



Recreational players again took advantage of the exclusive chance to play with the World's best doubles team. Day 1 featured clinics with the best Las Vegas pros and Australian Doubles Champion, Laurie Warder. LV Day included clinics, lunch, round robin play, and a cocktail reception before dining, shows, & gaming.

Bob & Mike Bryan headlined Day 2. They taught clinics and played their winning tennis in the Pro-Am while graciously taking pictures with & signing autographs for fans. The weekend culminated in the Camp Bryan After-party at LAVO; CBII participants and local pros received complimentary dinner, drinks & dancing courtesy of Jason Strauss.

CBII welcomed many participants from out-of-state. Will from Fresno, CA had this to say, "Dear Glen, I want to thank you so much for the great weekend with you and your friends, everyone was so nice. I will treasure my experiences forever, I never even thought it possible that I could someday play with Bob and Mike. What special people they are to do that for us and make us feel good about our games." CBII raised \$2400 for USTA-NV Junior Tennis Programs in auction and raffle ticket sales.



Mike, Glen, Bob

Mike & Bob mingle with Campers

Las Vegas Day Pros



MYMONAVIE.COM/GLENALEX

My energy & immune system greatly improved since I began MonaVie last July; my annual labs prove it. And 0 sinus infections since! Contact me for a free sample.

S E R V I C E S

90 Minute Massage	\$90.00
60 Minute Massage	60.00
30 Minute Massage	40.00
Onsite Chair Massage	call for quote
Travel (Internationally)	call for quote
10-Pack	10% off
60-minute massages	540.00
90-minute massages	810.00
Gift Certificate – 1 1/2 Hour	90.00
Gift Certificate – 1 Hour	60.00
Biofreeze	12.00
Kinesio® Tape	15.00
Massage Add-on	5.00
MonaVie – Bottle	45.00
Returned Check Fee	30.00
No-show Fee	60.00

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**Michael Scott:
 Camp Bryan II Pro-Am Winner**

I play in a lot of pro-am tournaments but Camp Bryan II was the best of them all. CBII was well organized. The Stirling Club was 1st class. And the competition was high-level. I was fortunate to play with Bob Bryan and win 1st place. My prize was tickets to the 2009 French Open!

I am looking forward to defending my title at Camp Bryan³—Coming December 12, 2009: SAVE THE DATE.

Michael Scott, Los Angeles



Featuring **Mark Woodforde**

How Professional Athletes Use Massage

You emulate Tiger's swing. You mimic Kobe's fade-away. You practice Serena's serve. So why not copy the pros' use of massage? After traveling with the Bryan Brothers and working with other professional tennis players for 3 years, I realize that recreational athletes would greatly benefit from more massage.

Even though we don't demand as much from our bodies, it's all relative. We still get sore from activity. We still tweak muscles when we carry too much weight or suddenly move the wrong way. And overuse can cause trigger points in us just as easily as it does the pros.

I worked with the WTA players at the 2009 BNP Paribas Open in Indian Wells. The WTA takes Massage Therapy seriously for its players by tracking when players get massages, for how long and for what purpose.

Recovery

Post-activity massage enhances recovery and reduces cramping by flushing the lactic acid out of the muscles. Many players opted for a 30-minute massage after matches and focused on the legs and dominant arm.

Maintenance

Keeping muscles supple and movement fluid is the intent of maintenance massage. Some players received 1-hour massages on off days to relax and maintain flexibility.

Treatment

Players used massage in conjunction with treatment for injury. Players received massage before or after working with a Physio (whichever was most appropriate for the injury) to enhance rehab and performance.

So make like the WTA players and other professional athletes...GET A MASSAGE!

Glen

Glen is genuinely concerned for our well-being. Her broad range of techniques assures that each massage will be individualized and unique.

Caryn & Robert

KINESIO® TAPE

"I heard about it, but does it work?"

