



MY COACH

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My Tennis Life

Roger Marquass tried several jobs before returning to the one he loves the most - professional coaching, where his strong work ethic and relentless focus can help inspire other passionate players.

The perfect PROFESSION



Roger Marquass

QUALIFICATIONS:
Tennis Australia Club Professional Coach,
Tennis Australia Talent Development Coach

CLUB/S:
Gold Coast Albert Junior Tennis Club,
Guangzhou International Tennis Centre (China);
Hillcrest Christian College, QT Hotel
Surfers Paradise

I started (tennis) a little late then usual when I nine years old.

My most memorable moment as a player was the first time I came back from match point down to win. Being one point away from defeat only to turn it all around. It taught me it's never too late for a comeback.

I decided to be a professional coach when I was injured and was unable to play tennis for a few years. I first decided I would coach a family friend and then within months I was all booked up with tennis enthusiasts keen to learn more about the game. The family friend ended up playing junior Nationals and I realised this was something I could excel in.

Coaching was actually my first job even when I was a young teenager, helping my coach in group lessons and then private lessons later. However I did try my hand at a few other jobs outside tennis for a few years. One position was working in a four star hotel. I also had a go at the good old food industry, however finding out quickly I wasn't a master chef (laughs).

I hope my students learn the qualities required to be successful in achieving their goals in tennis and in life. I feel honoured to be able to have left a positive impact on their lives as I know that my role models have impacted my life substantially.

Other sports carry certain attributes that will be associated with tennis. One of my favourites is Bruce Lee and his philosophies about martial arts, with his one inch punch model for core strength and biomechanical coordination, his mental strength, discipline and belief in himself - this is just one of many examples good for tennis.

Any player who has made a living on tour has a story to tell for others to learn from. But if I had to choose one player as a role model it would be Roger Federer. I share his first name and have his racquet signed (laughs).

I currently work with Alexander Crnokrak (age 14), who is No.1 for his age in Australia. I have worked with Akira Santillan (world No.39 junior in September), Sara Tomic (world No.79 junior) and Jade Hopper (who achieved a top 450 WTA ranking) and her younger sister Skye. I have also coached top 200 junior Bianca Smith,

former top 200 WTA player Shannon Golds and other junior and US college tennis players.

I think a clear set of goals that are set out for the player and coach, which both agree are achievable is important. This helps with a united focus, which builds a strong relationship and belief in each other. It also creates a sense of responsibility for each other not to let one down.

The best way to inspire athletes is leading by example. (This means) having an unbelievable work ethic yourself and giving everything you focus on 100 per cent. At that point, you and your athlete become highly skilled at our craft no matter the obstacle.

My goal as a coach is to work with other countries and Tennis Australia to help promote the game to new players at intermediate and advanced levels. To also help tennis one day become the most popular sport in the country.

(As a coach) I really enjoy being able to promote the sport I love so much. For me it's like being an ambassador for tennis. I like trying to create positive environments for the community and the industry, which hopefully allows the sport to become stronger.

An amazing team of coaches, staff and committee members come together to create a special environment at my club, the Gold Coast Albert Junior Tennis Club. Players can excel to a world-class standard from grassroots programs. We have just resurfaced all 11 hard courts to an ITF standard with US Open colours. The Gold Coast City Council has approved a new two-storey clubhouse for us to build, which will hold a gym, cafe, lounges, and viewing deck.

We plan to bring back international tournaments to the Gold Coast. Last year's personal achievement was to see my student, Alexander Crnokrak, make three semifinal Nationals, one Australian Championship final and a National doubles win in one year.

DANIELA TOLESKI



Roger Marquass loves setting an example to young players.