

Michael Wayman Interview – June 5, 2009

Brent: Well, good morning everybody. Brent Abel here, webtennis.net. And this morning, we are very fortunate to have one of my good friends and colleagues, none other than – I'm happy to call him my coach – Michael Wayman. Good morning, Michael.

Michael: Good morning, Brent. How are you?

Brent: I'm doing well. Yourself?

Michael: Very, very well. Thanks, very much. Yes.

Brent: Well, listen. I want to give you a little bit of a proper introduction. Michael is currently the Men's Head Coach at St. Mary's College, a Division I school here in Moraga, California; northern California. Michael, how long have you been coaching at St. Mary's?

Michael: Fourteen years now.

Brent: Fourteen years? I'm assuming that you're probably one of the longer tenured coaches in that Division I.

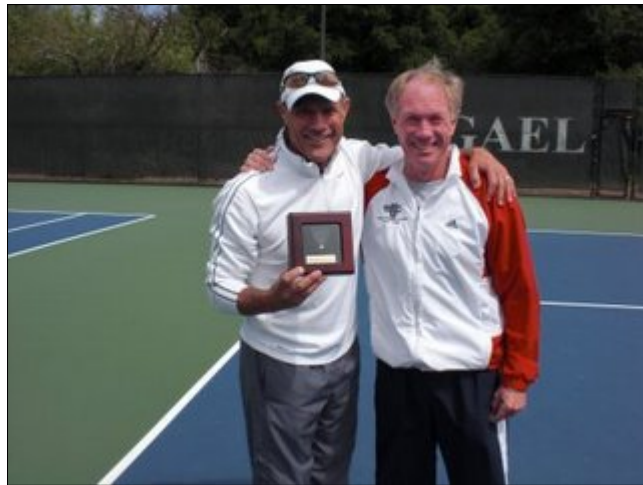
Michael: I think so. There are a few other chaps around that area, I think. But yes, I can't believe that it's been that long at this stage.

Brent: Well, congratulations. You must be doing something right.

Michael: Thanks very much.

Brent: Well, Michael, you were born in Dulwich, England in 1953. You got your tennis started by your dad, and I know that you also worked the Lou Hoad in Spain. I'm assuming that's when you were a teenager at some point.

Michael: Right. I was 17, just going on 18, just as I went down there. I just finished what you would call high school.





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- Brent: Okay. And then you played at USC for four years as an –
- Michael: No. Actually, I was there just for three. I graduated a year early. Yes, so –
- Brent: A smarty-pants, is that right?
- Michael: No, not really.
- Brent: And then after USC, Michael, you went on the Tour, the Men's Pro Tour in 1975 to 1983. Your main years were during those first five or six years. You had some great wins. Was that Sandy Mayer or Gene Mayer, or both?
- Michael: That was Gene Mayer, and Gene, at the time, was doing extremely well. I mean, he was really high up in the rankings. I think he was as high as five or six. So that a good upset win for me, I have to say.
- Brent: And not only Gene Mayer, but Guillermo Vilas, Ilie Nastase. Those are all names that we know.
- Michael: Right.
- Brent: Those must have been incredible wins. And you had a win over McEnroe; both John McEnroe and Stan Smith in doubles.
- Michael: Yes, that's correct. Yes.
- Brent: And then I also know you played one year World Team Tennis in 1978 for the GoldenGaters here in Oakland. You partnered up doubles with Frew McMillan, who, I'm sure, at the time was probably the number one doubles player in the world.
- Michael: Yes, he was. I think he and – he played with – basically, most of his time, he played with Bob Hewitt and they won Wimbledon that year. So Team Tennis went through Wimbledon that year. I didn't have the opportunity to play with Frew at Wimbledon, of course, but I did get to play with him most of the time in Team Tennis. A great experience. I mean, fantastic.
- Brent: I was going to say, that must have been an incredible experience.
- Michael: Yeah. So he was # one at the time, so that was great.



