

ACES HIGH

Roger Federer has his sights set on not just tournament wins, but preparing himself for entry to the tennis pantheon. Take a trip inside the mindset of a true champion

Hero v legends So often we neglect greatness simply because we can't believe our eyes. We look to the past for our heroes, rather than acknowledging that history is being made in front of us. And on the evidence of recent years, Gillette Champion Roger Federer could hold his own against any of the Open era's finest. He has broken records with ease, winning five consecutive Wimbledon titles, four consecutive US Opens, and earning the title of longest reigning No1-ranked player of all time. Put him in any era you want – the stats say that Federer is the best.

Power play But there are those who would say that Federer's pre-eminence is the gift of the modern game. In detractors' minds, he'd be hamstrung by a wooden racquet, and flat tennis shoes. Has Federer just been lucky to be able to express his genius in an age where improved technology has made the game faster, harder and much more aggressive? Not according to Kieron Vorster, head of the David Lloyd Academy. "The improvements in tennis are 80% down to player improvement," says Vorster. "Players now are faster, stronger, more powerful and better athletes."

Best of the best No one with a true appreciation of the game could write off Federer's greatness to carbon fibre and improved sweet spots. It's about phenomenal preparation. At home, he practises and works out for four hours a day, aiming for what he has called "200%" fitness. Perhaps his greatest achievement was in channelling a naturally fiery temper into on-court heroics. That combination of natural genius and total dedication has led none other than John McEnroe to call Federer "probably the greatest player that ever lived". It would take a brave man to argue that line-call.

Roger's tips

- Be consistent in everything: "You know how I get ready to receive a tennis serve? Well that's actually how I shave too. I want to make sure I'm working at my best, whether on the court or off it."
- Look like you feel: "Being clean-shaven is about how I look and feel. It gives me a feeling of freshness, a feeling of being clean. It's not just a good feeling, it's a great feeling."
- Be your own man: "I put on a moisturiser. I know a lot of men wouldn't like to tell you that, but for me it's no problem."



Preparation means having the right tools for the job, whether that's on court or in the locker room.

1 PREPARE

Use Gillette Fusion HydraGel to help prepare and soften your hair before you shave



2 PERFORM

Gillette Fusion has 5 blades to provide extraordinary comfort

3 PERFECT

Soothe your skin post-shave with the non-greasy, alcohol-free Gillette Fusion HydraSoothe Balm



gillettechampions.co.uk