



**Guest Presenter:  
Talor Wain**

Talor began his career at the age of 14, working under national junior coaches at

the Margaret Court Tennis Academy in Albury, Australia and majored in Exercise Science at the University of Wollongong, focusing on strength and conditioning in addition to anatomy, biomechanics and physiology. Using this knowledge, Talor created complete training programs for national and internationally ranked juniors at the International Tennis Federation in Fiji, one of only three ITF regional training centers across the world. After his tenure at ITF Fiji, Talor began working at Woods Tennis Center in 2010, and was named Head Pro shortly after his arrival due to his positive impact for both individual players and the program as a whole.

Talor is currently Chair of the Nebraska Tennis Association 10&Under Committee, and has received the Contributor to Youth High Performance Award at the Nebraska and Missouri Valley level, as well as the 10&Under Contributor Award at the Nebraska district. He has been involved in coaching 23 state finalists in the past 5 years.

# **High School Tennis Coaches & Players Clinic May 7, 2017 McCook, Nebraska**

## **How To Get the Most from Your High School Season:**

*Ways to maximize court space*

*Using Peer Coaching*

*Footwork and Movement Drills*

*Tennis specific conditioning*

*How to use low pressure balls in drills*

*Best non-racquet drills*

*Point & game situation drills*

*Starting players at any age*

**Coaches Session: 9:00 - 1:00**

**\$20 Registration Fee**

Includes: on court presentation, lunch, materials for coaches to take home.

Players register at: <http://bit.ly/2mQfk3l>

**Players Session: 1:30 - 4:30**

**\$10 Registration Fee**

Includes: on court presentation and materials for players to take home.

Coaches register at: <http://bit.ly/2nMRC7f>

For more information or to register: **Kara Heim - USTA Missouri Valley TSR**  
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