The USTA Newsletter for Tennis Coaches

USTA PLAYER DEVELOPMENT

HIGH-PERFORMANCE Coaching

VOL. 13, NO. 2

Let us think of education as the means of developing our greatest abilities, because in each of us there is a private hope and dream which, fulfilled, can be translated into benefit for everyone and greater strength for our nation.

– John F. Kennedy

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.

– Henry Ford

THE EDUCATION OF A HIGH PERFORMANCE COACH: THE RESOURCES ISSUE

by Mark Kovacs, PhD, CSCS

The education of the high performance tennis coach requires years of training both formally and informally and this learning never ends. The two quotes above highlight the importance of continuing education for every individual, but are especially relevant for the tennis coach. To be a successful coach, a good overall understanding of tactics, technique, biomechanics, growth and development, strength and conditioning, mental skills training, coaching theory and many other disciplines are very important. The USTA Coaching Education Department provides high quality resources to help the coach stay current with the most relevant and practical education materials to improve the quality of training of tennis players. This issue of the High Performance Coaching Newsletter provides a number of important resources for all coaches working with competitive players—from children playing with the red ball on a 36 foot court all the way up to ATP and WTA professionals. This issue is divided into sections that provide a short description of the resource available and links to see more information. These resources vary from books to video footage, to articles that are all specifically targeted at improving the quality of education for the tennis coach. Listed below are the major sections that help you as the coach navigate the many resources that have been produced by the USTA over the past few years:

- *General Coaching Resources for Tennis*
- *10 and Under Tennis Resources*
- *High Performance Coaching Newsletter Archives*
- *Sports Medicine & Injury Prevention*
- *Strength & Conditioning for Tennis*
- *General Sport Science Resources for Tennis*

As tennis continues to advance with exciting opportunities for the coach, the ones who will continue to succeed are the coaches willing to stay current on the latest information. The USTA Coaching Education department is here to assist you as you continue your education as a tennis coach in order to help your players succeed in tennis and in life.

GENERAL COACHING RESOURCES

RESOURCES FOR THE DEVELOPING PLAYER

The developmental pathway for a tennis player can be a challenge. To help players, parents and coaches better understand this developmental process and their roles along the way, the USTA has produced two products:

- *A series of presentations and exercises outlining the role of the parent in the development of a tennis player have been produced and can be found at the link below.*
  Click here for more information.

- *The Progressive Development of a High Performance Player poster, which outlines the phases of development and what should be emphasized in each phase.*
  Click here for more information.

GRIP, PREPARATION AND SWING PATH

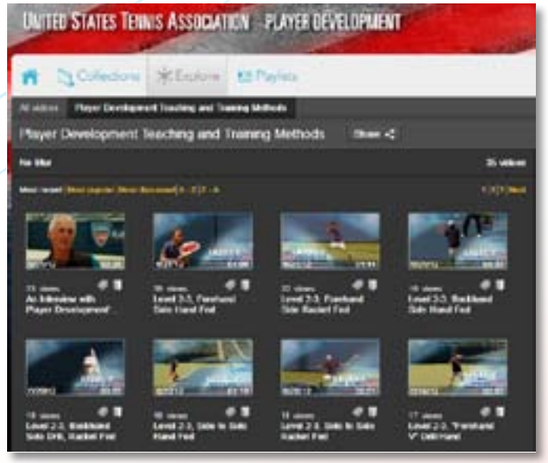
The Grip, Preparation and Swing Path (GPS) document was created to teach coaches and players the fundamental checkpoints of common tennis strokes. Photo sequences accompanied by short descriptions give a range of acceptable parameters for the forehand, backhand (one and two-handed), serve and volley.

Click here for more information.

PLAYER DEVELOPMENT TEACHING AND TRAINING METHODS

The Player Development Teaching and Training Methods are a collection of drill videos on Dartfish TV. These videos demonstrate progressions of hand feeding, racquet feeding and live ball drills for various strokes and levels of play. Each drill has key positions and descriptions with information on the most important elements of the drill. The videos are viewable on a computer as well as on a mobile device (Apple and Android phones and tablets) with the free USTA.tv application that is available in the app store or Google play.

Click here for more about Dartfish TV.



10 AND UNDER TENNIS RESOURCES

10ANDUNDERTENNIS.COM

The 10 and under tennis website is designed as a resource for parents and organizers to find out pertinent information about getting young tennis players started in the game.