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Brent: I want to talk to you today about of the couple of specific aspects of the mental part of tennis.

Michael: Uhm hm.

Brent: You and I have been working together for the last, I'd say, year or so, year-plus, and not only have you helped me tremendously with my stroke mechanics, getting me back to the basic fundamentals of the strokes, but I think the mental part, you've really given me, I think, an organized plan, an organized way to go out there on the court and compete to my highest level for that day.

Michael: Right.

Brent: I've got three questions that I want to ask you, and they're all related. The first one – I get lots of questions about players who, in practice matches, they really can play well. Yet, when they go out to play a match that "counts", which can be recorded somewhere, either a league match or a tournament match, they just don't play to that same level as they do in the practice.

Michael: Right.

Brent: So what's the problem, what's the solution, and what are your tips for practicing that solution?

Michael: I think the first thing is the intrinsic pressure of playing a match. So one of the major differences – I think the main problems with players, as soon as they get into what they consider a match situation, they're more concerned with what the result is going to be right off the bat. So that, in itself, can affect your mechanics, can affect your whole modus operandi on the tennis courts in terms of how you perform. This happens to everybody to a greater or lesser extent at one time or another when they're playing.

I think there are two things that you have to think about in dealing with this situation. Why is it that that the match counts? That's the first thing. When you're in practice, what is it that you're focusing on in your practice that enables you to feel that you are playing up to your potential or playing well? What is the feeling like? That's the first thing.

Number two, when you get into the tennis match, the one that counts, why don't you have that same feeling that you have when you're in practice? The easiest answer for most people would be, "Well, why

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don't you treat your regular match like a practice match?", but if you're going to do that, it's going to take extremely good discipline in terms of your concentration to maintain that same sense, probably the same sense of relaxation of when you're playing.

So my first thought would be, number one, forget about that it is a major match. Forget that it's something which really counts. Just the fact that you make it count is adding an extra pressure. Playing a tennis match, in itself, has already got enough built-in pressures anyway. So frankly, if that's overcoming you completely, then you need to simply take a step back and say, "Well, okay. What is that I'm doing in my practice that is enabling me to play this practice tennis match well, up to what I think I can do, and how can I recreate that same feeling when I'm playing my regular match?"

Brent: Sure.

Michael: You can actually take your practice match that you're playing really well in and try to recreate the sensations that you have in your regular matches where you're having issues, and seeing how can overcome – yeah?

Brent: Excuse me for interrupting. You say what are the sensations, and I've got to believe that if we could measure it – and I'm not sure that we can – but if there was a way to sort of look into someone's brain on the practice court between points –

Michael: Well, true. Yeah.

Brent: And I've got to believe that what these players are doing between points on the practice court is different from what they're doing in the league or tournament match.

Michael: Well, true. We've talked about this a lot. The time management between your points I think is the most important thing. The issue is usually when you're in a practice match, I don't think there are the same sense of tension. So for example, maybe you've got a friend watching on the tennis court next to you and you're having sort of conversations with him in between the match, maybe – in between points. Not that you would do that in a regular match, but maybe there are some other forms of either distraction or you're taking more time – I think that what happens with a lot of players is if you measured the time that it took them to get ready to receive serve, or serve the first seven second serve, when they're in high tension pressure situations, tend to really start rushing too much, you see.

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So I think that having a routine, which is basically something you can devise, whether it's playing with your strings, going and towel off, having a single point on a court somewhere, on a net post, or a fence at the back, something to get your mind focused on that one point so that you're not allowing all of the extrinsic things to bother you. In other words, whether it's a 30-40 point, "If I win this return in, I've got a chance of breaking here", all those things which tend to come into people's brains when they're a little less confident, if you understand my point.

Brent: I think that's a good point. I think the way you describe that is when we get in a league or tournament match and we start thinking about all of these consequences are things that we probably don't do during a practice match –

Michael: Exactly.

