



## Clinic Schedule & Descriptions

SUNDAY, DECEMBER 16th

**2:10PM – DAN SANTORUM – Summer Opportunities for College Coaches and Your Players, courtesy of the PTR, HEAD and adidas**

If you want to stay busy during the summer, there are many opportunities for you as well as your players. The presentation will discuss the many options that are open to you and your players to supplement your income.

**2:10PM – DAVID A. RAMOS – Using Video to Improve Performance, courtesy of the USTA**

This presentation will be a description and demonstration of how college tennis coaches can harness the power of volunteers or players not playing to “tag” (add data to video) so that they can review critical moments without having to watch the match over again. Tagged footage and analysis from the 2012 Men’s NCAA Finals will be shown.

**3:20PM – DR. JIM LOEHR – The Only Way to Win, courtesy of the Human Performance Institute**

The conditioning begins early in our lives. Great achievements will bring lasting happiness and fulfillment; great achievements form the bedrock of stable self-esteem and strong character; great achievements will become the foundation for a successful life. If these well-intentioned promises are true, why does winning never seem to be enough?

*The Only Way to Win* draws on world-renowned performance psychologist and New York Times bestselling author Dr. Jim Loehr’s more than 30 years of riveting insights into the world of high achievement. *The Only Way to Win* counters society’s promise that great achievements will bring lasting happiness and fulfillment. Specifically, Loehr finds that the blind pursuit of external achievement often results in emptiness, addiction, and, ironically, poor performance. It’s not really about what you achieve, he argues, it’s about who you become as a consequence of the chase.

**4:30PM – PETER SMITH, USC – Recruiting...to Practice...to Running My Program, courtesy of Wilson Sporting Goods**

USC men's head coach Peter Smith will give insight into how he runs his program, from recruiting the right players to making the best decisions for his team. Coach Smith will discuss how he built a program that suffered a losing record in the 2005-06 season into a powerhouse that has won four consecutive NCAA Men's Team Championships.

**4:30PM – KENT KINNEAR – Player Development: from College to Pro Tennis, courtesy of the USTA**

We will spend the hour looking at the pathway that can be taken from collegiate tennis to a professional tennis career. Areas that will be addressed are: Characteristics of the Modern Player, Scheduling Components, the Pro Mindset, and the Physicality of the Pro Game. We will look at the successes of collegiate tennis being a solid stepping stone to a pro career, and discuss ideas on how the USTA and College Coaches can work together to develop more successful pro players.

**MONDAY, DECEMBER 17th**

**8:30AM – COACHES FORUM – Moderated by Bobby Bayliss, Notre Dame; Dave Fish, Harvard; Ann Lebedeff, Cal Poly Pomona; & Roland Thornqvist, University of Florida**

In continuing with the success of the ITA mentoring program, four experienced Head Coaches will each lead a unique workshop and share their insight on important topics for today's young coaches. The workshop will include four sessions in which participants will take part. This small group format will provide a setting that will encourage discussion between the moderator and all participants. Your commitment to attend all four sessions is strongly encouraged. Before rotating, each group will end with a Q and A session and a recap of the topic.

**1:00PM – ERIC BUTORAC – Doubles: The Modern Game**

The modern game of doubles has changed drastically over the past 10 years. Importance of first serves, big returns and aggressive net play now dominate the top of the pro game. Tactics like I-formation, 2-back and serve and stay back are now commonplace amongst the top teams in the world. In this hour we will address the modern game and how you can best prepare your college team to compete with the type of game that is present on the ATP tour. Included will be demonstrations on formations, tactics and drills for your college team.

**1:00PM – SATOSHI OCHI, MA, CSCS, NSCA-CTP, CTPS – Strength & Conditioning: On-Court Training – Strength Training to Movement Drills That Will Improve Performance and Prevent Injuries, courtesy of the USTA**

When it comes to designing an on court training session, coaches are faced with many challenges. This session will provide numerous exercises and drills that can be performed on court to overcome those challenges, improve performance and prevent injuries.

**2:10PM – SEAN SLOANE, Haverford College, - Improving & Enhancing the Most Important Component of Successful Coaching, courtesy of the USPTA**

An overview of different methods for enhancing and improving yourself as a tennis coach - to include use of video, practice formats & conditioning, communication skills, rules & sportsmanship, tournaments, & professional associations.