10andundertennis.com

10 AND UNDER TENNIS COMPETENCIES

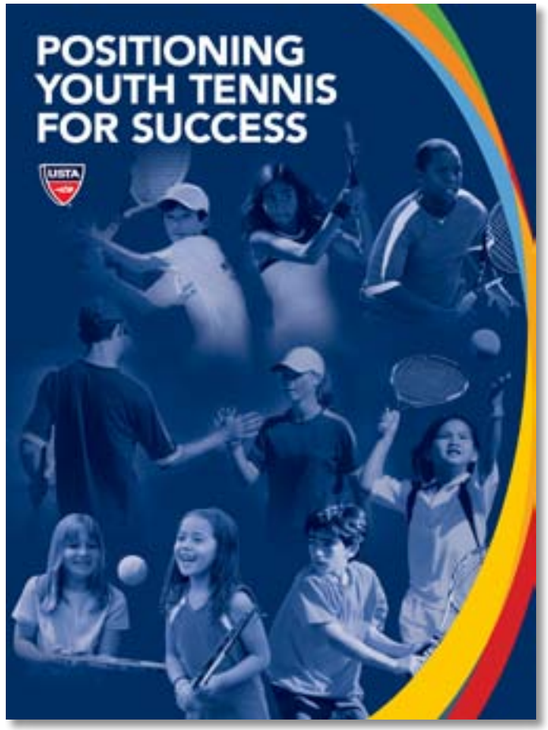
The 10 and Under Tennis Competency videos are designed to provide coaches, players and parents with specific guidelines and skill proficiencies that young players should possess prior to moving from one play format to the next. In order for players to develop properly, they should display the correct technique, footwork and playing skills before progressing to the next format.

Click here for more information.

POSITIONING YOUTH TENNIS FOR SUCCESS

As we navigate the tipping points of youth tennis, youth sport, and youth health in the United States, the USTA has asked: “Is there a better way?” This book attempts to explore this question in detail, breaking down the fault lines that exist in the current tennis and developmental structure, and exploring 10 and Under Tennis as a definitive, viable solution for the long-term health of our lifetime sport of opportunity. Moreover, this book examines what makes a child unique, exploring the physical, physiological, emotional, and medical attributes of children.

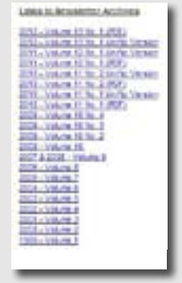
Click here to purchase the book from the USTA Shop.



HP COACHING NEWSLETTER ARCHIVES

Launched in 1999, the USTA High Performance Coaching Newsletter is one of the most consistent forums for quality educational material focused on player development. More than 13 years of archives can be viewed at the following link. These issues provide many great articles and photo sequences of current and former players with some informative articles from the best minds in the tennis industry.

Click here for more information.

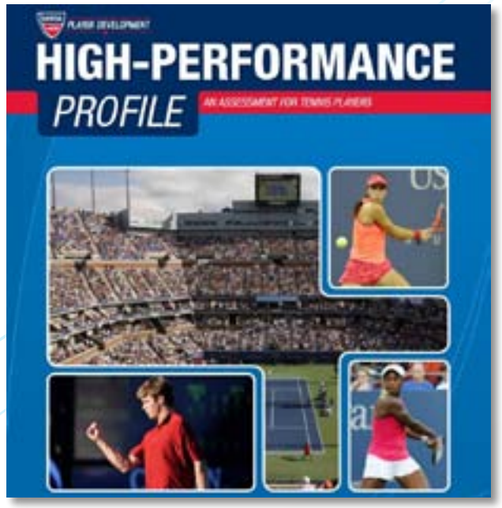


SPORTS MEDICINE & INJURY PREVENTION

THE USTA HIGH PERFORMANCE PROFILE

To ensure that elite-level tennis players perform at their best requires extensive practice, training and competition. However, the demands of training may lead to injury without the appropriate injury prevention programs. The USTA High Performance Profile is a series of musculoskeletal tests used to screen players and identify potential weaknesses or deficiencies that may impact performance or possibly lead to injury. Any strength and/or flexibility deficits can then be addressed through physical training. In 2012 the USTA Sport Science Committee oversaw the update of the USTA High Performance Profile and the new version can be accessed here.

Click here for more information about the USTA High Performance Profile.



THE USTA EMERGENCY CARE GUIDELINES

Tournament directors and tennis facility operators should be prepared for medical emergencies. To assist with this preparation, the USTA Sport Science Committee has put together Emergency Care Guidelines. These guidelines address such things as the supplies you should have on hand and the policies that should be in place to handle an emergency. Emergency Care Guidelines is available to download in English and Spanish.

Click here for more information about the USTA Emergency Care Guidelines.

