

# ON THE BALL

DOUBLES TENNIS TACTICS FOR RECREATIONAL PLAYERS

by Gyata Stormon

## MEDIA KIT

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# ON THE BALL

## Author Bio

### Short Bio

I'm an author and tennis coach, living in upstate New York with my husband and one cat. As a coach, I specialize in introducing adults to the game and developing doubles players. I completed my coaching certification in Canada in 1995. In addition, in 2018, I became a PTR Certified Professional. I've learned about doubles through study, practice, coaching, playing and competing. My coaching style blends tactics (how to play the game), technique (the tennis strokes), movement, mind/body awareness and fun!

### Long Bio

(paragraph from short bio)

I've always loved to play at net and therefore excel at doubles. As a junior, I was a top Canadian player. In college, I played Division 1 tennis at the University of Iowa, winning the Big Ten Doubles Championship in 1982. As an adult, I competed a lot from 2006 to 2013. During this time I played with many great partners. I won the Canadian Senior 45s Doubles Championship three times, advanced to the USTA Nationals three times at the 4.5 level and represented Canada at the Senior World Championships in 2007.

I'm a sociologist by training, so I'm good at organizing information. I'm always looking for new material and better ways to play and teach. *On the Ball: Doubles Tennis Tactics for Recreational Players* began as notes prepared for my students. Eventually I had so many drafts for different level students, and so many pages I still wanted to write, it was time to put it together in one convenient book.

I'm also a NYS Licensed Massage Therapist and Certified Forrest Yoga teacher, and have spent many years exploring yoga and meditation. I'm also a two-time breast cancer survivor. This makes me uniquely qualified to help players take care of their body and learn to become more present on the court.

# ON THE BALL

## Author Photo





# ON THE BALL

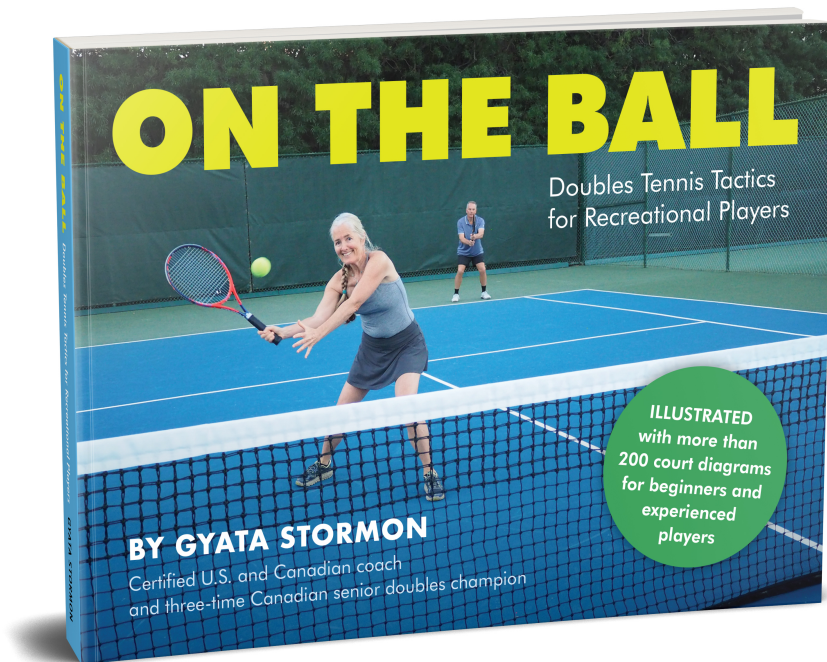
## Action Photos





# ON THE BALL

## Book Images



### ON THE BALL

Doubles Tennis Tactics  
for Recreational Players

**This valuable guide** is for players of any level who want to improve and enjoy the game more. Players who are "on the ball" are knowledgeable, competent and alert. *On the Ball* shows you the way.

The book is organized into bite-size topics, making it easy to work on one aspect of your game at a time. More than 200 court diagrams help you visualize the concepts. The final chapter includes on-court drills to help you integrate new tactics into your play.

