

U.S. High School Tennis Coaches Association



Pre-Season Coaches Workshop

February 19-20
Bryan, TX

March 5-6
Metro Atlanta, GA

2005 Membership Special
\$20 Full USHSTCA membership* +
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Coaches Workbook** +
\$75 Coaches Workshop =
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2005 USHSTCA Coaches Workshop Registration Form

Name: _____ Signature: _____ Date: _____
Address[†]: _____ State: _____ Zip: _____
Day tel: _____ Eve tel: _____ E-mail: _____
Fee: Member \$50 Non-mem. \$75 '05 Memb. Offer* \$85 1-Day pass Memb. \$30 Non-mem. \$40
*'05 Membership Offer = Full Membership + Workbook + 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.

Member Benefits

Coaching Magazine

High School Tennis Coach, an "e-zine" delivered via the association's Web site, covers a variety of topics, such as drills, psychology, administration, strokes, etc. Past article and drill samples are available at the **Visitors Area** of the Web site.

Drills & Lesson Plans

Our **Articles & Drills Database** has info on strokes, strategies, mental toughness, nutrition, sports medicine, conditioning and lots of drills.

Team Web Page

Post your season schedule. Post your roster with contact information. Leave messages for your team ("Practice is cancelled tomorrow!").

Fantastic Liability Insurance Policy

Our \$1 million liability insurance automatically covers you when you coach, teach or run camps!

Equipment & Uniform Discounts

You and your players will receive great discounts on racquets, **uniforms** and footwear.

Annual Dues

Educational Membership -- \$8

Access to High School Tennis Coach e-zine
Access to Articles and Drills Database
Access to Coaches Discussion Board
Discounts on workshops
Team Web page

Full Membership -- \$20

All above benefits, + \$1M liability insurance

By delivering all of our services via the Internet, we avoid the significant design, film, printing and postage costs normally associated with running an association.

USHSTCA 2005 Pre-Season High School Tennis Coaches Workshops

Locations: Bryan, TX and Metro Atlanta, GA

Dates: February 19-20, Bryan High School; March 5-6, Racquet Club of the South, Norcross, GA

Fees: USHSTCA & TTCA members \$50; non-members \$75; Membership Special \$85*

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

Saturday

11:30 am-12:00 -- Check In

12:00-12:45 -- Planning your Season: Off-court Basics

Tips and suggestions for managing the administrative, fundraising, individual player development and other off-court aspects of a high school tennis season.

1:00-1:45 -- Practice Like you Play

The basis of any high school tennis program is helping team members learn to play, rather than simply hit. Your coaching philosophy and methods should focus on match-play skills development. We'll cover how to develop a pedagogically sound high school tennis program and season calendar.

2:00-3:00 -- Avoiding Common Coaching Mistakes*

You'll learn why the most popular drills and practice methods in the U.S. are pedagogically incorrect, how to avoid them and how to run effective drills and practices.

3:15-4:00 Patterns of Play*

You'll learn how to teach your players how to play. Specific patterns for singles and doubles will be shown with drills to teach them.

4:00-4:30 -- Free Time

4:30-5:30 -- Drill Session*

Sunday

9:00-9:50 am -- Teaching Girls to Serve*

Both the "frying pan" and loop serves are discussed to show how to make both effective.

10:00-10:50 am -- Conditioning and Fitness*

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

11:00-11:50 pm -- Mental Toughness

"SEE the ball?" "BE the ball?" Forget the mumbo jumbo. Practical applications for sport psychology.

Lecture Outlines Available on Web site -- www.ushsta.org