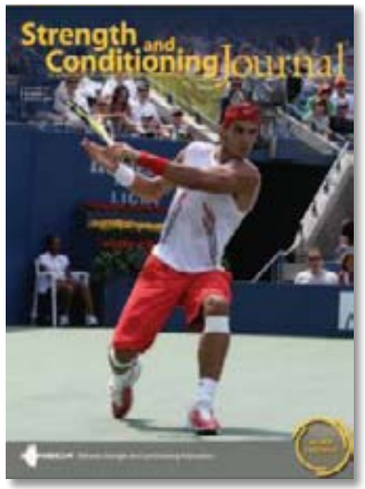
STRENGTH & CONDITIONING FOR TENNIS

STRENGTH & CONDITIONING JOURNAL

Tennis-Specific Edition from the Strength & Conditioning Journal produced through the National Strength & Conditioning Association.

The Special Topics Edition for tennis of the Strength and Conditioning Journal aims to meet the need for practical information to help train tennis players by providing coaches, trainers, therapists, sports scientists and medical professionals with the latest information on improving the quality of training for competitive tennis players.

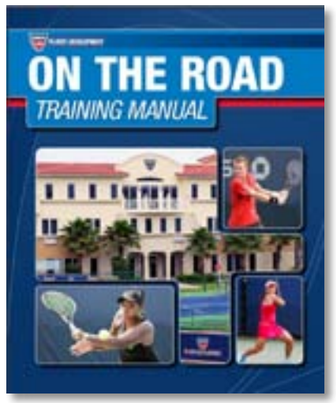
Click here for more information.



ON-THE ROAD STRENGTH & CONDITIONING

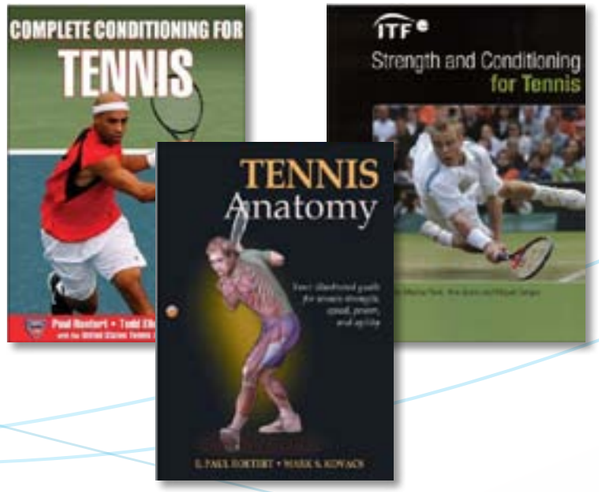
The USTA Sport Science Department has put together a strength and conditioning program that does not require expensive equipment or even a weight room. Originally designed for the USTA National Coaches as an "on the road training manual", these exercises can be used by virtually any tennis player to help prevent injuries and enhance performance.

Click here for more information.



STRENGTH & CONDITIONING TENNIS BOOKS

- *Complete Conditioning for Tennis*
- *Tennis Anatomy*
- *Tennis Training: Enhancing On-Court Performance*
- *From Breakpoint to Advantage*
- *ITF Strength & Conditioning*



GENERAL SPORT SCIENCE FOR TENNIS RESOURCES

USTA SPORT SCIENCE COMMITTEE RESEARCH GRANT PROGRAM SUMMARIES

The USTA Sport Science Committee reviewed research proposals and provided research grants for the most deserving projects over a nearly 20-year period. This report summarizes the most significant findings of the research studies that received funding from the USTA during this time period. As part of receiving a USTA research grant, researchers were not only required to complete their scientific research but also to provide relevant applications for coaches, players and parents to further the knowledge in tennis science and tennis medicine. These summaries highlight the important information that has been produced through this program.

Click here for more information.

RECOVERY FOR TENNIS

The topic of recovery has been a major area of focus for the Sport Science department of the USTA and over the past few years an in-depth review of the existing literature was conducted using leading topic-area experts to develop a peer-reviewed scientific document. From this extensive review a summary booklet was produced aimed to simply educate individuals to help tennis athletes improve their recovery. The booklet is a 28-page practical summary of the information from the Recovery Project specifically created to communicate the most relevant facts to coaches. The link below takes you to the "Recovery in Tennis" page which provides access to both documents.

Click here for more information.

ASK THE LAB

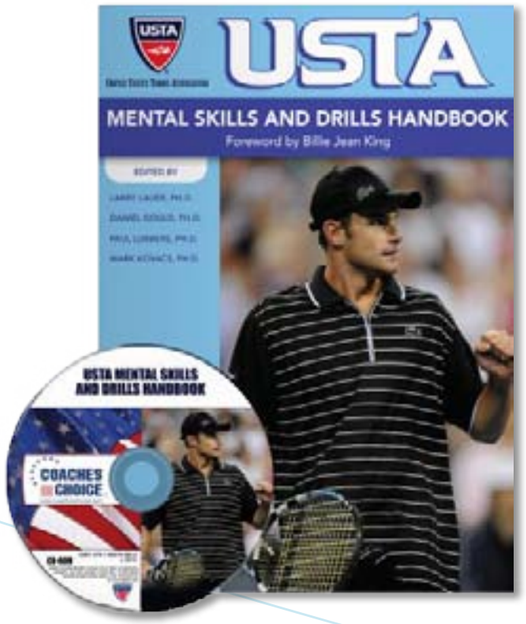
This resource housed on the USTA website (USTA.com) provides common questions asked by tennis players, coaches and parents which are answered by a number of sport science experts.

