The Future of Great Female Tennis Coaches and Athletes

Monday, May 11 at 3:00 – 4:30 PM EDT

Presenters:
Billie Jean King, Kathy Rinaldi, Jennifer Fallon, Jessica Battaglia, Walker Sahag and Emily Zabor
Martin Blackman
General Manager
USTA Player Development
Johnny Parkes
Senior Manager of Player Identification and Development
USTA Player Development
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We Value Your Input

Submit your questions throughout the webinar by typing in the Q&A pod. We’ll answer them either:

- During the Q&A in the last 30 minutes of today’s presentation, OR
- You can always send us an email at TeamUSA@usta.com
Kathy Rinaldi
Head of Women’s Tennis and Team USA Fed Cup Captain
USTA Player Development
Billie Jean King

Winner of 39 Grand Slam titles

Founder of WTA

First Female Athlete Recipient of the Presidential Medal of Honor
What are some of the obstacles and challenges that you have experienced as a female in the tennis industry, specifically as a coach? What is your advice to female coaches?
What's the importance of an American Champion and their contributions back to the sport?
How do we help our players develop resilience and toughness, two characteristics you exemplified?
Why did you embrace the younger players coming up behind you, like Chris and Martina, most players feel threatened by up and coming stars?
How do you balance it all? What more do you hope to accomplish?
When people think of women’s tennis, we think of BJK, it's synonymous, what do you see as our responsibility to carry on from your legacy?
Where do you see the game going? How will it be played in the future? Are there any changes you would make to the sport of tennis?
How do we track youth, and grow this wonderful game of tennis?
What are the benefits and advantages of being a female coach?
Jennifer Fallon
Strength and Conditioning Coach
USTA Player Development
In the World of Women in Sport

1963
• Female collegiate competition encouraged

1971
• Association for Intercollegiate Athletics for Women (AIAW)

1972
• Title IX

1973
• WTA founded by BJK

1977
• 1st Female bodybuilding & powerlifting competitions
Physiological/Anatomical facts

- Strength & Power: (harder to build muscle)
- Mobility: (proportionally wider pelvis)
- Coordination & Movement: (lower center of gravity)
- Conditioning: (lung capacity smaller)
Considerations

Relative strength is nearly equal, absolute strength differs (upper vs lower)

Muscle fiber is the same

No evidence more likely to be injured doing strength training

Women more intrinsically motivated

Communication strategies
Take Home: Benefits

- Improved sport performance
- Injury prevention
- Prevention of osteoporosis
- Improved self-esteem
Jessica Battaglia
Senior Manager,
Events and Programming
USTA Player Development
Walker Sahag
Director of High Performance
Franco’s Tennis Academy
Mandeville, LA

Emily Zabor
Director of High Performance
Agape Tennis Academy
Atlanta, GA
What is Mentoring?

Mentoring is a process in which a mentor, who is typically more experienced or older, helps a mentee or protégé grow and develop in some way. As such, a mentor may be thought of as a guide, tutor, counselor or advisor.
Benefits for Mentee (results from evaluation)

- Helped set and reach career goals
- Learned and solved problems from mentors' experiences
- Improved networking skills
- Felt supported and validated
Benefits for Mentor (results from evaluation)

- Grew as coaches
- Inspired to promote diversity
- Translated mentoring skills into coaching
- Re-energized and increased enthusiasm
Keys to Being an Effective Mentee

- Listening
- Asking questions
- Expressing one’s self
- Providing Feedback
- Accepting Feedback
- Setting Goals
- Commitment
### Keys to Being an Effective Mentor

Research and experience have shown that effective mentors are characterized by and use a number of attributes and skills. These include:

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<td>Believing in their mentee</td>
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<td>Having the ability to effectively communicate, which often involves active listening</td>
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<td>Asking good questions to understand mentee’s needs</td>
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<td>Helping the mentee formulate and set effective goals</td>
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<td>Providing both motivational and growth feedback</td>
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Integral to a Successful Mentor Mentee Match

- Share expectations at onset
- Work to Build/Earn Trust
- Communicate Regularly
- Determine length of relationship at onset
- Commitment/Cooperation
Q & A Session
Next Week Sneak Peek
Maintaining Strong Player and
Coach Relationships

Speakers

• Jose Higueras, Master Coach
• Jim Courier, former world No. 1, former US Davis Cup Captain, and current television host and analyst
• Dr. Bob Neff, Mental Skills Coach
• David A. Ramos, Director of Coaching Education and Performance Analytics
Tennis Industry United

The entire tennis industry has come together to analyze the most pressing needs and the top concerns of all involved in our sport, and then collaborate on programs that can provide the immediate and longer-term support that is needed.

TennisIndustryUnited.com
THANK YOU!