

**NEW HAVEN, CT, USA** - Lisa Raymond has fond memories of New Haven. She is a two-time doubles winner here, winning in 1999 with Rennae Stubbs and last year with her current partner, Samantha Stosur; and in 2004, she made an exciting run to the singles semis. The Philadelphia native is also in good spirits with the year's final major in New York, her favorite city, being just a week away. This week, Raymond brings us along with her Pilot Pen Tennis experience in the latest Sony Ericsson WTA Tour Player Blog.



**Tuesday, August 22, 2006**

Hello again :-)

It was another beautiful day here in New Haven. I took my usual walk down to Claire's for my coffee and paper. Now, the scary thing is that I had already had a cup of coffee before I even made it to Claire's. Actually, I had two! I LOVE my coffee. Sometimes I will wake up and I can't fall back asleep because I start thinking about coffee. The tournament hotel has coffee in the lobby starting at 6:30am. I usually get up, throw on some clothes and a hat, and head down to the lobby to get a cup (or two in my case this morning). I come back to the room, get online, check e-mails and enjoy drinking my first cup. THEN, I'll head out to Claire's and have breakfast, as well as more coffee. Do I have a problem?

Another day, another win for the coach... I mean for Sam :-). She won her match today in three sets and is now in the quarters. She called me out at 5-4 down in the first set and we had our usual chat. This time, I actually did tell her a couple tactical things and she listened like a champ! She won the next two sets, 2 and 1. She is playing some great tennis, getting better with each match. Well done Sammy.

The best news of the day was that we won our doubles match and my elbow felt great! What a relief. As I had said in earlier blogs I am not one who is used to being injured, so when I do get a little something, it makes me a bit nervous. Needless to say, we went out today and played a solid match, winning 3 and 1; and my elbow passed its first test! Very happy about that. **Good job, Justin (my physio back home) and to the Sony Ericsson WTA Tour trainers this week!**

After the match, by the time we both showered and received treatment, we didn't get back to the hotel until 9pm. We dropped our gear and headed out to grab a quick bite. Both of us were still in tennis clothes, so we wanted something quick and casual. We ended up back at BAR, the place where the player party was. It was quick, easy, and yummy to say the least :-)

Day off tomorrow for both of us. No singles, no doubles. Time to pack my bag for the day and then head to bed. Funny how all players have a special routine when packing their bag for the next day. Some do it the night before, some the day of. Me, I am a night before kind of girl. Practice clothes, match clothes, sweats, book, mags, toiletries, iPod, hats, flip flops, laundry bag... a lot to remember. It's all a part of the routine and we all have them...

'til next time... Night :-)

FYI... In case you were wondering, I downloaded "The Riddle" by Five for Fighting. It's worth a listen...