Brent: - because like you said in the beginning, it's not going to be recorded. It doesn't really matter. I just think that kind of knocks the edge off that stress that we might put on ourselves in a league or tournament match. So I guess what you're saying then is to, number one, recognize the fact that you are more relaxed in that practice match situation, and number two, what's probably happening, like you said, is you're taking more time, you are not really considering the outcome or the consequences, and I would think that there's got to be a way – and maybe you've got a good tip for us, Michael, but how do you practice that sort of feeling, or how do you practice that mindset that you're talking about between points.

Michael: Well, yeah. How many times do you think, Brent – well, we chat about it, but how many times do you think that players generally congratulate themselves on hitting a good shot?

Brent: Well –

Michael: Yeah. I'm trying to put it in your court a little bit here because I think one of the main things that happens in tennis matches is really interesting, because even at St. Mary's, we have public that play out there quite a bit, very good, nice level players, and it's interesting how once players get into these league matches – when they're out there having their Saturday morning practice, it's all fun and actually the level of the tennis is better than I see, for the most part, than I see when they come out and play against a team from another club, or whatever.



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I think a good thought process is that when I'm practicing, maybe I'm going for my shot, so it's not that I'm over-thinking about it, but if something is there, I might just take a good swing at it, and I'm staying relaxed and hitting the ball. How do you recreate that sort of sensation? I think that's the most important thing.

I think that personally, one of the things that really, I feel, helps some players is you can either have – there's that sense of relaxation when you hit the tennis ball. So how are you achieving that sensation? I think that that's the main thing. That's something you need to practice when you're practicing your practice match.

Brent: Sure.

Michael: So when I'm practicing, or if you're practicing, and you're playing that practice set and you're working on something specific in the set – say, for example, you're working on a drive forehand approach, for arguments' sake – when you hit that good shot, you're saying, "Okay. That is exactly the sensation that I want there. What does it feel like?" And then you have that sensation of trying to do that again; not over-analyze it, but more or less get that sensation of, "Well, how am I doing it? I'm breathing out as I'm hitting the shot. I'm not tightening up the jaws, all that type of thing. But am I really allowing myself to stroke more, and also congratulate myself on hitting that ball."

Brent: Sure.

Michael: What most players do is that they will over-analyze what they're not doing, and when you get into a tennis match, that tends to be exaggerated a lot. So in other words, you're not keeping your mind focused on what you need to do in order to complete the shot and feel good about completing that shot. So for example, if I miss it, but I have that same sensation, I'm not going to be worrying about it at all. It doesn't matter what the situation is.

Brent: I know exactly what you're talking about in terms of trying to identify what that feeling is, what the sensation is, and I don't recall exactly what day or what year it happened, but I can remember this one match I was having and my opponent hit a big, huge, flat first serve, and I could see, from the moment it left his racquet, it going to be about a foot deep.

Michael: Yes.

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Brent: And yet, on the return, I just kind of – I just got relaxed knowing that whatever I did here with the swing didn't matter because the serve was going to be out, and I just hit it perfect.

Michael: Right. Exactly.

Brent: Then the next ball was a little dinky second serve that I get totally locked up on and I can't even get the ball back in place. So that was really the kind of thing – that was the feedback for me, Michael, when I first started to realize exactly what you're talking about is that there is a sensation when you hit the ball just perfectly, that you can recreate it match situations, in big points, and for me it was that return of serve off that guy's first serve that was going deep, and I knew it, and when I knew, "Everything's fine".

Michael: Well, yes. I think also from the point of view of really being aware of that, there are so many things you can do to alleviate that pressure within points. Let's say, for example, you're playing against someone you've never beaten before, and they've beaten you, say, three times. You've had good matches, but you've never really quite come over it. So, all of a sudden, you find yourself in a situation where you're up 5-4, and you've got the other person serving, and it's 30-40 all of a sudden. Well, what is the thought process? Really, there shouldn't be a lot. What you have to concentrate on is your routine, and then what you're doing is you're basically just responding to the ball of the opponents' strings, and all you're doing is reacting to that ball. So you're managing to do what you would naturally do in that situation and you just block out the fact that it's a 30-40 point. You just allow yourself to do that.