**2:10PM – EMILIO SANCHEZ - TBD**

**3:20PM – ROY EMERSON – Practice Drills to Improve Your Game, courtesy of Wilson Sporting Goods**

“Practice Makes Perfect” is very true in tennis. All past champions had great practice habits. The only way to become an advanced tennis player is to develop technical efficiency in a variety of strokes. Competition alone won’t do the job. You need the structure of practice sessions where you’re working on specific strokes and specific elements of your strokes. This 28-time Grand Slam Champion will share his suggestions on getting the most out of a practice session.

**4:30PM – PETER RENNERT – The Effortless Way to Peak Performance™**

I have developed a simple way to teach people how to fully relax under increasing pressure. I call what I do, “The Effortless Way to Peak Performance”. I can apply it to all activities but for this convention, I will apply it to tennis. Last year, at the convention, I had two hitters demonstrate how connecting their breath to the act of hitting a ball creates mind body harmony. This year I will continue from where I left off and introduce several easy to do relaxation techniques and show how you can set up much more efficient, productive and enjoyable practices for your team. On top of that I will explain how “The Effortless Way to Peak Performance” reduces the amount of injuries as well as the severity of injuries that occur. Lastly, I will share some unique exercises that I have developed that improve player’s awareness, in order to make them more consistent.

**4:30PM – TOM GULLIKSON– Modern Doubles – A Comprehensive View, courtesy of the USTA**

The presentation will include a comprehensive review of all aspects of Modern Doubles. It will include a lot of live ball drills and points. Topics covered will include: partner selection and what side to play, team work in doubles, serving team strategy and tactics, receiving team strategy and tactics, how to effectively communicate as a team, and movement as it relates to doubles.

**TUESDAY, DECEMBER 18th**

**8:30AM – JULIE BLISS, ITA Collegiate Varsity Performer of the Year – Partnering and Collaborating with your USTA Section**

Discover opportunities within your USTA Section that can help build bridges to your communities and promote your Varsity tennis program. Learn best practices in USTA Campus programming; Campus QuickStart, Showdowns, and Kids Days. Identify areas where the Section can better assist you and your program. This session promotes an open forum, to learn from each other, to help promote and grow the junior-collegiate pathway.

**9:40AM – NICK BOLLETTIERI – A Little Here, A Little There, But NO Changes, courtesy of IMG/Bollettieri Tennis Academy**

Nick will discuss how important it is that each student is an individual and what works for one may not work for another student. College coaches must find a way to not change their players but consider small adjustments instead. When playing matches, players must take advantage of defensive shots right then and now. Eliminate all negative inner feelings or visual signs to their opponents.

**10:50AM – MARY BELDEN-McGRATH, Coaching Evolved: The 7 Dimensions of Motivation, courtesy of Driven For Life**

Leading a team through the ups and downs of the season can be extremely challenging especially if you are having trouble connecting with your players. We use proven psychological testing to build a platform for results. Know exactly how your players behave under pressure, what motivates them to succeed, and how to move them past being stuck in any situation. Each player is unique and if you don't know what motivates your players to perform you may find yourself with great talent that plateaus when they are most needed.

**Key Points:**

1. What motivates each of your players to achieve their best
2. How to connect with your most difficult players
3. How to take a good team to a great team through connection

**10:50AM – JEREMY BABER, PT,CSCS and MICHAEL COFFEY, MS, CSCS – Rebooting the Brain for Optimal Sports Performance, courtesy of Rekinetics™ Seminars**

Have you tried stretching a tight or painful muscle and gotten nowhere? Feel like your strength has plateaued? Perhaps you don't have a muscular problem at all. When was the last time you strength trained your brain? In this one-hour workshop leading physical therapist Jeremy R. Baber, PT and world-class strength coach Michael Coffey, MS, CSCS will discuss how to improve brain performance in minutes. Participants will learn basic principles of neuroplasticity that harness the brain's ability to improve motor function. This workshop outlines the fundamentals of neuroplasticity, the concept of neurological strength training and how to identify neurogenic weakness/tightness. In addition to introducing principles of neuroplasticity, the workshop will discuss the benefits of brain-based training for rehabilitation and pain relief.

**NOON – GLEN HOWE – Winning Patterns & Drills, courtesy of the USPTA**

This presentation will focus on playing patterns that will help your players win more matches and drills to get your players playing better.