Click here for more information.

MENTAL SKILLS & DRILLS HANDBOOK

The USTA Mental Skills and Drills Handbook is written as a practical guide for coaches. It contains a variety of drills, activities, and on- and off-court coaching strategies that can be used to develop such mental-toughness skills as concentration, imagery, and confidence in players. The skills and drills were designed for use with players of diverse ages and skill levels and include worksheets that can be printed or viewed on tablets on the court.

Click here for more information.



HEAT & HYDRATION CONCERNS FOR TENNIS PLAYERS

Playing tennis in humid and/or hot conditions is one aspect of tennis that needs appropriate preparation. This resource provides simple ideas on how to better understand the heat and hydration concerns for tennis players and simple guidelines to help prepare athletes for successful training and competition in the heat.

Click here for more information.

USTA HIGH PERFORMANCE COACHING PROGRAM ATTENDANCE

The following list of coaches successfully completed the May 10-12, 2012 High Performance Coaching Program in Chatham, NJ. Congratulations to all of the coaches for their hard work and dedication toward helping improve the level of play in the United States.

NAME	CITY
Damon Accardi	Somerville, MA
Meg Bandy	Signal Mountain, TN
Roberto Bianco	Stamford, CT
Lynne Bybee	Midlothian, VA
Bob Bynum	West Orange, NJ
Troy Crichlow	Milton, MA
Andre Danford	New London, CT
Terry Doran	Fair Lawn, NJ
Nico Engelbrecht	Alison Park, PA
Gigi Fernandez	Stamford, CT
Travis Fields	Loudon, TN
Eric Globerman	Jersey City, NJ
David Grow	Wilton, CT
Bruce Hawtin	Charlotte, NC
Nick Hummel	Jefferson Valley, NY
Brett Kraft	Morristown, NJ
Calin Mateas	Braintree, MA
Ryan Pena	Tampa, FL
Jeremy Speicher	Reading, PA
Christopher Tran	Manassas, VA
Guy Walton	Richmond, VA
Phyllis Wilunda	Rochester, NY

The following list of coaches successfully completed the August 8-11, 2012 High Performance Coaching Program in Carson, CA. Congratulations to all of the coaches for their hard work and dedication toward helping improve the level of play in the United States.

NAME	CITY
Steve Adamson	San Diego, CA
Cris Bacharach	Newcastle, CA
Peter Benko	Berkeley, CA
Anna Bielen-Zarska	Ridgewood, NY
Drew Diefenbach	Orinda, CA
Mandy Gamble	Pasadena, CA
Mike Griffith	Gastonia, NC
Mark Jeffrey	Lafayette, LA
Josh Jorgensen	San Diego, CA
Danielle McNamara	New Haven, CT
Ellen Considine Miller	Washington, DC
Mark Milner	Lakewood, CO
Ogidi Obi	San Jose, CA
Allen Overland	Renton, WA
Salvador Romero	Los Angeles, CA
Jan Steenekamp	Great Falls, MT
Eduardo Vicencio	El Paso, TX
Eldon Wilson	Chico, CA

USTA HIGH PERFORMANCE COACHING PROGRAM UPDATE

The USTA Tennis Coaching Education Department is currently accepting applications for its High Performance Coaching Program. This program is intended specifically for the coach who is working with junior players striving for excellence in competitive tennis. Applications for the 2013 program dates are available by emailing Coaching@USTA.com. We encourage all interested coaches to apply as soon as possible.

High Performance Coaching Programs

2013 COURSE SCHEDULE

LOCATION	SITE	DATES
Boca Raton, FL	USTA Training Center - Headquarters	January 9-12, 2013
Northbrook, IL	Five Seasons Sports Club	May 8-11, 2013
Carson, CA	USTA Training Center - West	August 14-17, 2013
TBD	TBD	October/ November 2013

Additional information on these programs is available by contacting our Coaching Education department at 561-962-6400 or e-mailing us at coaching@usta.com.

High Performance Continuing Education Programs

2012 COURSE SCHEDULE

EVENT	LOCATION	DATES
Davis Cup	Jacksonville, FL	February 1-3, 2013
PTR International Symposium	Hilton Head Island, SC	May 1, 2013
US Open	New York, NY	August 31-September 2, 2013
USPTA World Conference	Orlando, CA	September 23, 2013

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