

# The Massage Advantage

HOLIDAY 2008 ♦ INDULGENCES

## CAMP BRYAN

Presented by *The Massage Advantage*



**"Come camp out with us!"** Bob & Mike Bryan

Join Bob, Mike, other ATP professionals, and the best Las Vegas tennis pros in an exclusive 2-day tennis event on 2 surfaces at the Las Vegas Hilton and The Stirling Club at Turnberry Place, Dec 13 & 14, 08. Junior & adult packages available. Participants will enjoy extreme tennis in clinics, a round robin, and Pro-Am. The 1<sup>st</sup> place Amateur wins tickets to the 2009 French Open!

**Proceeds benefit USTA-NV Junior Tennis Programs!!**

Register online at [massageadvantagelv.com/cbll.html](http://massageadvantagelv.com/cbll.html) or contact Glen @ (702) 807-7349

### QUEEN'S CLUB

"Pinch me. Kick me. Slap me." I needed a riveting reality check...could not believe I was walking into Queen's Club! Wondering how I got there? Me too, though traveling with Bob & Mike Bryan is the obvious answer.

This unscheduled trip included the 2008 Fall indoor tournaments in Madrid, Basel, & Paris. After assessing Bob's shoulder, the Boys decided to play these events and invited me along with just two days' notice. Of course I said yes! There was no other answer considering their trust in my massage therapy skills and willingness to be a team player. Allow me to digress a moment and thank my clients for their support and loyalty when I had to cancel their appointments.

After Madrid we went to London instead of Basel to train. So we spent the week in Chelsea with the plan to weight train, hit, and massage. The coach announced that the first day of practice was scheduled at Queen's Club. *Queen's Club? The Queen's Club?*



As our car pulled into the parking lot, a very quiet yet weighted energy descended upon me. The sensation wasn't unpleasant or frightening, just commanding and unignorable. It evoked a keen awareness that I was in a special place. Walking through the narrow and winding corridors, smelling the beautifully manicured grass, seeing the signs and the pictures and the trophies and the accolades clarified what I was experiencing.

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### I N D U L G E N C E

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Not all indulgence is bad. Indulging in your health and well-being can be a good thing, such as caring for your mind, body & spirit with massage. So this holiday season and beyond, allow massage to be your vice. Indulge.

### SHAMELESS

I'm often accused of having 'no shame'. Perhaps because on the court I accept points from net cord winners and shanks off my racket that force errors from opponents. I even whine to gain sympathy when an opponent hits a great shot. This time my shamelessness was off the court, though still centered on tennis.

As part of the Massage staff, I provided therapeutic massages to ATP players at the 2008 Cincinnati Master Series tournament. Shannon was one of the friendly and skilled Massage Therapists on staff. Obvious topics of conversation were massage and tennis. As we talked about the draw, Shannon mentioned she just discovered that her 5-year old son Jake likes tennis. She explained that he openly expressed disappointment when Roddick withdrew because he and his grandfather (Shannon's father-in-law) planned to watch it together.

Unbeknownst to Shannon for some time, Jake and his grandfather often watched tennis together. And they both were looking forward to seeing the #1 American singles player perform in their hometown. I could see in Shannon's description of Jake's disappointment that his level of interest should not be overlooked. So I unabashedly delved into this situation, then suggested, urged, and nudged Shannon to get Jake involved. An eager barrage of questions and directives ensued. "He should see tennis live". "Can you bring him to a match?" "Put a racket in his hands". "He sounds like a smart kid who likes to figure things out and would do well in an individual sport like tennis". "Put a racket in his hands and see what he can do".

During a very brief moment of silence on my part, Shannon asked how to get Jake involved. I told her that many parks and tennis clubs offer programs for juniors. She quickly made 2 calls; one to a park and one to our supervisor to see if tickets were available. The camp was scheduled for 2 more weeks and Jake could start anytime. Great!

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## QUEEN'S CLUB Continued from previous page

I was amidst living, breathing history. Plaques 100 years old. Black & white photos. Pictures of young Billy Jean and Rod Laver. The reverent and receptive staff. Recreational players in all white. I've heard Venus and Pete speak about Wimbledon being their favorite event because of its history and prestige. Queen's Club gave me a first-hand glimpse of what they meant.

I spoke softly, walked lightly, and greeted everyone I encountered. Not that I am normally a loud ruffian, just in Queen's Club I mellowed out to suppress tears of awe and wonderment and joy. I recognized that though I love tennis like a drug without side effects, the game is so much bigger than I ever imagined or experienced.

And the Boys were a part of it. Both in winning Queen's Club multiple times and in providing this fantastic opportunity for me. Thank you Bob & Mike. Thank you Queen's Club!

**GLEN**



2001

**"If you do not change direction, you may end up where you are heading."**

**Lao Tzu**



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### S E R V I C E S

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Onsite Chair Massage	call for quote
Travel	call for quote
Packages of 10	10% off
Gift Certificate – 1 1/2 Hour	90.00
Gift Certificate – 1 Hour	60.00
Biofreeze	12.00
Prossage	12.00
Returned Check Fee	30.00
No-show Fee	60.00

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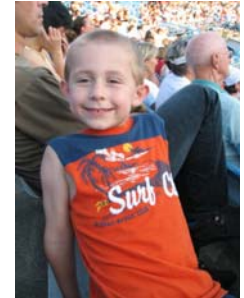
## Your Immune System & Therapeutic Massage

Research has shown that massage enhances functioning of the immune system. AIDS & Cancer patients showed increased Natural Killer Cells, and reduced anxiety,

depression, and anger after receiving massages for several weeks. In everyone massage increases lymphatic flow and decreases stress, both of which boost the immune system and help the body fight illness.

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Jake in the stands

## SHAMELESS continued from previous page

Tickets, however, were not available. Bummer! My problem-solving brain began obsessing. I mulled over ways to get Jake into the tournament, to expose him to the tremendous athleticism of tennis players, to their hard work, to crowd appreciation, to tenacity, to integrity, to determination, to problem-solving, to goal-setting, to potential. Obsession finally gave way to a viable option.

I normally don't ask for favors, but I did for Jake. I felt passionately about getting him to the tournament to tap into his strong interest of the game and used my inside track with the Bryan Brothers. In addition to working for the tournament, I pulled double duty and worked with Bob & Mike. So I went to team Bryan to see if any of their allotted tickets were still available. Fortunately, they were. Bob & Mike's usually large contingent of personal fans was smaller this year for various reasons. So I was able to secure 2 tickets for Shannon and Jake to the night session when the Bryan Brothers and Nadal played.



Jake's 1<sup>st</sup> tennis lesson

*"He was so excited...it was a lot of fun and Jake was able to get Bob and Mike's autographs and Tommy Haas' as well. Tommy was very gracious after his match despite having lost...unlike Nadal who seemed like he was in a big hurry... Jake was excited anyway because he wanted Tommy to win...some kind of association between the Power Ranger who wears all white being named "Tommy" and the fact that Tommy Haas was wearing all white. He got a big kick out of that. Jake also started tennis camp yesterday [8/4/8] and he had a BLAST! He was a real natural out there...it was so cute!"*

Shannon McKnight, Jake's mother

Wow! Jake's excitement may just lead him to be a rising American tennis star. And even though I pulled strings to get Jake and Shannon tickets, I feel good about my intent and the outcome. And like net cord winners, I will take this one—thank you very much. Should I be ashamed for asking the Bryans for this favor? No. When it comes to sharing my love for tennis, I'm shameless. glen



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