

TRIP TO THE NATIONAL TENNIS CENTRE - 20 DECEMBER 2012

Despite the bad weather (not a surprise this year) and the fact the men's GB team was in Spain (La Manga) for further training, we can say that we had a lovely day.

Our 11 am guided tour with the centre's manager gave us the opportunity to see the facilities where the best British players train when they are not on the tour. We considered ourselves lucky to see Jamie Murray (Mixed-doubles Grand Slam champion) training with Ross Hutchins and other members of the GB men's team. We also visited the analyses room, as well the accommodation rooms for player and coaches whilst they are staying at the NTC.



After a great lunch we managed to watch a gym session and then came the highlight of the day - playing on Court 5 at the NCT which was great. We were a bit squeezed with more than 10 players on one court but we managed to have 45-50 minutes on court which was fantastic. It was a good experience to feel the indoor courts surface, bounce and speed during rallies; we also discovered that the temperature of each court can be controlled individually.

Unfortunately after nearly an hour of playing we had to give way to Anne Keothavong (former British number 1) and her coach Jeremy Bates for their second practice session of the day.

We then drove back to Riverside and I was delighted to see that a couple of players were so inspired by the day that they practiced for an hour before going home despite such a tiring day! I hope the day also proved to be motivational for everyone else.

Mihaly