### What people are saying about **ON THE BALL**

*"I love how this book breaks down and simplifies what can be a very confusing game. I particularly love Gyata's endorsement of the 'staggered formation.' Every great doubles team that has ever played the game covers the net in this way, and now recreational players have a clear path to learn the staggered system."*

—Gigi Fernandez, Tennis Hall of Famer

*"Stormon's book is chock-full of advice for recreational doubles players. Players of any age or level can learn something that will help their game. Best of all, tennis coaches can use this book to enhance their group doubles lessons."*

—Dan Santorum, CEO, PTR

*"This practical manual meets beginning players where they are and takes them farther along their journey as competent doubles players. Gyata Stormon successfully incorporates elements from our Canadian Coaching Certification courses to empower players to play better and smarter."*

—Wayne Elderton,  
Head of Tennis Canada  
Coaching Development and  
Certification for British  
Columbia

\$19.95 US



# ON THE BALL

DOUBLES TENNIS TACTICS FOR RECREATIONAL PLAYERS

by Gyata Stormon

## Cover Blurbs

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### What people are saying about ON THE BALL

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# ON THE BALL

## Preface

**On the Ball** could vastly improve your doubles game. It might even change your life. Before we get started you probably want to know something about who I am and why I'm qualified to teach you about doubles tennis tactics.

Almost everything I know and teach about doubles has come from study, practice, competition and teaching. I began to play at age 10. Although I learned my strokes from a public parks instructor, I learned to play the game playing with my mom between lessons.



I loved competition and was a natural doubles player. As a fearless volleyer, I preferred the net over the baseline even in singles. This was the 1970s and I became one of the top 10 Canadian juniors.

I spent my adolescent summers competing in the Pacific Northwest and Eastern Canada. In college, I was a scholarship athlete at the University of Iowa, winning the Big Ten Doubles Championship in 1981. Yet, other than being encouraged to serve and volley on both first and second serves, I don't remember receiving specific doubles coaching in college. I learned and trained for singles.

Like many players who don't go on to play professionally, I left tennis after college. My body was tired and I wanted to do other things. I rediscovered tennis while living in a spiritual community in India from 1995 to 1999. There I was part of an active community of players who was exploring the relationship between tennis and meditation. In 1995, I



became inspired to formally train as a tennis coach in the Canadian system. I learned a game-based approach, teaching students how to play the game (tactics) while simultaneously developing technique.

I played and competed a lot from 2006 to 2013. I won the Canadian Doubles Championship three times in the 45s age group, represented Canada in the Senior World Championships, and played at USTA Nationals three times at the 4.5 level. Truly the greatest gift of these years was my regular doubles partner, Anne Marie Vick. We studied and practiced all aspects of doubles and put them to the test during the rigors of competition playing USTA matches and competing at the Grass Court Senior Nationals.

In 2007, I began coaching teams at the NTRP \* 3.0, 3.5 and 4.0 levels. I focused on teaching singles and doubles tactics, encouraging my students to make the most of the strokes they'd already developed. Players improved, they got bumped up, and most of my teams won their seasons.

Watching my students and their opponents, I noticed that most players were ineffective when both partners came into net. The lob was much more of a weapon than I remembered from junior tennis, and doubles teams were either confused about who was supposed to take the lob or both hung back around the service line to protect against it.

This observation opened my mind to discovering new possibilities. First I read and practiced the theories and patterns described by Louis Cayer in his book *Doubles Tennis Tactics* (2004). Although it was helpful in many ways, this work was geared toward high-performance players. Next I began to study and practice the material from Helle Sparre Viragh's book, *Dynamite Doubles* (2004). Her doubles system includes a staggered, both-up-at-net system, where one player has the role to hit winning volleys and the other helps to set up her partner and cover the lobs. In 2011, I had the opportunity to train personally with Helle.