But where you need to do that is on the practice court when you're practicing.

Brent: I think you're absolutely right. I think one thing we don't do during practice matches is be more aware of those shots or those moments where we know we've just done exactly what we want to do, and go back and take five, ten, fifteen seconds, and evaluate and try to identify with that feeling, and think about recreating what that felt like.

Michael: Exactly. Exactly. I don't think players, for the most part, do that enough. They're out there just playing and they're having a good old time, but I think it certainly would happen in the practice court. They have this thing – well, you have those other players who are horrible practicers but excellent match players.

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- Brent: Yes, very much.
- Michael: They go it the other way around, you see –
- Brent: Right.
- Michael: - but as soon as you put them into a little bit of a more stress situation, all of a sudden they tend to concentrate better, if they've got concentration issues, things like that, and the match tends to help sharpen them up, if you understand my point.
- Brent: That's exactly where I'm at. For whatever reason, the last ten years in practice matches – I've struggled with it for so long, and I've fought it for a while, trying to sort of recreate the tournament match feeling.
- Michael: Right.
- Brent: So for me, the practice matches have been more about, well, this is really a fitness opportunity, to try to get a little fitter. But just as you described, once I get in the league or tournament match, the pictures just comes really sharply into focus, and that's, I think, because I do go into that between points routine that you talked about.
- Michael: Some people talk about things like superstitions. It's not so much superstitions. A lot of players have habits, or certain things that they want to do, or do automatically, little things, which help them sharpen their focus when they play. So if you're at a 30-40 point receiving, maybe you have a habit of walking to a singles line, the side singles line, and tapping your racquet on the singles line, say, before you get ready into your ready position; something of that nature. Or you could have been a Vitas Gerulaitis who would walk around the outside edge of the tennis court without touching a line. Whatever it is, they are little routines which are habitual, which get you into the moment, but also get you thinking in the right way, if you understand my point.
- Brent: Well, those are all good suggestions, good feedback on that issue. Let's go to question number two, and that's is – and actually, these next two questions are closely related, but slightly different. I get tons of emails from people who are playing a league or tournament match against an equal or lesser-rated player. So this player, on paper, is not better than they are. And they win the first set, they get up and break in the second, and something happens where they just can not close the door on that match against their opponent who, on paper,



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really is no better than they are, and at times might even be rated a little bit lower.

Michael: Right.

Brent: Again, what's the problem? How do we fix it? I should say, what's the solution and how do we practice that?

Michael: Well, probably playing players who are not as good as you are – or you say at the same level, or certain type of player – I think usually a lot of the nightmare-type players are those who just make an awful lot of tennis balls. Their strokes may not be brilliant, but they're sort of like Steady Eddy's. Really, when you play players like that, you're playing yourself. You're not really playing them, because they're really basically putting you into a situation – once again, you're talking about you're up and you can't close it out.

You see, I really have problems with it when you are trying to finish off a tennis match. I think you're still jumping ahead. You're going ahead too much in terms of what your thought process is. In other words, the thought process of, "I've got to close this player out. I can beat this player. I should be beating this player" –

Brent: Right.

Michael: - I find that those are really distracting thoughts.

Brent: Absolutely.

Michael: So I think that the fact that I am saying, "I should be doing this. I should be doing that. I need to do –", I think what those types of questions that are rising primarily is that you've got to have a little more idea about how you stay in the present. All right. So I'm up. Oh, my gosh. I did the same thing at Wimbledon against – oh, my gosh, years ago. I'm up a break against Mark Edmondson, who was the Australian Open Champion, and I'd beaten him in the past, and here I am, I'm a break up in the fifth set and my thought process was, "Okay. All I've got to do here is hold serve". Bit mistake. Huge mistake to think that, because what you want to be concentrating on is just what you have being doing to get into that position where you're up in the first place.

