tennis player. **Hardcore Tennis (HCT)**, realizes that there are more tennis equipment manufacturers out there than most of us can count. They also understand that for even the most experienced player, choosing the right racquet, strings, and other equipment can be a tough task. To make things easier, HCT sells only the highest quality racquets, strings, shoes, apparel, and accessories. Every member of the HCT staff is a

die-hard, competitive tournament tennis player who clearly understands the importance of having the right equipment for his/her game. As such, they will work closely with you to find the right goods for your game! Hardcore Tennis services the elite tournaments around the southeast and Eric himself teaches racquet stringing seminars To learn more go to: HardcoreTennis.net

And what does Eric have to say about what HealthyTennis.com has to offer?

"After having to retire during a match for the second time last year, I was not sure if

I would keep playing competitive tennis. Two weeks after the last event, I met the Wexel's of HealthyTennis.com. I must say, up until finding **HealthyTennis.com**, I have always been very skeptical of supplements and miracle pills. That has all changed since I started taking **Full Motion**. I am amazed at how pain free tennis has become. I have actually started bending my knees again! I have complete confidence in the **HealthyTennis** products and tell everyone I see. If you are having any type of inflammation or general older players pain, you have to give the HealthyTennis products a try."

Visionary Tennis...a new look for a new league!



Visionary Tennis is the brain child of Michael Flint a pilot with NetJets and Aubrey Jackson, director of tennis and tournament director at Collins Hill Athletic Club.

Currently the new Visionary Tennis league is wrapping up its second season of play. The first season had about 165 players enrolled and they have doubled that, in this, their second season. For the new kid on the block with every other kind of tennis imaginable here in Metro Atlanta, how is it possible to be off to such a great start? Simple, **Visionary Tennis** offers more than just a singles flexible league...they give you a professional tournament experience, complete with prizes and trophies, player points redeemable for what you want...all of which culminates in **the most fun, flexible league in town.**

When the Vision began, the goal was to create a league where you actually feel like a champion complete with podium presentations and trophies. The league's

playing format was to be fashioned after the tennis masters cup for the pros. The atmosphere was to be fun and exciting and an event worth participating in...by all accounts, Michael, Aubrey and the whole Visionary Tennis team have succeeded.

If you make the choice to play Visionary Tennis you are the beneficiary of:

***The most rewards:** Prizes and rewards after every league and post season match. Pick your prizes from apparel, resort vacations, tennis lessons, dining out, and much, much more!

***The most challenging:** For all playing levels (2.5-5.0+), a flexible 7 match league schedule. Play each player in your league's flight twice (home and away), plus a bonus match designed to excite novice and advanced players alike. Every match is meaningful and earns player points redeemable for prizes.

***The most fun:** The championship weekend = food, fun, music prizes and giveaways for **all** league members.

You get all this and more for only \$29.95 per season, and that's not all!

You can check out more about this new, fun, exciting league at:

www.VisionaryTennis.com.

As I spoke with Michael for this article another Vision was shared; their goal is to have a philanthropic arm as well. Visionary Tennis has chosen **Dream House**, an organization that provides homes for medically fragile children. Recently, Visionary Tennis helped with the Phil Keaggy fundraiser concert for Dream House and they have big plans to continue helping this wonderful organization.



We encourage you to participate in this great new league in town, but don't take our word for it!

As a second place finisher in another league, I got a thin silver plate. Don't get me wrong, I appreciate the plate but in comparison to what you guys did, well there is no comparison - you have a superior format and outing - hands down!!!! Because of this, I've been telling many of my opponents about Visionary Tennis. Thanks for a super season. Take care. - Greg

US and European Studies show glucosamine works ...beyond a doubt!

Faced with aging populations and the accompanying increased incidence of degenerative joint disease (osteoarthritis), government agencies in both the U.S. and Europe have been investigating possible solutions. The importance of finding a solution increased tremendously when the drug treatment of choice—the COX-2 inhibitor drugs Vioxx, Celebrex—were shown to create an increased risk of heart disease and heart attack. The U.S. study, funded and directed by the National Institute of Health, showed that a **1500mg** daily dose of glucosamine hydrochloride (the exact dosage and type of glucosamine found in **Full Motion**), provided **95%** of the pain relief of COX-2 inhibitors, without any of the adverse side-effects or cardiovascular risk!

In the study's European counterpart, researchers showed that a **1500 mg daily dose of glucosamine** provided better pain relief for patients suffering from knee osteoarthritis than a 3000 mg

dose of acetaminophen, prompting researchers to conclude that supplementation might be the preferred treatment for osteoarthritis.

It is exciting to know that there is a company like **GNLD** that does not quote research and then give you a product that does not use the dosage quoted or chooses to use cheaper, inferior sources than used in the studies.

