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Village Glen Announces Healthful Programs For Upcoming Fall Indoor Tennis Season

Village Glen Tennis Club revamps fall indoor tennis programs with tennis skills development classes for children and adults; and a new competition tournament series designed by tennis professional Russ Tringali. The recent additions are geared to take advantage of the proven health benefits of tennis so that players of all ages and skill levels can achieve and maintain physical, mental and emotional fitness – and have fun doing it.

(WILLIAMSVILLE, NY) – Village Glen Tennis Club has announced a new program and tournament lineup for the upcoming Fall 2008 Indoor Tennis season aimed at helping players of all ages and skill levels reap the proven long-term health benefits of tennis in a fun, community-spirited environment.

Tennis is often referred to as the sport for a lifetime, and research indicates that as with other vigorous sports, tennis players who play three hours per week enjoy a myriad of health benefits, including a 50% reduction in the risk of death by any cause, increased self-esteem, optimism, improved cardiovascular health and development of positive personality characteristics (Source: United States Tennis Association, <http://www.usta.com>). In addition, studies have shown that playing tennis can burn up to 420 calories per hour for women and 600 calories per hour for men (Source: Cleveland Clinic Heart and Vascular Institute, <http://my.clevelandclinic.org/heart>).

“Village Glen is dedicated to developing cutting-edge programs for our members so that they can achieve their goals as tennis players; whether the goal is to learn the basics of the game or to successfully compete at the national tournament level,” Village Glen Director of Tennis Stephen Sayoc said. “Tennis is quickly becoming another fitness choice for those trying to get back in shape or lose weight, and they're learning what tennis players have known for years: Tennis is a sport that's great fun and gets you in great shape. It's certainly more fun than working out in a gym, and the research proves that tennis is even more effective for weight loss.”

Village Glen's new classes complement what is already widely regarded as the most comprehensive junior development program in Western New York for beginner through tournament level tennis players, featuring:

- QuickStart Tennis Play and Learn League, which implements smaller courts and foam balls tailored to the sizes and skill levels of children ages 5 to 7;
- Junior Development Program, for developing basic tennis fundamentals, strategies and rules;
- Competitive Player Development Program, a stepping-stone for young tennis players who want to advance to USTA tournament play and collegiate play;
- Junior Team Tennis, the largest junior tennis league in the United States;
- EZ Tennis in a Snap, a crash course in tennis fundamentals for adults;
- and Cardio Tennis, a cardiovascular workout that puts tennis players through game-enhancing drills, agility training and fitness blast activities designed for the ultimate high-density workout.

Village Glen also hosts drill clinics, adult leagues, inter-club match play and socials for adults; and players both young and old enjoy indoor tennis as a safe and healthy alternative to cold-weather sports.

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“I’m really excited about the tournament lineup this season,” said Village Glen Tournament Director Russ Tringali, who recently brought back the exciting Summer Challenge Series of tournaments and is directing the new Winter Challenge Series this upcoming Indoor Tennis season for all Western New York competitive tennis players. “There are so many educational opportunities for players to hone their skills at Village Glen that the level of competition is always high, and yet still beginners can learn and compete in a friendly setting.”

Registration information for Village Glen 2008 Fall Season programs and tournaments can be found at <http://www.wnytennis.com>.

Village Glen Tennis Club is a complete indoor/outdoor tennis instruction and competition facility catering to tennis players of all ages and skill levels through tournaments, socials, special programs, and a full line of amenities including towel service, child supervision services and a Pro Shop. Since the 1970s, Village Glen has been connecting members with each other and a talented staff of professional tennis players for instruction and competition in a friendly environment.

Stephen Sayoc is the Director of Tennis for Village Glen Tennis Club, and is a USPTA and PTR certified professional with over 20 years of teaching experience. An avid tennis player, Sayoc holds a Bachelors degree in Psychology from the University of Buffalo and a Masters degree in Counseling Psychology and Education from the University of San Francisco. He has coached several sectional teams at the high school state championships, and was recently recognized again by *The Buffalo News* as one of Western New York's Top Tennis Players.

Russ Tringali is the Tournament Director for Village Glen Tennis Club, responsible for organizing tournaments, leagues and socials. A tennis player for 30 years and a teaching professional for 27 years, Tringali has held the titles of NYS SUNY Champion and NYS Doubles Champion, and was the top-ranked player at the University of Buffalo from 1981 to 1984. He has served as Assistant Tennis Coach for the University of Buffalo Men's Tennis program, Assistant Pro at Amherst Hills Tennis Club, Head Pro at Village Glen Tennis Club, and currently owns the Village Glen Pro Shop in addition to performing his duties as Tournament Director.

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