February 28th, 2009
BOCA RATON, FLORIDA
Embassy Suites, 661 Northwest 53rd St, Boca Raton, FL 33487

**Purpose:** To provide the latest tennis-specific nutrition information relevant to competitive tennis.

www.playerdevelopment.usta.com/tennisnutritionsymposium

A United States Tennis Association Event

**TENNIS NUTRITION SYMPOSIUM**
**CONTACT INFORMATION**
USTA Sport Science Department
Jessica Battaglia, MS, ATC/L
Symposium Organizer
10399 Flores Drive, Boca Raton, FL 33428
Phone: (561) 962 6406

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PRESENTERS

Jose Antonio, PhD, is a leading research advocate of sports nutrition and is the CEO and co-founder of the International Society of Sports Nutrition. He is a Fellow of both the American College of Sports Medicine and National Strength and Conditioning Association. He has published 13 books and over 40 peer-reviewed scientific publications. He is the host of two radio shows and writes for several fitness and bodybuilding consumer magazines. Dr. Antonio completed a Ph.D. and post-doctoral research fellowship at the University of Texas Southwestern Medical Center in Dallas Texas. Currently, he is an Assistant Professor of Biology at NOVA Southeastern.

Page Love, MS, RD, LD is a leading sports nutrition expert and owner of Nutrifit, Sport, Therapy, Inc., located in Atlanta, Ga. As a sports nutrition expert, she works with touring tennis professionals, collegiate teams, and recreational players. Page served on the national USTA Sport Science Committee, and currently serves on the Sport Science Advisory Board for PTR and is a consultant for the Sony Ericsson WTA Women's Professional Tennis Tour. Page played Div 1 NCAA collegiate tennis at Baylor University and is a certified tennis teaching professional. Her credentials include being a registered dietitian and a Health and Fitness Instructor certified by the American College of Sports Medicine as well as holding the CSCS designation through the National Strength and Conditioning Association.

Mark Kovacs, PhD, CSCS is the Manager of Sport Science for the USTA and was an All-American and NCAA doubles champion at Auburn University. After playing professionally, he pursued his graduate work performing tennis-specific research. He has a a Ph.D. in Exercise Physiology from The University of Alabama. Dr. Kovacs is also a certified strength and conditioning specialist through the NSCA, a certified Health/Fitness Instructor through the American College of Sports Medicine, a United States Track and Field Level II sprints coach and is a certified tennis coach and member of the USPTA and PTR. He is also an author of the tennis conditioning text "Tennis Training: Enhancing On-Court Performance" and is currently an Associate Editor of the Strength and Conditioning Journal.

SCHEDULE

SATURDAY, FEBRUARY 28TH, 2009

9:30-10:00 am  Welcome & Introduction

10:00-12:30 pm  Tennis Specific Nutrition- Love

12:30-1:30 pm  Lunch

1:30-4:00 pm  Nutrient Timing and Supplements For Tennis- Antonio

3:00-3:30 pm  Hydration Concerns in Tennis- Kovacs

3:30-4:00 pm  Drugs in Tennis- Kovacs

4:00-5:00 pm  Q&A

TOPICS COVERED

• Tournament Specific Eating (Sample Programs)
• The Positives and Negatives of Supplement Use for Tennis (Creatine, Protein, Amino Acids, Glutamine, Caffeine etc)
• Hydration Issues in Tennis (Prevention Strategies)
• Nutritional Issues in Tennis—When is the Best Time To Eat For Tennis Success

REGISTRATION

This symposium will be limited to the first 100 people. To ensure your participation, call or email the symposium organizer at 561-962-6406/ Battaglia@usta.com.
Registration Fee includes lunch, symposium workbook and welcome bag.

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Speakers and topics are subject to change
Please complete the form below. REGISTRATION WILL NOT BE ACCEPTED WITHOUT PAYMENT

Name _____________________________  Profession: _________________________________

Home Address: __________________________________________________________________________

City: ___________________________________ State: _____________________  Zip Code: _______________

Day Phone: _________________________Evening phone: ________________ Email:__________________

PAYMENT METHOD (US FUNDS ONLY)

- Enclosed Check or Money Order, Payable to United States Tennis Association
- Before February 1st  $49.00  After February 1st  $69.00 (USTA Members)
- Before February 1st  $59.00  After February 1st  $79.00 (Non-USTA Members)

CANCELLATION POLICY:
- Cancellations must be in writing to qualify for refund
- Cancellation prior up to February 1st, 2009  Full Refund
- Cancellation after February 1st–  No refund available

The United States Tennis Association and its Sport Science department reserves the right to cancel any course and will not be responsible for any charges incurred by the participant. If the USTA cancels the symposium, full tuition will be returned.

Each participant will need to complete and sign waiver upon registering on-site at the symposium.

HOTEL INFORMATION:

Below is the web link to reserve a hotel room onsite at the Embassy Suites in Boca Raton.


Embassy Suites Boca Raton
661 NW 53 Street
Boca Raton, Fl 33487