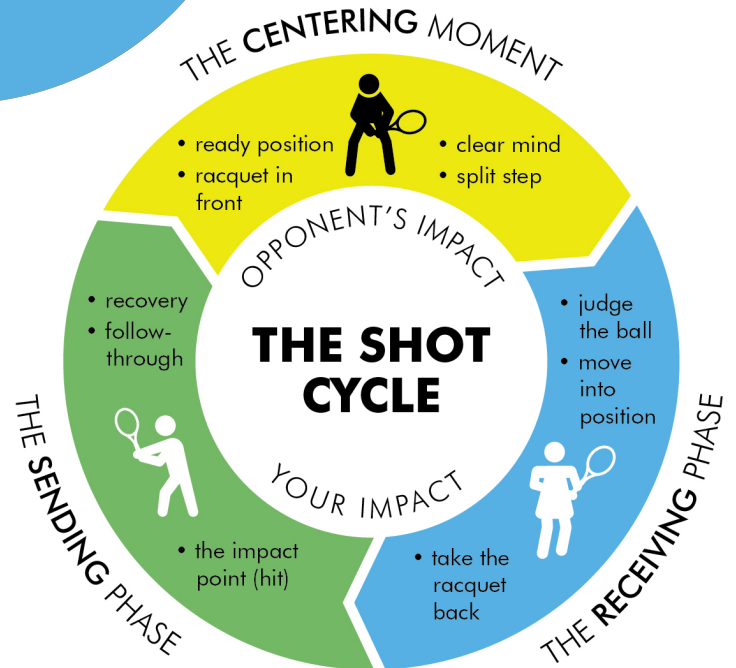
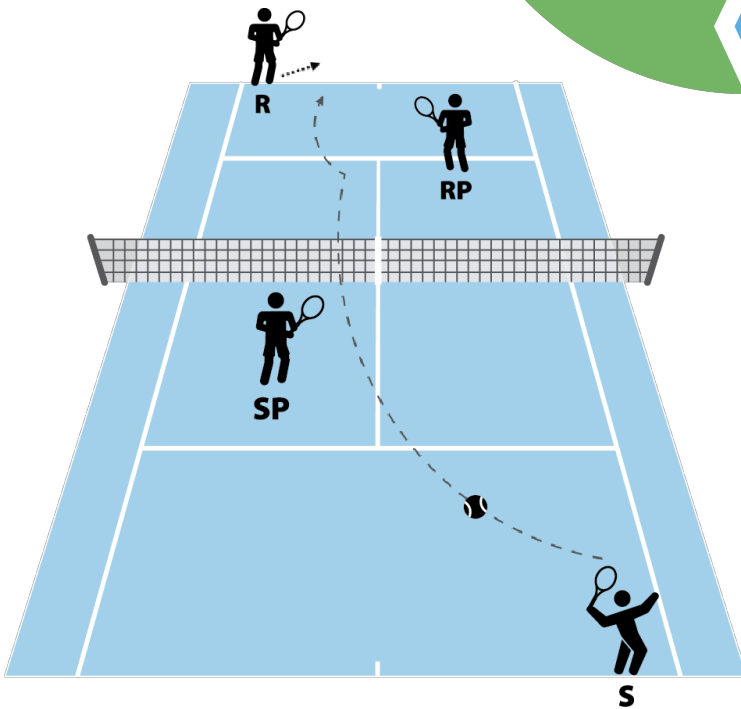
Shortly after I completed the first draft of this book, I attended a two-day camp with Gigi Fernandez, the 17-time Grand Slam Doubles Champion. She teaches adults at small group events and online through her extensive *doubles.tv* program. Although my approach to coaching doubles was already well established, I was able to clarify my thoughts and this book includes new insights that immediately made sense to me.

I've been writing and preparing notes for my students for many years, believing that it only makes sense to accelerate the learning process with off-court studying. Eventually, I had so many drafts of notes for different level students, and so many pages I still wanted to write, that it was time to put it all together in one convenient book.

Therefore, I want to acknowledge my students. I really do learn from them every time I step onto the court to teach. Their enthusiasm, encouragement and thirst for learning has helped bring *On the Ball* to life.

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## Book Diagrams



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## Interview Questions

1. Currently online tennis instruction is very popular. What made you want to write a book?
2. How does *On the Ball* differ from other tennis doubles books?
3. Who is this book for?
4. How did completing your coaching training in Canada influence your coaching method and the way in which you wrote this book?
5. You begin the book saying: “*On the Ball* could vastly improve your doubles game. It might even change your life.” What do you mean by that?
6. In the preface you state you spent time in India playing tennis. Can you tell me more about that?
7. Has the fact that you’ve faced breast cancer twice influenced your work and the writing of *On the Ball*?
8. On the back cover Gigi Fernandez mentions that your book provides recreational players with a clear path to learn the “staggered system.” What is the staggered system and why is it important?

## Contact Information

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