Brent: So as soon as you go into that thinking of, "Oh, I've just got to hold serve" –

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Michael: Horrible.

Brent: - mainly what you're telling yourself –

Michael: Absolutely horrible.

Brent: - "If I hold serve, I maintain my break and the score is now going to be – "

Michael: Yes. I know, where you've already looked ahead, haven't you, and this is what's happening here in this situation. You've looked ahead to what should be happening or what you want to happen. So as a result, you have something which is influencing your ability to play, right off the bat.

Brent: So really, the problem, I think, stated in simple terms, is that we get ahead of ourselves in terms of looking out in the future at what the score might be in a positive way, or the score might be in the negative way, and not staying in the moment, which I think gets back to what we're talking about with this between points routine.

Michael: Absolutely.

Brent: So you're saying, then, Michael, is really to find a way to stay in the present. Have you got any tips for how to practice doing that?

Michael: Yeah. I think one of the things that I've worked with some students on – but, I think one of the issues – I don't know how many people have really focused on this. It's very, very basic. It's following the ball off your opponent's strings, yes? Now, we've talked about it. Where you're reacting as well as you can as soon as the ball is struck, and you're following it so closely, and all you're basically doing then is keeping your eye on the ball to hit it.

But it's that initial arrangement where, if you're trying to clear your mind – I did it the other day with some younger students where we had them internally counting, this one-two-three routine, where a player hits the ball. As they hit the ball, in your mind, you go one. And as the ball is in at the bounce, you've already worked your feet and shoulder turn into getting position on the ball, and you say two. And then as you strike the ball, you go three.

Brent: So one is when your opponent is makes contact.

Michael: When they make contact with the ball.

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Brent: Right.

Michael: We're talking about baseline shots here right now. If there is somebody up at the net hitting a volley, you'd just go one, two. You don't really have to do the time to do it as a volleyer. But I think that when you're at the baseline, it's a very good way to really stop your feet from locking up and stop you from having that sort of horrible tense feeling, and all you're basically then going to be doing is doing what you do in your practice and what you do when you're striking the ball. I think this is just one very, very simple technique that I would say would help quite a lot of players who find themselves allowing all these extra thoughts to get into their brain, if you understand, about where they are in the match and what they should be doing, and all those sort of tension things, which can interfere with your locomotion and with your technique.

If you can just train yourself to do that just for a couple of minutes a day when you hit – just, one, two, three. Okay. One, two three. Eventually, it's almost like you don't think about it anymore and it automatically gets you honed into just what you can do practically with a tennis ball at some point. Yeah?

Brent: I think that's really a good tip and I think it's great to practice that. You're right. There are some specific things I think that we need to all practice each and every time we go out on the court, and I think this is a good one. When we talked about this the other day, my first thought was, "I need to get a little video on this". But basically, what you're describing is that you say the word 'one' exactly at the time that your opponent makes contact with their ground stroke.

Michael: Right.

Brent: You say the word 'two' to yourself exactly at the time when that opponent's shot bounces on your side of the shot.

Michael: Exactly.

Brent: And you say 'three' –

Michael: When you strike it.

Brent: - typically at that time when you make contact with your ground stroke going back. Well, let's move on to question number three, and it's closely related to what we were just talking about. But it's a little different situation where now you're in a league or a tournament

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match against a higher rated player. This may be someone that not only is rated higher than you are, but that you've either never played before, or you have played and you've never beaten. Maybe you've played this player seven or eight times and won once on some fluke day.

Michael: Right.

Brent: And yet, in this match, you've now come out. You've won the first set and you know that this is sort of an "upset", and from there on out, it just goes downhill and you can not close out that match. What's the problem? What's our solution? And have you got a tip on how to practice that solution against the higher rated player?

