

Cindy Sullivan

Assistant Tennis Professional



Contact Me
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Credentials

- 2022 USTA Illinois Mixed State Champion
- 2021 USTA Women's National Champion
- 2018 USTA Women's State, Regional Champion & National Qualifier
- Numerous other State & Regional USTA Titles
- Actively play on numerous Tennis Teams in both NITTL & USTA Leagues

My Tennis Philosophy

Have FUN! Tennis is a sport that can be played for a lifetime.

Why work with me?

I love tennis and hope this love is contagious!

How Much Tennis Should I Play

It really depends on your personal tennis goals and fitness level. I'm happy to make recommendations tailored to your specific needs. I recommend a good mix of private lessons (to make sure technique is correct), drills (to master what you learn in privates), match play (to hone skills & work on strategy). Listen to your body & mind. If you are too sore, you can be prone to overuse injuries. If you're not having fun, you probably won't play your best. So rest when you need to recharge and recover.

What Else Can I Do To Improve My Tennis

Cross training is important in any sport and tennis is no exception. FLEXIBILITY (stretching/yoga), STRENGTH (weight lifting), CARDIOVASCULAR FITNESS (esp. low impact, such as biking, swimming... all will contribute to better performance on the tennis court & help with injury prevention. Study on-line training seminars & videos on tennis strategy. Go watch matches and see these strategies put into real life play. Watch the pros play for additional inspiration and motivation!