The most frequent question I'm asked about Kinesio® Taping. "Yes, it works!", is my reply. It works for me and my Plicae, and for clients with varying muscular issues.

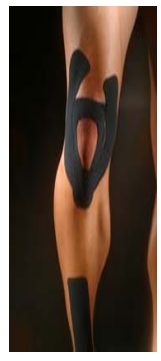
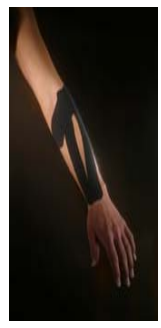
Even though Kinesio® Taping has been available in Japan for 30 years, I first learned about it at the 2008 Sony Ericsson Open in Miami. Robbi Ginepri, professional tennis player on the ATP tour, uses it. His trainer Jaime spoke highly of it to me. Subsequently I've taken 2 of the 3 courses required for a Certified Kinesio® Taping Professional, and will complete all the requirements this year.

Kinesio® Taping gained more popularity at the 2008 Beijing Olympics. The most prominent display was the shoulder of U.S. Volleyball Gold Medalist Kerri Walsh. So people do know about it; now is the time to experience it!

"What does it do?" The second most commonly asked question. Kinesio® Taping can relax or strengthen a muscle. Kinesio® Taping can support joints and ligaments. Kinesio® Taping can reduce inflammation and pain. Kinesio® Taping can enhance lymphatic drainage. Kinesio® Taping has about 1200 applications and works differently than the typical athletic tape. Thus, application is critical! I highly recommend finding someone trained in the Kinesio® Taping method.

I provide your first Kinesio® Taping for free. See Services Menu on page 4 for additional pricing.

glen



I was suffering from chronic neck pain and daily headaches. I had been to different professionals & therapy without much success. Glen was able to pinpoint the troubled areas and I quickly recovered. Glen really communicates well and focuses on the problem area.
Karen

Tales from the Wells...

I worked with the women on the WTA tour in Indian Wells, Ca. at the 2009 BNP Paribas Open. Below are highlights from my experience.

*I first met Angela Haynes at the 2007 Tennis Channel Open in Las Vegas, and I had a chance to catch up with her in Indian Wells. My schedule allowed me to watch her 2nd round match. As I cheered, a really nerdy guy sat nearby and asked if I was Angela's mother. Without hesitation, I retorted "She's too old to be my daughter!"

*My friend Caroline Lee and I transported my friend and ATP professional Dusan Vemic to Indian Wells from Las Vegas. On the way, a small dust tornado on I-15 hit Caroline's SUV, causing quite a scare.

*I learned a secret handshake from ATP doubles great Leander Paes.

*During a massage with a top 12 WTA player I did cross-fiber friction on her supraspinatus tendon. The sensation was almost nil to her so she looked at me with the expression "What the heck are you doing?". We both burst into laughter. She thought I wasn't doing anything, wasting her time and money. I explained to her what the technique does so she understood after we recovered from the giggles.

Both professional and recreational athletes often wonder how to tell if they are hydrated. Very important to know now that the weather is warming and dehydration becomes more likely. Courtesy of the Sony Ericsson WTA Tour, Dr. Michael Yorio, and Susie Parker-Simmons, the Urine Color Chart below makes the various hydration levels clear and when you need to take action.



AM I HYDRATED?

Urine Color Chart

Match the color of your urine with the chart below.

1		You are over-hydrated.
2		You are hydrated. You are ready for your match and/or practice.
3		You are hydrated.
4		You may be dehydrated OR you have taken vitamins recently and are hydrated.
5		You are <u>dehydrated</u> . Your performance will decrease and you are at risk for heat illness. You need to drink more! <small>(water with or without electrolytes)</small>
6		You are <u>dehydrated</u> . Your performance will decrease and you are at risk for heat illness. You need to drink fluids WITH
7		You are <u>very dehydrated</u> . Your performance has decreased. You need to drink more immediately!
8		Speak to a Health Care Provider immediately!

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