Michael: The problem is that if you're playing somebody who's got a reputation, or they're supposed to be a better player, higher ranked, all that type of stuff, once again you have an extrinsic pressure that is on you, like we talked about earlier, and the problem is that players – when you play against somebody – it's like when I walked on the court with a Laver, or you walk on with a McEnroe, or somebody who's a higher level player than you are, or Borg. I had the same situation when I played Bjorn Borg. I played him at Memphis Indoors, and I got 4-1 in both sets.

The thought process is, "Oh, my gosh. I'm playing the number one player in the world. I've got a chance here to close this out. This is all I have to do", and as soon as you – as soon as you say that, you then start to try to overplay and do something a little differently than you've already been doing. So right away –

Brent: So again, you're getting ahead of yourself.

Michael: Absolutely.

Brent: I think what you're talking about is you don't want to be in this moment.

Michael: I think, in some respects, you don't. It's almost like here's a major opportunity for you, whoever it is you're playing, and you're thinking, "Oh, my gosh. This would be fantastic to be able to do this. This is what I've sort of lived for.", or one of those types of things. And all of a sudden, once again, you're taking yourself out of the moment, you're not doing what you've been doing in order to get to that point. Maybe that player has not been playing that well.

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Well, my thought process has been – let's say one of the scariest times is when you're up in the first set and you're up 5-love and you're just waiting for the person to get started, if you understand my point.

Brent: Yeah. It can't get much better.

Michael: All of a sudden, you get through the first set, say 6-1, or something, and you're still thinking, "Hm, it's only going to be matter of time". So my thought on it is that you've gone to that point doing what you are doing, and unless something majorly changes in terms of how your opponent is starting to play, your main thought process is to keep doing what you've just done. You're not going to get to that situation hitting winners all over the place. You're going to be getting to that situation by forcing your opponent to make errors or staying in the points longer. So it becomes a matter of attrition. It becomes a matter of how well you can concentrate to stay within each point and still feel that you're maintaining the pressure on the opponent.

A very, very simple thing, Brent, and it sort of also applies to what we were talking about earlier, if your opponent can't hit your ball until you do – you know?

Brent: Right.

Michael: And I think a lot of people start to end up rushing shots like there's no tomorrow because they sort of panic that here's a golden opportunity for me. And I think that what needs to be done is really what we talked about in the first instance; going into a routine, staying within the moment, doing what you can do for yourself, the best that you can do. So in other words, I can make these shots. This is the best I can do. Take my time with it. Unless my opponent really starts knocking me off the court, I'm just going to keep staying with what I've been doing the whole time.

So I think with a lot of people, what ends up happening is they get to a point where they start jumping ahead again. They start thinking of the score again, thinking about what the ramifications are going to be, all this type of stuff. And that, once again, all of your locomotion, technical stuff, movement, everything.

Brent: You really helped me this year in April, National 60 Hard Court finals, when I played Hugh Thompson because a few weeks leading up to that tournament, we had spent some time on the court with a simple approach shot, and the one thing that you recognized and that you brought out to me is that as I'm going through that shot, I'm not really



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in the moment of taking my time and executing that particular approach shot I want to. I'm really thinking a nanosecond or two ahead in terms of where you're going to be in the court, what's the result of – are you going to be able to get over there and load up on a passing shot? So I'm not really in the moment of that approach shot.

Michael: Right.

Brent: The approach shot is really a relatively easy shot. It's not like I'm being forced. After I won that match against Hugh Thompson – I should say, during that match, there were many times when I had those approach shot opportunities where, I've got to tell you, all I could think about was those times where you and I were on the court and I told myself leading up to that shot, "Slow it down. Take your time. Don't rush through it".

Michael: Right.

Brent: I was conscious of this during the match and I've been asked a number of times after that match, after winning the Nationals – people say, "God, you must have played just out of your mind".

Michael: No.

