

May 6th, 2018

Letter of Recommendation for Nandor Veres

Nandor was my long-time coach from the ages of 17 to 24, during which time he educated me in the athletic training routines that allowed me to go from a low-ranked junior player to becoming the #1 singles player at Harvard and ATP-ranked competitor on the ITF Futures Circuit.

Nandor's approach to fitness and coaching is world-class. He is one of the few coaches in the world who can take a player from zero to something great. Guy Fritz, father and coach of the top-ranked ATP player Taylor Fritz, was once quoted as saying that Nandor can "conjure up gold from nothing." I agree with this completely and I think that this statement summarizes everything about Nandor, his capability, and what he stands for. Tremendous education about tennis and physical development, the needs of a player both mentally and physically, an honesty about the hard work necessary to achieve a top result, and the precision with which he measures each and every tennis practice and physical training session so that a player can gain the most progress possible, while at the same time avoiding injury and over-training. This lattermost component is crucial, and very few coaches have the knowledge and experience to achieve this fine balance – and this is why Nandor is one of the best coaches in the world.

Nandor's physical training regimen is second to none. He knows the exercises and drills that will take a player to the next level of physical development. All a player needs to bring to the table is motivation and desire, and Nandor can uncover his or her full potential. That was the case with me. I came to Nandor with pretty much nothing but willpower. Nandor was able to see my desire to improve, and he took me on and molded me to become what I am today.

Nandor knows how to train a player both on, and off court. In addition to orchestrating pro-level workouts on the tennis court, Nandor is able to craft running training, plyometrics workouts, strength training, swimming workouts, and everything else that a player needs to reach the top. Nandor's approach to tennis and fitness is unique, and I know this is why so many of his players have had such incredible success, myself included.

Nandor is one of the foremost coaches in the world and is capable of taking on any challenge, be it with a pro player or an up-and-coming junior. I highly recommend him as a coach, mentor, physical trainer, and person.

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