

2004 Membership Special

\$20 Full USHSTCA membership* +

\$15 Tournament Tough (hard cover) +

\$75 Coaches Workshop =

~~\$110~~ -- All three only \$85!

*Includes \$1 million liability insurance



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U.S. High School Tennis Association



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What do your fellow coaches think about USHSTCA Coaches Workshops?

"I've just started coaching this year. Your week-end was incredible. I most enjoyed how to deal with new students who have never picked up a racquet and how to make the most of all drills. Planning out a 12-week season was fabulous. O.K., you have me hooked! "

"As an old, experienced coach, I am after any new way, technique, idea, that can keep me ahead of the other coaches. I came back with a list of 15 points of reference to do things better."

"What a difference! In just two weeks my players have improved a thousand percent."

"The clinic was wonderful. I learned more about coaching tennis in those two days than during my previous four years of coaching the sport. I hope I will be able to attend every year."

"The workshop covered lots of material that can be used immediately. All the material was very helpful and I can't wait to tell my team about it."

"I thought the clinic was excellent. I realized how much I was doing wrong and I am very excited to begin coaching using your techniques. After one day of practice I have noticed positive changes in my players' games."

"I traveled a distance, but it was well worth the trip. I thought the conference was excellent! I have been coaching high school tennis for more than 10 years and have never seen a conference that covered the needs of the high school coach."

"I have coached my team to five Section Championships, but I am always looking to improve my coaching. I thought that it was the best conference I have been to in a long time. "

U.S. High School Tennis Coaches Association



Pre-Season Coaches Workshops

February 14-15
Turlock, CA

February 21-22
The Woodlands, TX

February 28-29
Atlanta, GA

Others TBA
(Check Web site)



USHSTCA 2004 Pre-Season Coaches Workshops

Locations: Metro Atlanta, The Woodland, TX , others, TBA(see Web site for exact locations)

Dates: Feb. 14-15 @ Turlock, Ca; Feb. 21-22 @ The Woodlands, TX; Feb. 21-28 @ Atlanta; Others TBA

Fees: 1-Day Pass USHSTCA members \$30; non-members \$40;

Full-Workshop USHSTCAmembers \$50; non-members \$75; Membership Special \$85*

*See back panel for details

Curriculum: As a pre-season tune-up for high school coaches, the USHSTCA is offering a two-day workshop which covers the following basics which will take a coach from day one of his or her season through the play-offs. *Denotes on-court session

Saturday

11:00 am-12:00 -- Check In

12:00-12:50 -- Intro to Coaching High School Tennis

The basics of running a high school tennis program, including development of personal coaching style, administration, liability issues, fundraising, etc.

1:00-2:00 -- Coaching Tennis

The differences between teaching tennis lessons and coaching practices is discussed, with emphasis on developing players rather than hitters. Season-long player development and and mental toughness.

2:15-3:00 -- Planning Practices*

The components of a complete, model practice are discussed and demonstrated. Includes warm-up, before and after stretches, technique and tactic work, drilling, practicing, conditioning and fitness.

3:10-4:00 Building Tactics into Practices*

How to improve specific matchplay skills and the strokes that go with them.

4:00-5:00 -- Free Time

5:00-6:00 -- Group Dinner

6:00-7:00 -- Drill Session

Sunday

9:00-9:50 am -- Stroke Mechanics*

The basic components of the serve, volley, return, forehand and backhand are reviewed. Common myths dispelled. Spotting and correcting problems.

10:00-10:50 am -- Doubles Tactics and Drills*

The basic situations encountered by high school doubles players, with tactical and technical drills.

11:00-11:40 pm -- Conditioning and Fitness*

Suggestions for team fitness and conditioning with stretches, drills and workouts.

12:00-1:00 -- Lunch/Coaching Forum

Basic advice on team building, making line-ups, discipline, coaching styles, team rules, etc. Coaches Q&A.

Lecture Outlines Available on Web site!

2004 USHSTCA Coaches Workshop Registration Form

Name: _____ Signature: _____ Date: _____

Address[†]: _____ State: _____ Zip: _____

Day tel: _____ Eve tel: _____ E-mail: _____

Fee: ___ Member \$50 ___ Non-mem. \$75 ___ '04 Memb. Offer* \$85 1-Day pass ___ Memb. \$30 ___ Non-mem. \$40

*03 Membership Offer = Full Membership + Book + Workshop for \$85 Workshop Location: _____

Payment: ___ Check ___ School PO+ ___ Credit Card† ___ exp: _____

___ I am interested in room-sharing. Please put me in contact with other coaches (e-mail required above).

Mail to: USHSTA, Inc., P.O. Box 8465, Atlanta, GA 31106 or use the more convenient online registration.

†Credit Card requires name on card, billing address, phone, date AND signature. Call or e-mail to arrange school P.O.