

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



Agenda

Introduction

- Johnny Parkes

Q&A with Billie Jean King

- Kathy Rinaldi and Billie Jean King

Considerations for Training the Female Athlete

- Jennifer Fallon

Impact of Coach Mentoring

- Walker Sahag, Emily Zabor and Jessica Battaglia

Q & A

- All Presenters

Additional Resources

- Johnny Parkes

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*



A female tennis coach is shown in profile, facing right. She is wearing a blue baseball cap and a light-colored long-sleeved shirt. Her hair is tied back in a ponytail with a pink scrunchie. She is holding a blue tennis racket in her left hand and three yellow tennis balls in her right hand. The background is a blurred outdoor tennis court.

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?

A faded background image of tennis player Serena Williams. She is shown from the waist up, in profile, smiling and holding a large silver trophy. She is wearing a pink visor and a pink and white athletic top. The text is overlaid on the left side of the image.

**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?**

A woman with short dark hair and glasses, wearing a white short-sleeved tennis shirt and a white skirt, is captured in the middle of a backhand stroke on a clay tennis court. A white tennis ball is visible in the air to her left. In the background, two men are seated on a bench. The man on the left is wearing a dark blue sweater with the word "Vanaos" in white, and the man on the right is wearing a light-colored sweater. The text is overlaid in a bold, dark blue font.


**Why did you embrace the
younger players coming up
behind you, like Chris and
Martina, most players feel
threatened by up and coming
stars?**

A woman with short brown hair, wearing sunglasses and a white long-sleeved shirt, is captured in a moment of intense cheering or shouting. Her mouth is wide open, and her hands are clasped together in front of her. The background is blurred, showing other people and what appears to be a sports arena. The text is overlaid in a large, bold, dark blue font.

**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?



A female tennis player with blonde hair in a ponytail, wearing a white athletic outfit, is shown in profile, looking towards the left. She is holding a black and red Yonex tennis racket. The background is a blurred outdoor tennis court with spectators and a building in the distance.

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?

A young woman with brown hair tied back, wearing a pink and white tennis top, stands on a blue tennis court. She is smiling and holding a blue and white tennis racket over her shoulder. She is also wearing a black wristband, a yellow necklace, and a colorful beaded bracelet. The background is a blurred outdoor tennis court with trees and a fence.

**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



A female tennis player with dark skin and hair, wearing a white tank top and a black headband, is shown in a celebratory pose with her mouth open and fist clenched. She is holding a tennis racket. The background is dark and out of focus.

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



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:

Believing in
their mentee

Having the
ability to
effectively
communicate,
which often
involves active
listening

Asking good
questions to
understand
mentee's
needs

Helping the
mentee
formulate and
set effective
goals

Providing
both
motivational
and growth
feedback

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 Higuera**s, 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!