It can be easy to want to ignore our aches and pains and try to just push through the pain and try to save money by not taking anything, but statistically science says osteoarthritis is going to happen to everybody if they live long enough. **In fact osteoarthritis is the major form of disability for Americans over 60.** Therefore it is not smart to ignore the early warning signs of stiff achy joints. Even children because they are young and can bounce back faster than adults from injury might not think they need to do anything, but science points to the fact that most of the time, later in life they will get arthritis in

that injured joint. In view of these statistics, wouldn't it be wiser to spend money now on a proven supplement and avoid paying more later on in life in the form of debilitating osteoarthritis? You decide!



GNLD's Full Motion Glucosamine Complex, provides the proven effect of a 1500 mg daily dose of pure, biologically functional glucosamine in an easy to digest, sulfite free hydrochloride form. Coupled with GNLD's exclusive Herbal Comfort Complex, Regenerative Mineral Complex, and a 3D Advantage, it is the perfect choice for glucosamine supplementation and joint health benefits!

Order your results today at:

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Enjoy Tennis For A Lifetime!

Proud Sponsors of USTA Atlanta, Netcord, Nike Pro Challenge League the GA Tech Holiday Tennis Classic presented by HealthyTennis.com and LoveDoubles.net

The new HealthyTennis sports nutrition CD is now available! Learn from the experts what real sports nutrition is all about. This CD is packed with powerful testimonies and the latest scientific research that will help you enjoy a pain free, energetic game of HealthyTennis for a lifetime! You can listen to it for free at HealthyTennis.com.

Full Motion FAQ's

Q. Why did GNLD choose glucosamine hydrochloride, instead of glucosamine sulfate?

A. For several reasons...the first being the sulfate form carries a high allergic potential. Secondly, it is more concentrated, thus the tablets can be smaller and easier to swallow. Thirdly, it is easier on the digestive tract and lastly, it has less sodium than the sulfate form.

Q. Why does Full Motion exclude chondroitin?

A. There is no significant scientific proof that chondroitin works. When it is absorbed, it is digested into components, and there is no evidence it is reassembled once absorbed. Cells need glucosamine to make cartilage, not chondroitin.

Q. What is the purpose of Herbal Comfort Complex?

A. When Full Motion was formulated the goal was to address the full-spectrum of joint health. Because joint renewal or regeneration involves more than what glucosamine alone can provide, we included White Willow, Boswellia, and Bromelain—all ingredients strongly associated with minimizing joint pain and inflammation that glucosamine alone cannot address.

Q. What is the purpose of Regenerative Mineral Complex?

A. Specific minerals play critical roles in joint health protection and regeneration. RMC is an exclusive blend of Zinc, Boron and Silica that supports healthy collagen synthesis, synovial fluid balance, and bone to joint structure. Its presence in Full Motion assures a dietary abundance of these biologically critical minerals.

Q. Why is boron included in Full Motion?

A. Boron is a trace mineral that reduces calcium loss and bone demineralization. There are often low levels of boron in the bones and joints capsules of arthritic patients.

Q. Can diabetics safely take Full Motion?

A. Absolutely! Diabetics can take Full Motion without worry about affecting insulin or blood-sugar levels.

Q. Are there any side effects with Full Motion?

A. Because Full Motion is not a drug, there are no side effects.

Interview with GA Tech Women's Coach, Bryan Shelton.

What is your coaching philosophy? To help the girls get a little bit better each day by forming good habits and giving them a true understanding of the game at the highest level. I draw on my experiences from my playing days both in college and professionally to help each player reach her goals. There is no great mystery or secret to getting better. It requires a lot of hard work and discipline. We've been successful because we've recruited players who love the game of tennis and are willing to do the things necessary to be successful. **Any favorite moments this year?** Beating UGA 6-1 for the second consecutive year was pretty sweet. Last year was Tech's first ever victory over them. Also, seeing Whitney McCray excelling in the classroom and the tennis court when some didn't think she could handle Georgia Tech. Another is when Sophomore All American Kristi Miller became the number 1 ranked college player in the nation this week! It is amazing to me where we have come to since I took over the program seven years ago! **What are some of the toughest matches ahead?** We have a tough match tomorrow versus Baylor. They are ranked number 11 at the moment and have last year's NCAA Champion back this year as a sophomore. We know we will be challenged throughout the spring with tough road matches against Miami, Duke and UNC Chapel Hill. Our toughest home match is on Saturday April 15th against Wake Forest. Tech is in the toughest conference in the country. The ACC has five teams ranked in the top 15. Our highest ranking has come this year at number 3. Our goal is to win The ACC tournament and defend our title from 2005. We are also shooting for the NCAA title at Stanford in May. **What are things looking like for next year?** We have signed three very exciting and talented players, Amanda Craddock, from ST Louis, MO, Amanda McDowell from Marietta, GA and Kirsten Flower from Columbus OH. We keep getting better each year and I believe we'll have all the pieces to stay in the winners circle for years to come. We want to win Championships and we'll have the players that can make that goal a reality.



You can check out GA Tech Tennis schedules at www.ramblinwreck.com.