




ART GRUNDY

Head Tennis Professional

CONTACT ME

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ON A PERSONAL NOTE

- *Art has been a member of the Ascension Genesys Health Club Team for over 20 years!*

FAVORITE MOTTO

- *"In tennis, it's not the opponent you fear, it's the failure itself, knowing how near you were but just out of reach."*

ABOUT ART

As the Head Tennis Professional at Ascension Genesys Health Club, Art brings over 40 years of extensive experience in tennis instruction and drill creation. With a well-established reputation within the community, Art has built a dependable clientele over the years at the health club. His expertise encompasses a profound understanding of tennis program principles, teaching techniques, and a dedicated focus on mental toughness. Throughout his career, Art has not only developed technically proficient players but also emphasized mental toughness training, preparing individuals for success at the collegiate, high school, and recreational levels. Art is known for his passion, energy, and love of teaching. As a coach, Art takes pride in instilling a deep appreciation for the game amongst his players.

PROFESSIONAL EXPERIENCES & ACHIEVEMENTS

As an accomplished Head Tennis Professional, Art demonstrates expertise in a variety of areas, equipping tennis players with technical and mental skills. Art excels in orchestrating, coordinating, and executing comprehensive tennis programs, tailoring instructional strategies to diverse group and individual playing levels. With a keen eye for supervision, Art is a mentor to fellow tennis professionals both on and off the court.

DID YOU KNOW?

Art's love for tennis is second only to the love he has for his family. He has been happily married to his beautiful wife Lisa for over 25 years and he's the proud (albeit) boastful father of two gorgeous girls... Halley and Kayla!



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HEALTH CLUB

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