Brent: And I say, "No way". I didn't really play at a super high level. What I did do is I just didn't miss – I didn't rush through those 'relatively easy' shots.

Michael: I think you're right, Brent, because I know we'd worked on that. I feel you're absolutely right, because when you get into a situation where you're playing somebody that has this reputation on something like an approach shot or an easy volley, or maybe even an easy pass, where you have a lot of opening, there's always a tendency to try to get the ball over there a little bit more quickly than you need to.

Brent: That's right.

Michael: And I think the issue – you know, the old adage of keeping your eye on the tennis ball, yes, okay, but it's more or less, I'm in control of this particular shot. I have the time to hit the ball. I need to concentrate on what I'm doing right now, and I don't need to worry so much about the opponent, about what they're going to do with the ball or whether they're going to be in position on the ball because you have to just complete your shot and get yourself set up for the next ball.

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So I think probably you're absolutely right, in the sense that a lot of players who, when they're playing somebody who's better, in those situations, tend to want to try to overplay and try and rush the shot, if you understand; try and do a little more than they need to do.

Brent: Okay. So what you're saying then is that the solution is to make sure that you're conscious about taking time to execute the shot, number one.

Michael: Right.

Brent: And the number two, the way you practice it – and I'm assuming what you're thinking is you've got it sort of set-up in your mind, "All right. For the next five minutes, every ball that comes to me is against so-and-so".

Michael: Right.

Brent: For me, there's a couple of guys out there who I might rush because my perception is they're much better than I am, and on paper they are. Well, it's the same for everybody. It doesn't matter what skill level you're at. It's all relative.

Michael: Exactly.

Brent: So maybe what you're saying then, Michael, is have some practice sessions where you visualize where you're playing against that player who you think is better and you really work on taking all the time you need to be able to execute whatever shot that is.

Michael: Absolutely. Absolutely. And I think it's important that you do it – and you don't have to do it for hours. You understand my point. It doesn't have to be beaten to death. I think it's one of those things you can just hone in on and say, "Okay. This is where I'm at with it. What's the feeling I'm trying to get. Okay. There I go". Take the shot. Boom. Do it again a few times. Take a break from it. Then come back to it again so that you're constantly reinforcing it, but not all at one whack, where you're just, "I'm just going to go for this", because that, in itself, is almost a little bit self-defeating.

Brent: Right.

Michael: You want to work hard at it, but I think you want to space it out a little bit so that you can keep it very fresh, if you understand my point.



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Brent: Right. Okay. Well, this has been incredibly helpful. I really appreciate your time this morning, Michael.

Michael: My pleasure.

Brent: On a side note, I'm going to tell you and the world – and I do – that you have done wonders for my game in a couple of areas: Number one, making sure that I stay true to the fundamentals and not letting me kind of drift away from that stuff, and as Mr. Stow used to always tell me, "Oh, that sure looked artificial". So you've really helped me with that. Specifically, you've really helped me with my forehand, with my ground stroke, that forehand passing shot and so many other little parts of my game.

Michael: Oh, great.

Brent: So I really appreciate everything you've done.

Michael: Well, no. It's been a lot of fun, Brent. I really enjoy it. It's been a blast. Yeah. Absolutely. It's great. It's great to keep working on it and it's always marvelous because you're always dealing with something a little more challenging all the time. So that's where the fun of it is, isn't it really? Yeah.

Brent: Listen. I really appreciate your time this morning. I hope we'll have a chance to do this again on a different topic, soon.

Michael: That would be absolutely great. Well, I certainly hope it was helpful. Thanks very much, indeed, for all the questions and everything.

Brent: Have a great day, Michael.

Michael: Yeah. We'll do that. Have a good one.

Brent: Thank you.

Michael: Cheers. Bye-bye.

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Did you enjoy this interview? Let me know if there are any specific topics and/or someone you'd like me to interview.  
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*Thanks and have a great day out there...!*